

September
2014



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

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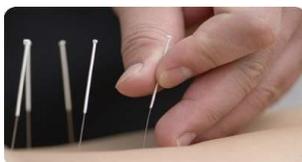
CCLC Welcomes Dr. Elizabeth Carter, B.Kin., D.C.

Dr. Carter became interested in chiropractic after experiencing the benefits of chiropractic as a child. Upon attending North Elmsley Primary School, Stewart School, and PDCI, she left home to study kinesiology at McMaster University. While at McMaster, she took specialized courses in gerontology, and those that focused on special needs and different abilities. She also volunteered her time at MacTurtles, a cardiac rehabilitation program for seniors. Upon completing her third year at McMaster, she was accepted to the four year Doctorate program at Canadian Memorial Chiropractic College. During her internship, she helped create Stay in Health, an exercise and educational program for seniors which ran twice a week at a local retirement home. She also took the CMCC clinical acupuncture program, a 250 hour certification program which focused on biomedical acupuncture with a foundation in traditional Chinese medicine. Dr. Carter graduated in June 2014, achieving both academic and clinic hours, and received the collaborative patient care award. Dr. Carter currently resides in Kanata with her significant other, James, and furry friends. In her spare time, Dr. Carter enjoys swimming, yoga, and spending time with her family and friends. Dr. Carter is excited to return to her hometown to provide chiropractic and acupuncture services. Dr. Carter believes in educating patients so they can be an active participant in their health, and striving for quality of life.



Acupuncture is back at CCLC!

<p>What is Acupuncture? Acupuncture is a new way of using an ancient therapy. It is an evidence-based method grounded in anatomy and physiology. It is a highly effective way to communicate with the nervous system, and to activate the body's own healing mechanisms.</p>	<p>How Does Acupuncture Work? When the needle is inserted, a cascade of events happens. There is an increase in blood flow to the area, the body's own chemicals are released to initiate healing, and most importantly, there is an interaction with the nerves. This communication is the most beneficial component of an acupuncture treatment. It will cause the nerve to modulate itself, in other words to excite or relax, depending on what the body needs to do. Some acupuncture points in the hands, feet, and head also cause a balancing effect throughout the entire nervous system, decreasing the stress response and raising feel-good hormones like endorphins and serotonin.</p>	<p>Benefits of Acupuncture? Acupuncture has many advantages that can enhance your health and well-being:</p> <ul style="list-style-type: none"> • Low incidence of side effects • Precise and specific therapy • Uses the body's natural ability to heal itself • Strong analgesic effect • Increased circulation • Improved mobility • Decreased pain • Performed by a registered healthcare provider 								
<p>Is Acupuncture Safe for Anyone? Acupuncture is not for everyone. Your healthcare provider will review your medical history during your first session to ensure you have a safe and effective treatment.</p>	<p>Indications for Acupuncture Acupuncture is primarily used to treat acute or chronic pain and dysfunction in the musculoskeletal system. Some examples are:</p> <table border="0"> <tr> <td>Trigger points</td> <td>Muscle spasms</td> </tr> <tr> <td>Arthritis</td> <td>Sprains and strains</td> </tr> <tr> <td>Headaches</td> <td>Whiplash</td> </tr> <tr> <td>Tendonitis</td> <td>TMJ dysfunction</td> </tr> </table>		Trigger points	Muscle spasms	Arthritis	Sprains and strains	Headaches	Whiplash	Tendonitis	TMJ dysfunction
Trigger points	Muscle spasms									
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Tendonitis	TMJ dysfunction									



What Is Lyme's Disease??

By: Dr. Mercola

Lyme disease refers to illnesses transferred by insects. Although many still attribute transmission exclusively to ticks, according to Dr. Deitrich Klinghardt, one of the leading authorities on Lyme disease, the bacteria can also be spread by other insects, including mosquitoes, spiders, fleas, and mites.

Ticks are blood suckers, and prefer dark crevices such as your armpit or behind your ear, or your scalp. Once it attaches itself and starts feeding on your blood, it will at some point "spit" its bacterial load into your blood stream. If it carries an infectious organism, the infection will spread to you via this salivary emission.

Common side effects of tick bites include an itchy "bull's eye" rash, pain, fever, and inflammation. Symptoms of Lyme disease typically start out with unrelenting fatigue, recurring fever, headaches, and achy muscles or joints.

The disease may progress to muscle spasms, loss of motor coordination, and even intermittent paralysis, meningitis, or heart problems. For a more complete list of symptoms, refer to the Tick-Borne Disease Alliance. Lymedisease.org has also created a printable Symptom Checklist.

Interestingly, a recent paper published in the journal *Frontiers in Zoology* argues that ticks should be reclassified as venomous, noting that many of its salivary proteins, and their known functions, are similar to those found in scorpion, spider, snake, platypus, and bee venoms. An estimated eight percent of tick species are in fact capable of causing paralysis with a single bite.

The most simple presentation is the orthopedic forms of Lyme disease as they're typically more superficial, affecting the larger joints. When the microbes and the associated immune reactions are situated in the connective tissue, the infection presents as a "vague, dispersed pain", which oftentimes ends up being misdiagnosed as fibromyalgia by conventional doctors.

Lyme disease, just as syphilis was, is also known as "the great imitator," as it mimics many other disorders, including multiple sclerosis (MS), arthritis, chronic fatigue syndrome, fibromyalgia, ALS, ADHD, and Alzheimer's disease.



