

December
2012



NEWSLETTER
TO PATIENTS, FAMILY & FRIENDS OF THE
Chiropractic Care and Longevity Center

Christmas Gift Certificate Program is back!

GIVE THE GIFT OF HEALTH TO A FRIEND OR LOVED ONE
AT NO CHARGE TO YOU!
Available Only During the Holiday Season

We will mail a Gift Certificate to your friends and/or family that have not yet been a patient at this office. They will receive a complementary initial chiropractic consultation, examination and adjustment with either,

Dr. Wickens or Dr. Guirguis.

The value of the certificate is up to \$70.00 (depending on age) and is NOT redeemable for cash. Each certificate expires March 1st, 2013.

Holiday mailer sign up sheet is available at the front desk now and our staff will fill everything out for you.

This offer will run until December 21st, 2012.

Happy Holidays!

Inside:

2. Stress and depression during the holidays

3. Gift ideas

Chiropractic Christmas tips

4. Christmas laughs

Christmas Recipes

5. Compression Stockings

6. January Office Hours

Help the Future of Chiropractic by Donating to Chiropractic Research

5 Gore Street West
Perth, ON K7H 2L5
PH: 613.264.0616

Visit our website at
www.chirolongevity.com



Holiday Office Hours:

~ December 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Reg. Office Hours 9am-2pm
2 Office Closed	3 Reg. Office Hours 9am-8pm	4 Reg. Office Hours 8am-7pm	5 Dr. Wickens Book Signing Open House at the Office 6pm-8pm Chiro: 7am-5:45pm	6 Reg. Office Hours 8am-8pm	7 Reg. Office Hours 9am-5pm	8 Reg. Office Hours 9am-2pm
9 Office Closed	10 Reg. Office Hours 9am-8pm	11 Reg. Office Hours 8am-7pm	12 New Patient Workshop 2pm-3pm Reg. Office Hours 7am-7pm	13 Reg. Office Hours 8am-8pm	14 Reg. Office Hours 9am-5pm	15 Chiropractic available with Dr. Wickens 8:30am -10:30am Office open Reg. Office Hours 8:30am-2pm
16 Office Closed	17 Reg. Office Hours 9am-8pm	18 New Patient Workshop 7:15pm-8:15pm Reg. Office Hours 8am-7pm	19 Reg. Office Hours 7am-7pm	20 Reg. Office Hours 8am-8pm	21 Reg. Office Hours 9am-5pm	22 Reg. Office Hours 9am-2pm Last day open till Jan. 2 nd 2013
23 Office Closed	24 Office Closed	25 Office Closed Merry Christmas!	26 Office Closed	27 Office Closed	28 Office Closed	29 Office Closed
30 Office Closed	31 Office Closed	Check Page 6 of Newsletter for January 2013 Office Hours				

Stress, depression and the holidays: 12 tips for coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression – By: Mayo Clinic Staff

For some people, the holidays bring unwelcome guests — stress and depression and it's no wonder. In an effort to pull off a perfect Hallmark holiday, you might find yourself facing a dizzying array of demands — work, parties, shopping, baking, cleaning, caring for elderly parents or kids on school break, and scores of other chores. With some practical tips, you can minimize the stress and depression that often accompany the holidays. You may even end up enjoying the holidays more than you thought you would.

The trigger points of holiday stress and depression

Holiday stress and depression are often the result of three main trigger points. Understanding these trigger points can help you plan ahead and thereby reducing the effects.

The three main trigger points of holiday stress or depression:

Relationships. Relationships can cause turmoil, conflict or stress at any time. But tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify — especially if you're all together for several days. Conflicts are bound to arise with so many different personalities, needs and interests. On the other hand, if you're facing the holidays without a loved one, you may find yourself especially lonely or sad.

Finances. Your financial situation can cause stress at any time of the year. But overspending during the holidays on gifts, travel, food and entertainment can increase stress as you try to make ends meet while ensuring that everyone on your gift list is happy.

