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2012



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

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Why You Should Eat 5 Times a Day

Is It Time to Eat?

It probably is; because if you're like many people, you don't eat often enough. According to Turbo Jam® trainer Chalene Johnson, you should eat at least five times a day; that includes three meals and two snacks. So why eat so often?

Eating 5 times a day helps prevent your body from storing fat. Our bodies are actually programmed to store fat, and this trait has helped us humans keep going over the eons. At many stages during our existence, it was critical to our survival. If you look back in time... you'll see why. Picture yourself wearing an animal skin or scratchy woolen toga, a few smears of mud and no hair product. (Don't feel bad—no one else looked good, either.) If you look in your hand, you'll see that you're carrying a spear that you made yourself. The reason for making it is that you're hungry. If you throw well, you eat. If you miss, you don't. So being able to store energy in the form of fat will hopefully sustain you until your throwing improves. This same survival tool remains part of our makeup today.

So the best way to avoid slipping into this fat-storing mode is to keep your metabolism going with small meals and snacks. Eating frequently prompts your body to efficiently keep working and burning the calories. And if that wasn't enough by itself, there's another good reason to avoid long waits between meals. Eating regularly tames wild cravings.

By eating smaller meals on a regular schedule, you'll help your

body work comfortably on fewer calories, and stay in an energy (fat)-burning mode. This will help you feel more energetic, and keep your blood sugar stable, which will reduce carb cravings before your next meal.

Now let's say you need even more help controlling your cravings for the wrong stuff. What do you do? Start your day with the right stuff. Chances are you don't eat in your sleep so when you wake up, your cells are ready to absorb essential nutrients and, in particular, protein. Throughout the night, your body uses excess or circulating proteins to replenish your muscles, hair, skin, and nails. In addition, your body uses proteins to create millions of antibodies for defense against bacteria, which often attack while you sleep. That's why eating a healthy breakfast packed with protein is good for you. Starting your day with eggs, cottage cheese, a Protein Bar, or Protein Shake can help you get a good serving of the protein and nutrients you need. A good rule of thumb for the timing of this meal is within an hour of waking up. If that's not possible, have a meal or snack as early as possible to get your metabolism revving. So what about the rest of your day?

Another smart time to eat is about 30 to 45 minutes after a workout. At this time, the enzymes responsible for energy production are in high gear, and the energy-storing hormones within our blood are suppressed.

This means less energy will be stored as fat. Carbs will be immediately taken up to replenish

the low glycogen stores caused through exercising. Protein will be used for the recovery and growth of new calorie-burning muscle tissue. The best news is your body will burn most of the nutrients from the meal to fuel these reactions. That's why eating after a workout is a good idea. Having protein late in the day, for perhaps your last meal or snack, will also provide your body with the protein it will use overnight to revitalize your muscles, hair, nails, and antibodies.

Of course, remember portion size. If you're not sure how much that might be, use the palm of your hand as a guideline. It's a good trick, since you probably have your hands with you. An easy guide for a balanced meal is a lean protein serving the size of your palm, your carbohydrate serving the size of your first and a fat serving the size of your thumb.

As with most things in life, timing is everything. So when you're trying to drop pounds, don't just think about what you eat—think about when. This will enable you to get more nutrients from fewer calories. Of course, the fewer calories you eat, the easier it is to lose weight. So eat right, on time, on schedule.

If you have any questions at all about eating 5 times per day, please ask any of the front desk staff for helpful hints and information about the meal replacements and protein supplements that we sell here at the office. Eating healthy is easier than you think.

The Wellness Approach

The wellness approach is to look for underlying causes of any disturbance or disruption and make whatever interventions and lifestyle adjustments that would optimize the conditions for normal function. The main difference between wellness care and standard medical care is that wellness care seeks to turn on the natural healing ability. Wellness care does not add something to the system, instead it removes anything that might interfere with normal function. Wellness care trusts that the body would know what to do if nothing were interfering with it. Standard medical care, on the other hand, seeks to treat a symptom by adding something from the outside - a medication, a surgery or procedure.