Physical demands. The strain of shopping, attending social gatherings and preparing holiday meals can wipe you out. Feeling exhausted increases your stress, creating a vicious cycle. Exercise and sleep — good antidotes for stress and fatigue — may take a back seat to chores and errands. High demands, stress, lack of exercise, and overindulgence in food and drink — all are ingredients for holiday illness.

12 tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if you know the holidays have taken an emotional toll in previous years.

Tips you can try to head off holiday stress and depression:

1. Acknowledge your feelings. If a loved one has recently died or you aren't able to be with your loved ones, realize that it's normal to feel sadness or grief. It's OK now and then to take time just to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

2. Seek support. If you feel isolated or down, seek out family members and friends, or community, or social services. They can offer support and companionship. Consider volunteering at a community function. Getting involved and helping others can lift your spirits and broaden your friendships. Also, enlist support for organizing holiday gatherings, as well as meal preparation and cleanup. You don't have to go it alone.

3. Be realistic. As families change and grow, traditions and rituals often change as well. Hold on to those you can and want to. But accept that you may have to let go of others. For example, if your adult children and grandchildren can't all gather at your house as usual, find new ways to celebrate together from afar, such as sharing pictures, e-mails or videotapes.

4. Set differences aside. Try to accept family members and friends as they are, even if they don't live up to all your expectations. Practice forgiveness. Set aside grievances until a more appropriate time for discussion. With stress and activity levels high, the holidays might not be conducive to making quality time for relationships. Be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and

depression, too.

5. Stick to a budget. Before you go shopping, decide how much money you can afford to spend on gifts and other items. Then be sure to stick to your budget. If you don't, you could feel anxious and tense for months afterward as you struggle to pay the bills. Don't try to buy happiness with an avalanche of gifts. Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

6. Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make one big food-shopping trip. That'll help prevent a last-minute scramble to buy forgotten ingredients — and you'll have time to make another pie, if the first one's a flop. Expect travel delays, especially if you're flying.

7. Learn to say no. Believe it or not, people will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you'll avoid feeling resentful, bitter and overwhelmed. If it's really not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

8. Don't abandon healthy habits. Don't let the holidays become a dietary free-for-all. Some indulgence is OK, but overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and schedule time for physical activity.

9. Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Steal away to a quiet place, even if it's to the bathroom for a few moments of solitude. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

10. Rethink resolutions. Resolutions can set you up for failure if they're unrealistic. Don't resolve to change your whole life to make up for past excess. Instead, try to return to basic, healthy lifestyle routines. Set smaller, more specific goals with a reasonable time frame. Choose only those resolutions that help you feel valuable and that provide more than only fleeting moments of happiness.

11. Forget about perfection. Holiday TV specials are filled with happy endings. But in real life, people don't usually resolve problems within an hour or two. Something always comes up. You may get stuck late at the office and miss your daughter's school play, your sister may dredge up an old argument, your partner may burn the cookies, and your mother may criticize how you're raising the kids. All in the same day. Accept imperfections in yourself and in others.

12. Seek professional help. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for several weeks, talk to one of the doctors at The Chiropractic Care and Longevity Center or a mental health professional. They may have suggestions that may help you. There are natural supplements that may be able to help such as B-complex or Nervoheel. Or you may benefit from Massage Therapy or the Infrared Sauna for relaxation.

Take back control of holiday stress and depression

Remember, one key to minimizing holiday stress and depression is knowing that the holidays can trigger stress and depression. Accept that things aren't always going to go as planned. Then take active steps to manage stress and depression during the holidays. You may actually enjoy the holidays this year more than you thought you could.

<http://www.mayoclinic.com/health/stress/MH00030>

Gift Ideas from the Chiropractic Care and Longevity Center

We offer **gift certificates** for all of the services in our office. What about giving your loved one a gift certificate for a relaxing massage, for services by esthetician or for their next chiropractic adjustment?

Everyone will enjoy our **Xocai Chocolates**... not only do they taste good, they are also good for you.

We offer a variety of comfortable **pillows**. A great night sleep is a gift everyone will appreciate.