Inside Out vs. Outside In

If a patient has high blood pressure, a standard medical approach would be to choose a drug that lowers blood pressure, and ask the patient to take the drug. This may serve to lower the blood pressure, but ignores the underlying cause that is making the blood pressure high, and runs the risk of side effects complicating the person's recovery. Whether it's a nutritional issue, faulty control by the nerve system or a manifestation of stress, the medication could decrease the blood pressure, leaving the problem causing the symptom of high blood pressure unaddressed.

The Wellness Approach

Wellness is a state of optimal conditions for normal function... and then some. The wellness approach is to look for underlying causes of any disturbance or disruption (which may or may not be causing symptoms at the time) and make whatever interventions and lifestyle adjustments would optimize the conditions for normal function. That environment encourages natural healing, and minimizes the need for invasive treatment, which should be administered only when absolutely necessary. When the body is working properly, it tends to heal effectively, no matter what the condition. When the body heals well and maintains itself well, then there is another level of health that goes beyond "asymptomatic" or "pain-free" which reveals an open-ended opportunity for vitality, vibrant health, and an enhanced experience of life. This is true for mental and emotional health as well as physical health. While some people may suffer psychological disorders, creating an atmosphere of mental and emotional wellness will address all but the most serious problems.

Chiropractic Care Can Change Your Life

About thirty years ago, I had a football injury. Over the next several years, I began to have pain in my left knee, a constant dull ache in the lower back on the right side and sinus trouble. I went to my medical doctors for help and they said I would have to live with this the rest of my life. The diagnosis was a permanently damaged nerve. The physicians suggested corrective surgery.

I became very depressed. I couldn't sleep at night and I was very difficult to live with. I was going through hell and so was my family. It was then that I was convinced to try chiropractic. After my first few visits to my chiropractor, I felt a great deal of relief. Now I feel like a new person. My back is greatly improved, without surgery, and it seems as if I never even had knee problems or sinus trouble. It changed my life. When you feel good, you look good and you develop a healthy attitude. I wasn't very long before everyone noticed the great improvement in me. My only regret is that I waited so long

-- Andrew Sanderson

Balance Exercises:

- 1) Begin by standing on one foot and maintain your balance for 30 seconds. Practice daily alternating feet.
- 2) Then work your way up to one minute. Practice Daily alternating feet.
- 3) Repeat steps 1 and 2, this time looking up at the ceiling while performing the exercise.

- 4) Once you have successfully worked up to a minute maintaining balance on each foot while looking at the ceiling, start over repeat steps 1 and 2 but this time with your eyes closed.

**If you can't do this then make sure you talk to your Chiropractor.*

Exercise Equipment to Purchase:

-A wobble board is a piece of training equipment used to develop physical balance. It is often used for rehabilitation purposes, although it can be very useful to improve balance and reflexes.

-A **Rebounder** with a balance bar. (Available at our office ask front desk staff for more details.)

Supermarket Survival

Making healthy food choices starts in the grocery store. However, shopping can be a challenging task, with over 40,000 items to choose from. So here are some suggestions to help you survive your next trip to the supermarket and make the best choices possible.

1. Most grocery stores are arranged in about the same way, with the freshest foods placed around the perimeter, or the "square," of the store. That's where you'll find the produce, dairy foods, meat (poultry, fish, etc.), and breads-and that's where you should start. The aisles, on the other hand, are where the less healthy food choices are housed: cookies, chips, and processed and packaged foods.

2. Your first stop should be the produce section, where you can choose lots of fresh fruits and vegetables that are low in calories, high in fiber, and abundant in vitamins and minerals. Dark green and deep-orange-yellow fruits and vegetables are better choices than pale-colored produce. If you can take advantage of buying organic produce, do so (less

pesticide exposure). Beware of salad bars, as many of them contain high-fat, high-calorie items like potato and macaroni salad and pre-made dressings. Frozen vegetables are also a good choice.

3. When cruising by the dairy products, choose products as close to natural as possible. If you are a soymilk drinker, you will probably find the ready-to-drink, refrigerated soymilk there, too.

4. As you swing through the meat section, look for lean, protein-rich foods such as skinless chicken or turkey breast meat, fresh fish, extra-lean ground beef, and extra-lean ground turkey made from white meat. Diets higher in protein may aid in weight loss because studies suggest that protein helps control hunger by stabilizing blood sugar levels. In addition The Chiropractic Care and Longevity Center carries a wide verity of high quality protein supplements:

- Shaklee Soy Protein
- Shaklee Cinch Shakes
- Ultrameal shakes or bars
- Vega protein shakes or bars

5. Then follow your nose to the bakery section. Skip the unhealthy stuff like muffins, donuts, and scones, and look for whole grain breads that are high in fiber and low in fat, such as 100% whole wheat bread and whole wheat pitas.

6. Once you've shopped the square, make your brief trip to the inner aisles to grab some brown rice, whole grain cereal, and other staples.



Healthy Grocery List

Fresh Vegetables

Lettuce	Other Greens	Cucumbers	Carrots
Asparagus	Zucchini	Radishes	Tomatoes
Green Beans	Onions	Green Onions	Peppers
Cauliflower	Broccoli	Peas	Celery
Spinach	Corn	Sweet Potatoes	Squash

Fresh Fruits

Bananas	Apples	Oranges	Pears
Peaches	Nectarines	Grapefruit	Berries

Frozen Foods

Green Beans	Peas	Mixed Vegetables	Carrots
Chicken Breasts	Fruit Juice Bars	Blueberries	Corn
Fish Fillets	Onions	Vegetarian Burgers	Shrimp

Canned Foods

Black Beans	Tomatoes	Marinara Sauce	Tuna
Salmon	Pinto Beans	White Beans	Pineapples

Meats

Lean Hamburger	Lean Pork	Salmon	Fish
Shell Fish	Chicken	Turkey	Ham

Grains and Cereals

Whole Grain Bread	Whole Grain Pasta	Whole Grain Cereal	Oatmeal
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Beverages

100% Fruit Juice	Sparkling Water	Tomato Juice	Herb Tea
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How Much Protein Do You Need Daily?

Protein Intake:

Here is a very simple idea of protein needs:
 Minimal Requirement = .5 grams per pound of bodyweight

Active and maintaining = 1 gram per pound

Gaining or losing weight = 1.5 grams per pound

Examples of good protein sources:

1. Canned Tuna. 40g protein/can.
2. Whole Eggs. 7g protein/egg.
3. Protein Supplement. 20g protein/28g serving.
4. Ground Beef. 25g protein/100g.
5. Milk. 30g protein/liter milk
6. Frozen Chicken Breast. 25g protein/100g.
7. Cottage Cheese. 12g protein/100g.
8. Ground Turkey. 25g protein/100g.
9. Canned Mackerel. 23g protein/100g.
10. Liver. 20g protein/100g.

Maple-Roasted Sweet Potatoes

Ingredients

2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
 1/3 cup pure maple syrup
 2 tablespoons butter, melted
 1 tablespoon lemon juice
 1/2 teaspoon salt
 Freshly ground pepper, to taste

Preparation

-Preheat oven to 400°F.
 -Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
 -Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

C U V E R T E B R A E S A Z
 P H W P O X E E X A M U K Y
 E A I I N B W C O Y V B R F
 D I X R C T O P K T L L B N
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 A D J U S T M E N T P C K D

CHIROPRACTIC

HEALTH

SUBLUXATION

WICKENS

SPINE

BACK

VERTEBRAE

DOCTOR

EXAM

ADJUSTMENT

Body Quiz: How well do you know your body?

1. A part of your body that rhymes with bed and sits on top of your shoulders.
2. You have 10 of them.
3. Also referred to as the "funny bone" and is in two places on your body.
4. Which body part requires a "ball joint" to help it work?
5. The body part/s that have the smallest bones in the body and help with balance.
6. The part of the body that can get injured running; _____ splints.
7. Where is the Achilles tendon?
8. Where does Carpal Tunnel Syndrome occur?
9. If broken or injured, this body part can cause black eyes, sinus infections and a sore throat.
10. Whiplash is a common injury that happens to your _____ when you are in a car accident.
11. A migraine affects what part of the body?
12. A common joint injury, arthritis most often first strikes in the _____.
13. A familiar sports injury called Tennis _____, occurs where?
14. Popping or locking of your _____ is referred to as TMJ.
15. Besides McDonald's, the arches on your body are located in your _____.