B-complex is a supplement that can be taken daily by anyone to reduce the effects of stress and to increase energy.

CryoDerm a topical pain reliever for aches and pains that is available in gel, spray or

roll-on. Makes a great stocking stuffer!

Choose an **aroma-therapy** for any symptom. They all have great scent and can help with a large list of different health problems. Ask the front desk staff for some literature on all the different scents and what symptoms they will help relieve.

Get Clean starter kit by Shaklee, is an all-natural cleaning kit that is recommended by **Oprah** and **Rachael Ray**.

Choose from one of our many **Detox kits**, perfect way to start the year for everyone.

Enfuselle Facial Products by Shaklee; are all natural facial cleansers and moisturizers.

Back Supports, are great for the car and for home.

Multi vitamins are a great foundation to health and well-being.

Protein/Meal Shakes are for anyone who is always on the go. All well balanced diets need proper protein intake.

Crackle Nail Polish by China Glaze is very popular right now and great as a stocking stuffer.

Hula Hoops are hand made from Toronto. They are weighted for maximum core strengthening.

Professional Massage Lotions are available in a variety of scents.

Seven+™ PROformance: Perform Better On and Off the Field!

With unemployment rates at an all time high and poor news in nearly every corner of the world, people are living in an unusually stressful environment with the average person enduring a lifetime of extraordinary physical, intellectual, and emotional stress. Whether you are a professional athlete, an amateur athlete, or someone who is experiencing high stress, the continual assault of these daily stressors can have severe consequences on our health and well-being.

eXfuze is proud to present Seven+ PROformance, our botanical supplement that contains a rare and exotic adaptogenic stress combination of Eleutherococcus and Astragalus as well as our eXboost PROformance Blend.



What is in Seven+ that gives it such potent health benefits?

It is a combination of years of research into botanicals. It is a health supplement that contains powerful extracts from around the world that many civilizations through the years have found contain very beneficial ingredients.

May help with:

- Controlling Cholesterol
- Boosting Immune System
- Fighting Infections
- Mental Focus and Sleep Quality
- Enhance Digestion
- Enhance Sexual Function
- Increase Energy and Stamina
- Prevent Cancer
- Slow the Aging Process
- Skin Conations



The Goal

Professional Athletes
Amature Athletes
Active Lifestyles
Busy Professionals
Home Makers
Aging Population

Reduce Stress

Longer Life

Low Fat Gingerbread Men

Cut the fat not the flavor. These gingerbread men use half the butter normally used in most gingerbread cookie recipes. Applesauce helps the cookies retain their moisture and gives them a soft texture.

Cook Time: 10 minutes

Ingredients:

- 1/4 cup butter, softened
- 3/4 cup firmly packed brown sugar
- 1/2 cup unsweetened applesauce
- 1 egg
- 1/3 cup dark molasses
- 3 cups all-purpose flour
- 1 tsp baking soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp allspice
- 1/4 tsp ground cloves

Preparation:

In a large mixing bowl, beat butter, sugar and applesauce until smooth. Add egg and molasses and mix well. In another large bowl, combine flour, baking soda and spices. Add to sugar and molasses mixture, stirring well. Divide dough in two; cover with plastic wrap and chill for 2 hours.

Preheat oven to 350 degrees. Roll out dough to 1/4 or 1/8-inch thickness. Cut gingerbread men with a cookie cutter. Add candies or raisins to decorate. Place 1-2 inches apart on a parchment-lined baking sheet. Bake 10-12 minutes. Add frosting or more decorations when cool. Makes 30 cookies.

Per serving: Calories 94, Calories from Fat 16, Fat 1.8g (sat 1g), Cholesterol 11mg, Sodium 48mg, Carbohydrate 18g, Fiber 0.4g, Protein 1.5g

Baked Pears with Cranberries and Walnuts

Not everyone likes pie during the holidays, so why not make Baked Pears with Cranberries and Walnuts? If you don't have pomegranate juice, use cranberry juice, red wine or apple cider instead. Enjoy with a scoop of frozen yogurt or whipped topping sprinkled with a little cinnamon or nutmeg.