Answers on pg. 6 of newsletter

Why Do Children Need Chiropractic Care?

Since significant spinal trauma can occur at birth, many parents have their newborns checked for the Vertebral Subluxation Complex.

Later, learning to walk, ride a bicycle, and other childhood activities can cause spinal problems. While a bandage and some comforting words can help a skinned knee, the unseen damage to the child's spine is the unique domain of a chiropractic doctor.

Many childhood health complaints that are brushed off as "growing pains" can often be traced to the spine. Regular chiropractic checkups can identify these problems and help avoid many of the health complaints seen later in adults.

Naturally, chiropractic adjusting procedures are modified to a child's spine. Most parents report that their children enjoy their chiropractic adjustments and seem healthier than other children.

Life is too short to wake up with regrets.
 So love the people who treat you right.
 Forget about the one's who don't.
 Believe everything happens for a reason.
 If you get a chance, take it & if it changes your life, let it.
 Nobody said life would be easy,
 they just promised it would most likely be worth it.

ENJOY LIFE NOW - IT HAS AN EXPIRATION DATE!

Top Ten Food Additives to Avoid

Food additives have been used for centuries to enhance the appearance and flavor of food and prolong shelf life. But do these food additives really “add” any value to your food?

Food additives find their way into our foods to help ease processing, packaging and storage. But how do we know what food additives are in that box of macaroni and cheese and why does it have such a long shelf life?

A typical household spends about 90 percent of their food budget on processed foods, and are in doing so, are exposed to a plethora of artificial food additives, many of which can cause dire consequences to your health.

Some food additives are worse than others. Here’s a list of the top food additives to avoid:

1. Artificial Sweeteners

Aspartame, (E951) more popularly known as Nutrasweet and Equal, is found in foods labeled “diet” or “sugar free”. Aspartame is believed to be carcinogenic and accounts for more reports of adverse reactions than all other foods and food additives combined. Aspartame is not your friend. Aspartame is a neurotoxin and carcinogen. Known to erode intelligence and affect short-term memory, the components of this toxic sweetener may lead to a wide variety of ailments including brain tumor, diseases like lymphoma, diabetes, multiple sclerosis, Parkinson’s, Alzheimer’s, fibromyalgia, and chronic fatigue, emotional disorders like depression and anxiety attacks, dizziness, headaches, nausea, mental confusion, migraines and seizures. Acesulfame-K, a relatively new artificial sweetener found in baking goods, gum and gelatin, has not been thoroughly tested and has been linked to kidney tumors.

Found in: diet or sugar free sodas, diet coke, coke zero, jello (and over gelatins), desserts, sugar free gum, drink mixes, baking goods, table top sweeteners, cereal, breathmints, pudding, kool-aid, ice tea, chewable vitamins, toothpaste

2. High Fructose Corn Syrup

High fructose corn syrup (HFCS) is a highly-refined artificial sweetener which has become the number one source of calories in North America. It is found in almost all processed foods. HFCS packs on the pounds faster than any other ingredient, increases your LDL (“bad”) cholesterol levels, and contributes to the development of diabetes and tissue damage, among other harmful effects.

Found in: most processed foods, breads, candy, flavored yogurts, salad dressings, canned vegetables, cereals

3. Monosodium Glutamate (MSG / E621)

MSG is an amino acid used as a flavor enhancer in soups, salad dressings, chips, frozen entrees, and many restaurant foods. MSG is known as an excitotoxin, a substance which overexcites cells to the point of damage or death. Studies show that regular consumption of MSG may result in adverse side effects which include depression,

disorientation, eye damage, fatigue, headaches, and obesity. MSG effects the neurological pathways of the brain and disengaged the “I’m full” function which explains the effects of weight gain.

Found in: Chinese food many snacks, chips, cookies, seasonings, most Campbell Soup products, frozen dinners, lunch meats

4. Trans Fat

Trans fat is used to enhance and extend the shelf life of food products and is among the most dangerous substances that you can consume. Found in deep-fried fast foods and certain processed foods made with margarine or partially hydrogenated vegetable oils, trans fats are formed by a process called hydrogenation. Numerous studies show that trans fat increases LDL cholesterol levels while decreasing HDL (“good”) cholesterol, increases the risk of heart attacks, heart disease and strokes, and contributes to increased inflammation, diabetes and other health problems. Oils and fat are now forbidden on the Danish market if they contain trans fatty acids exceeding 2 per cent, a move that effectively bans partially hydrogenated oils.

Found in: margarine, chips and crackers, baked goods, fast foods

5. Common Food Dyes

Studies show that artificial colorings which are found in soda, fruit juices and salad dressings, may contribute to behavioral problems in children and lead to a significant reduction in IQ. Animal studies have linked other food colorings to cancer. Watch out for these ones:

Blue #1 and Blue #2 (E133)

Banned in Norway, Finland and France. May cause chromosomal damage

Found in: candy, cereal, soft drinks, sports drinks and pet foods

Red dye # 3 (also Red #40 – a more current dye) (E124)

Banned in 1990 after 8 years of debate from use in many foods and cosmetics. This dye continues to be on the market until supplies run out! Has been proven to cause thyroid cancer and chromosomal damage in laboratory animals, may also interfere with brain-nerve transmission

Found in: fruit cocktail, maraschino cherries, cherry pie mix, ice cream, candy, bakery products and more!

Yellow #6 (E110) and Yellow Tartrazine (E102)

Banned in Norway and Sweden. Increases the number of kidney and adrenal gland tumors in laboratory animals, may cause chromosomal damage.

Found in: American cheese, macaroni and cheese, candy and carbonated beverages, lemonade and more!

6. Sodium Sulfite (E221)

Preservative used in wine-making and other processed foods. According to the FDA, approximately one in 100 people is sensitive to sulfites in food. The majority of these individuals are asthmatic, suggesting a link between asthma and sulfites. Individuals who are sulfite

sensitive may experience headaches, breathing problems, and rashes. In severe cases, sulfites can actually cause death by closing down the airway altogether, leading to cardiac arrest.

Found in: Wine and dried fruit

7. Sodium Nitrate/Sodium Nitrite

Sodium nitrate (or sodium nitrite) is used as a preservative, coloring and flavoring in bacon, ham, hot dogs, luncheon meats, corned beef, smoked fish and other processed meats. This ingredient, which sounds harmless, is actually highly carcinogenic once it enters the human digestive system. There, it forms a variety of nitrosamine compounds that enter the bloodstream and wreak havoc with a number of internal organs: the liver and pancreas in particular. Sodium nitrite is widely regarded as a toxic ingredient, and the USDA actually tried to ban this additive in the 1970’s but was vetoed by food manufacturers who complained they had no alternative for preserving packaged meat products. Why does the industry still use it? Simple: this chemical just happens to turn meats bright red. It’s actually a color fixer, and it makes old, dead meats appear fresh and vibrant.

Found in: hotdogs, bacon, ham, luncheon meat, cured meats, corned beef, smoked fish or any other type of processed meat

8. BHA and BHT (E320)

Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are preservatives found in cereals, chewing gum, potato chips, and vegetable oils. This common preservative keeps foods from changing color, changing flavor or becoming rancid. Effects the neurological system of the brain, alters behavior and has potential to cause cancer. BHA and BHT are oxidants which form cancer-causing reactive compounds in your body.

Found in: Potato chips, gum, cereal, frozen sausages, enriched rice, lard, shortening, candy, jello

9. Sulfur Dioxide (E220)

Sulfur additives are toxic and in North America, the Federal Drugs Administration have prohibited their use on raw fruit and vegetables. Adverse reactions include: bronchial problems particularly in those prone to asthma, hypotension (low blood pressure), flushing tingling sensations or anaphylactic shock. It also destroys vitamins B1 and E. Not recommended for consumption by children. The International Labour Organization says to avoid E220 if you suffer from conjunctivitis, bronchitis, emphysema, bronchial asthma, or cardiovascular disease.