Ingredients:

- 3 ripe but firm pears, peeled, cored and quartered
- 1/3 cup pomegranate juice
- 1/2 cup dried cranberries
- 1/4 cup chopped walnuts

Preparation:

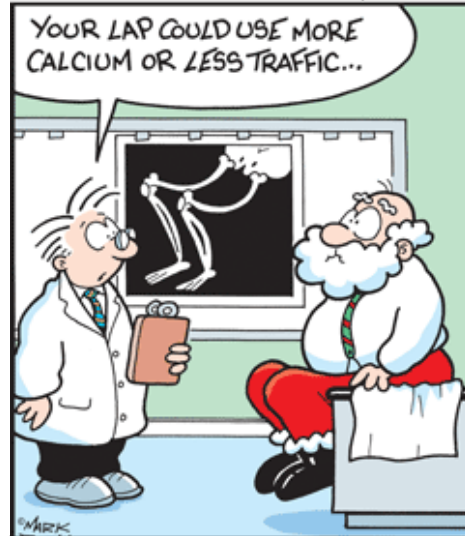
Preheat oven to 350 degrees.

Place quartered pears in a baking dish. Drizzle pomegranate juice over pears. Sprinkle cranberries and walnuts over the top. Bake for 20 minutes, or until pears are tender. Serve with juices and fat-free or low fat frozen vanilla yogurt.

Serves 4

Per Serving: Calories 197, Calories from Fat 44, Total Fat 5g (sat 0.4g), Cholesterol 0mg, Sodium 4mg,, Carbohydrates 36.7g, Fiber 4g, Protein 1.5g

off the mark.com by Mark Parisi



The ABCs of Subluxations

Vertebral subluxations are displacements of the spinal bones (vertebrae) that can cause stress to your spinal cord and nervous system. Subluxations may be caused by poor sleeping habits, poor posture, strenuous exercise, injuries, auto accidents, sports, slips or falls, and in some cases, the birthing process itself. Chiropractic adjustments are very helpful in correcting subluxations and restoring optimal health.

T'was a Chiropractic Christmas

T'was the day before Christmas, but there was no cheer.

No jingle bells jingled, no sound of reindeer.

The word had gone out that Santa was sick.

There would be no visit from jolly St. Nick.

The people were sad; no gaiety sounded.

For Christmas had come, but Santa was grounded.

He drove down the road, and what should he see?

But a sign for a doctor, who was a D.C.

Now Santa was not one to like a new tactic,
But all else had failed, so he tried Chiropractic.

He entered the office and saw at a glance,
in a place such as this, illness hasn't a chance.

The office staff smiled, the music was sappy,
with all of the patients contented and happy.

In a very short time, to judge by the clock,
he was in the adjusting room, talking to Doc.

It must be the hurry, the tension and all,

I simply can't seem to get on the ball.

Life used to be easy; just kids, toys and whistles,
now I dodge smog, spaceships and missiles.

And Doc, take a look at the size of this pack!

Have you any idea what it does to my back?

Poor Santa was miserable and just barely able,
with the help of the Doctor, to get on the table.

The doctor was gentle; without a fuss or a tussle
She examined the vertebrae and relaxed every muscle.

She spotted trouble and then with a click,
started aligning the spine of old St. Nick.

Santa felt aches and pains slipping away
and in no time at all he began to feel gay.

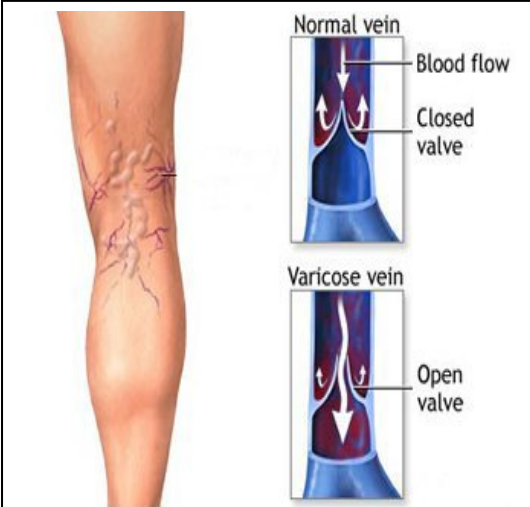
The air was a tingle with the new fallen snow

And a healthy Kris Kringle was rarin' to go.

As he went out the door, he threw them a kiss;

Why, it had been centuries since he felt as good as this!

Then once more he shouldered the bag full of toys,
his heart overflowing with true Christmas joys.



What are compression socks/stockings?

Compression hosiery improves venous lymph, and blood flow in your legs. The stockings/socks are designed to deliver a controlled amount of pressure which is greatest at the distal (ankle) end of the garment and gradually decreases towards the top of the stocking. This gradient pressure promotes better blood flow which in turn helps to control swelling, varicosities, leg fatigue and other problematic leg conditions.

Who should wear compression socks/stockings?

People who have or are experiencing any of the following conditions can benefit from wearing gradient compression hosiery:

- Varicose Veins
- Spider Veins
- Chronic venous insufficiency
- Expecting mothers
- Diabetes
- Tired, aching, fatigued legs
- Swollen feet, ankles, and legs
- Travelers or people who sit for prolonged periods
- Workers who stand for prolonged periods
- Situations requiring enhanced blood flow or compression in the legs (muscle injury, sprains, strains)

Please note: It is always recommended to consult your health care professional to determine the appropriate hosiery and compression for your needs. Chiropractors can do this for you.

How much do they cost and are they covered by insurance?

The price of compression hosiery varies depending on the amount of compression and type of sock/stocking. The Chiropractor can provide you with this information for your medical doctor if your insurance requires a prescription. **Compression stockings/socks are usually covered by extended health insurance plans, often covering the cost of multiple pairs per year. Please check your insurance policy.**

Travel Socks - Buy before you fly, take a train, a bus or automobile!

Whether you travel by plane, train, automobile, or bus, any trip that lasts more than a few hours could leave your legs swollen and achy. If you travel for a long period of time (5 hours or more), the problem can become more serious, swollen and achy legs are just one part of the problem. Travelers need to be aware of, and take measures against, a more serious condition called a deep vein thrombosis (DVT) or embolism. Once a blood clot develops, it can break away from the vein wall and this could lead to major complications or death. Research has revealed that wearing flight socks can reduce by 90% the risk of developing deep vein thrombosis - DVT.

Compression Stockings May Reduce Obstructive Sleep Apnea in Some Patients

ScienceDaily (Aug. 4, 2011) — Chronic Venous Insufficiency occurs when a patient's veins cannot pump enough oxygen-depleted blood back to the heart. It occurs most often in the veins of the legs. Wearing compression stockings may be a simple low-tech way to improve obstructive sleep apnea in patients with chronic venous insufficiency, according to French researchers. "We found that in patients with CVI, compression stockings reduced daytime fluid accumulation in the legs, which in turn reduced the amount of fluid flowing into the neck at night, thereby reducing the number of apneas and hypopnea by more than a third," said Stefania Redolfi, MD, of the University of Brescia in Italy, who led the research.

Why choose Therafirm® true gradient compression hosiery?

- All Therafirm® hosiery garments are made using Micro-Cool® process, which creates a wicking effect so moisture evaporates from the skin quickly, keeping you cool and comfortable!
- Core-Spun** by Therafirm™ support socks are made with the superior moisture wicking fibers CoolMax® and X-Static®.
- Patent-pending Core-Spun technology support socks offer the added benefit of ultra stretchy yarns, making them easier to put on and increasing patient compliance.**
- Therafirm products meet all applicable standards for quality and medical accuracy.
- Each lot of product is tested for compression accuracy at each gradient level using the latest standard testing equipment.

**Price: Reg. Stockings \$70.00 no tax
Core-Spun Socks \$85.00 no tax**

We now offer compression stockings from Airway Surgical.