Found in: beer, soft drinks, dried fruit, juices, cordials, wine, vinegar, and potato products

10. Potassium Bromate

An additive used to increase volume in some white flour, breads, and rolls, potassium bromate is known to cause cancer in animals. Even small amounts in bread can create problems for humans.

Found in: breads

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

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Thank you for reading our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

Also:



5 Tips To Staying Healthy on Thanksgiving

Turkey. Pumpkin Pie. Stuffing. Mmmmm mmm. The memories and smells already make the mouth water. The holiday season is not only a time for feasting on heavenly food, but also a moment where we can stop and breathe from our busy lives and enjoy time with family, reunite with loved ones, and watch a mean football game. Still, with all those buttery snacks around it's important to keep yourself from overeating and loosening up the belt at the dinner table. Here are some tips to help you stay healthy this holiday season. Happy Feasting!

1. Drink Lots of Water

There will be tons of drinks around for you to savor on—eggnog, apple cider, sparkling cider, hot chocolate. Although these drinks are not highly caloric, multiple drinks mean multiple servings of sodium which, in combination with traditional Thanksgiving food, isn't that healthy. Try replacing some of these drinks with good old fashioned H₂O. Drinking water speeds up your digestive system and metabolism by flushing out toxins and waste products from your body. You'll be able to stay hydrated without adding any extra calories.

2. Balance your Indulgences

It's hard to pass up all the wonderful items on the dinner table, but you'll have to make some rules to keep yourself from overindulging yourself. So to keep yourself from packing on too many unhealthy pounds, make sure you go for the healthy foods first. Grab vegetables and white meats for your plate before heading for the unhealthy stuff. That way by the time you reach that buttery pie, you'll be cutting a smaller slice after filling yourself up on healthy greens.

3. Rise and Shine—Start Cooking Early

If you're going to be in the kitchen this holiday, or if cooking Thanksgiving dinner is usually a family affair, then beware of the temptations. Tasting the stuffing or licking up the batter for pie may seem harmless, but all those extra samplings while you "save your stomach" for dinner are still opportunities to pack on calories. The best thing to do is get an early start on cooking. Start preparing the meal right after you finish breakfast. Cooking on a full stomach will keep you from sampling foods.

4. Press "Pause" on the Seconds

It's hard to resist having second helpings of Thanksgiving food—it comes once a year right? But it's important to remember that as good as it may be to have another go around of all the food on the table, those second servings aren't as beneificial for your health. Timing is important in this situation. Eat slowly to make sure you allow your mind and body enough time to process and digest the food. Then, wait at least 15-20 minutes before you dive in for second helpings. Your stomach needs time to let your brain know that it's full. If there are leftovers, bust out the Tupperware and save it—don't feel forced to follow grandma's old rule about finishing everything on your plate.

5. Walk it Out

It's so easy to just plop on the couch after a big Thanksgiving meal and turn on the television set. Instead of leaving food to sit in your stomach, go for a walk around your neighborhood or do something active. This doesn't mean break away from family time but just a brief walk outside with the family or an active game on the Nintendo Wii is a fun way to start working off calories and get the family involved.

Body quiz answers:

1. head
2. fingers and toes
3. arms
4. shoulder or hip
5. ears
6. shins
7. heel
8. wrist
9. nose
10. neck
11. head
12. hands
13. elbow
14. jaw
15. feet

8 Weeks to Wellness Information Session

Chiropractic Care & Longevity Center

5 Gore Street West, Perth

8 Weeks to Wellness® effectively blends *chiropractic, diet, exercise, massage, meditation and education* with personal accountability. Over the 8-week program, we teach our patients ideal habits to reach lifelong optimal health and give them an achievable timeframe in which to get it done. We've documented drastic reductions in weight, body fat, blood pressure, inflammatory markers, blood glucose levels, cholesterol and other blood lipids. Patients are thrilled with their improved mood, energy and strength, sense of self-worth and overall well-being.

Come learn the details of this program

- **Supplements & diet restrictions**
 - **Scheduling**
 - **Blood work required**
 - **Commitment required**

We have a gym in the basement!!

All of your appointments are done here for your convenience!

Please ask the front desk staff for information for the next session.

Experience the Benefits of Monthly Chiropractic!