Airway Surgical Appliance, Ltd is one of the leading home healthcare manufacturers and distributors in Canada. Founded in 1895 as the Ottawa Truss & Surgical Company. Airway Surgical offers sensible mix of the most commonly prescribed styles of hosiery at a price point significantly lower than leading brands. Please ask one of our doctors which brand of stockings are best suited for you!

**Price:
Only \$30.00 no tax**

Chiropractic Monthly Newsletter

The Chiropractic Care & Longevity Center

5 Gore St. W.
Perth, ON K7H 2L5
PHONE:
(613) 264-0616

If you have any comments or suggestions about our Monthly Newsletter please email them to Hanna Murphy at:

E-MAIL:
hmurphy@primus.ca

Thank you for reading our office newsletter!

We're on the Web!
See us at:

www.chirolongevity.com

Also you can now:



January Office Hours

~ January 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Office Closed HAPPY NEW YEAR	2 No Chiro No Massage Office Hours 9am-7pm	3 No Chiro RMT 1pm-8pm Reg. Office Hours 8am-8pm	4 Extra Personal Training Hours 10am-2pm No Chiro No Massage Reg. Office Hours 9am-5pm	5 No Chiro No Massage Reg. Office Hours 9am-2pm
6 Office Closed	7 Dr. Guirguis 9am-3pm Office Hours 9am-7pm	8 No Chiro Office Hours 9am-6pm	9 Dr. Guirguis 9am-7pm Office Hours 9am-7pm	10 No Chiro Open Reg. Office Hours 8am-8pm	11 No Chiro Open Reg. Office Hours 9am-5pm	12 No Chiro No Massage Reg. Office Hours 9am-2pm
13 Office Closed	14 Reg. Office Hours 9am-8pm Dr. Wickens Returns	15 Reg. Office Hours 8am-7pm	16 Reg. Office Hours 7am-7pm	17 Reg. Office Hours 8am-8pm	18 Reg. Office Hours 9am-5pm	19 Reg. Office Hours 9am-2pm
20 Office Closed	21 Reg. Office Hours 9am-8pm	22 Reg. Office Hours 8am-7pm	23 New Patient Workshop 2pm-3pm Reg. Office Hours 7am-7pm	24 Reg. Office Hours 8am-8pm	25 Reg. Office Hours 9am-2pm	26 Reg. Office Hours 9am-2pm
27 Office Closed	28 Reg. Office Hours 9am-8pm	29 New Patient Workshop 7:15pm-8:15pm Reg. Office Hours 8am-7pm	30 Reg. Office Hours 7am-7pm	31 Reg. Office Hours 8am-8pm		



Body Donation Recognition Wall

When a person donates his or her body to chiropractic education and research, it helps prepare tomorrow's chiropractors for a lifetime of vital work in health care.

As a result of a recommendation from the Holtom Family to formally recognize this special group of individuals on a Body Donation Recognition wall, this striking, permanent structure has been mounted on the lower level at CMCC near the anatomy laboratory. Donors are listed in alphabetical order by year of donation. The wall will be updated annually so that students, staff, faculty, alumni and other guests to CMCC's campus may pay their respects and acknowledge those who have made this tremendous contribution.

An unveiling ceremony was held in the Fall 2012 to honour those who have made such impactful donations. Donations of this kind help CMCC students reach their goals to treat all patients to the very best of their abilities and to be compassionate and successful members of the chiropractic profession.

We thank Dr. Paul Holtom and his family for bringing this idea forward as well as everyone who has made a donation toward this permanent memorial within CMCC.

If you are interested in making a financial contribution to the memorial wall, please contact Melody Craggs, Development Manager, at 416-482-2340 ext. 293 or by email at mcraggs@cmcc.ca.

If you are interested in making a donation of your body to CMCC please contact Sarah Hockley, Clerk of the Anatomy Department at 416-482-2340 ext. 221 or by email at shockley@cmcc.ca. We would also be pleased if you would share this contact information with interested people.

Experience the Benefits of Monthly Chiropractic!