Take Prevention Seriously

Considering the difficulty of diagnosing and treating Lyme disease, taking preventive measures should be at the top of your list:

- Avoid tick-infested areas, such as leaf piles around trees. Walk in the middle of trails, and avoid brushing against long grasses path edgings. Don't sit on logs or wooden stumps.
- Wear light-colored long pants and long sleeves, to make it easier to see the ticks.
- Tuck your pants into socks, and wear closed shoes and a hat – especially if venturing out into wooded areas. Also tuck your shirt into your pants.
- Ticks, especially nymphal ticks, are very tiny. You want to find and remove them before they bite, so do a thorough tick check upon returning inside, and keep checking for several days following exposure. Also check your bedding for several days following exposure.

As for using chemical repellents, it is not recommend to use them directly on your skin as this will introduce toxins directly into your body. If you use them, spray them on the outside of your clothes, and avoid inhaling the spray fumes.

The following table lists a variety of different treatment strategies that have been found to be useful in Lyme disease by those embracing natural methods.

*** All products listed below are available at CCLC for purchase, please ask a staff member for more details ***

Probiotics* to improve immunity and restore microflora during and after antibiotics	Curcumin* is helpful at reducing neurological toxins and brain swelling
Astaxanthin*(Carotomax) to neutralize toxins, improve vision, and relieve joint pain, common in Lyme	Protein concentrate*/Meal replacement may help with nutrition, often poor in Lyme patients who don't feel well enough to eat properly
Grapefruit seed extract* may treat the cyst form of Borrelia	Krill oil or any good quality fish oil* to reduce inflammation
Cilantro as a natural chelator for heavy metals	Serrapeptase* helps to break biofilms
Resveratrol* may treat Bartonella, a co-infection and also helps detoxification	GABA and melatonin* and/or Mindfit Sessions with Zen Frames to help with insomnia
Artemisinin and Andrographis* , two herbs that may treat Babesia, a common co-infection	CoQ10* to support cardiac health and reduce muscle pain and brain fog
Quercetin* reduces histamine (often high in Lyme)	Transfer factors* (a complete amino acid formula) can help boost immune function

The Health Benefits of Massage Therapy

There are tremendous benefits to be achieved through regular Massage Therapy treatments from a Registered Massage Therapist. Whether your need is to have a moment of relaxation, reduce muscle tension or attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being as well as your quality of life.

- Calms the nervous system
- Promotes a sense of relaxation & well being
- Reduces tension & anxiety
- Improves blood circulation
- Stimulates the lymphatic system
- Prevents & relieves muscle spasms
- Helps with pain management in conditions such as arthritis, sciatica, and muscle spasms



Book your massage with any one of our three Registered Massage Therapists;
Kaitlyn Ryan, Fred Shepherd or Dillon Lowry with the front desk staff today!

Benefits to Exercising as You Age

Living a healthy lifestyle and involving yourself in regular exercise has many positive side effects on the aging process:

- Helping to prevent disease and disability
- Improves quality of life and prolongs independence
- Reduces your risk of heart attack and stroke
- Helps with rehabilitation after an injury
- Decreases your risk of developing dementia and Alzheimer's disease
- Manages stress and improves mood
- Core and balance exercises decreases the likelihood of falls
- Strength training and weight-bearing exercises increase bone strength and muscle mass, and decreases the likelihood of an injury if a fall were to occur
- Can help improve quality of life for those with arthritis, heart and respiratory diseases, and many other illnesses that can lead someone to be inactive



Seniors Strengthening and Balance Class

Loss of muscle mass and bone strength occurs with increasing age, and therefore, all older adults should be participating in a safe strength training program 2-3 times a week, alongside a cardiovascular program, such as walking.

Starting Friday, September 26th, 2014, until December 12th (see calendar to right) the Chiropractic Care & Longevity Center will be starting a 12 week program for seniors looking to build muscle mass, strong bones and better balance. The class will be held in the waiting room with Sarah Salisbury, CFT, from 1:30 p.m. - 2:30 p.m.

This class will consist mainly of strengthening and balance exercises using light weights and exercise bands, but will have some cardiovascular exercise.

The cost for this class will be \$85+HST for 12 weeks or \$10+HST per session. Please sign up at the front desk or call 613-264-0616. You can also email us at chirocare@primus.ca.

Please come prepared with clean running shoes, clothes that keep you cool, and some water.
(Please eat before the class)

You are never too old to start an exercise program, no matter what your age or capabilities are!

Senior Balance Classes

Friday, September 26th
Friday, October 3rd
Thursday, October 9th
Thursday, October 16th
Friday, October 24th
Thursday, October 30th
Friday, November 7th
Friday, November 14th
Friday, November 21st
Friday, November 28th
Friday, December 5th
Friday, December 12th

The Great Calcium Deception

You've been told how important calcium is your entire life. You were told to drink milk, eat cheese and you may even be taking calcium supplements right now. You've been told how it builds strong bones and teeth. And how it prevents osteoporosis and fractures. But – here's what they never told you about calcium....

- Calcium by itself can cause heart disease, stiff joints and even cell dysfunction and death!
- Nearly 1.5 million Canadians suffer from osteoporosis
- One in four women and at least one in eight men over the age of 50 have this debilitating bone disease

Few people know that our worldwide obsession with calcium started in the 1950s under pressure from the American dairy industry. Before then, historically, people didn't consume much calcium and had very few problems with osteoporosis. What they did consume was magnesium – almost five times as much magnesium as we consume today.

The key point is that the health of our bones depends far more on other factors such as magnesium, boron, and vitamin D than it does on calcium. Consumption of too much calcium is just plain damaging to your bones and your health in general. Without calcium, you cannot live, but without adequate amounts of magnesium to balance that calcium, you will find yourself falling victim to hardening of the arteries, arthritis, diabetes, and senility. Magnesium is the activating mineral for close to 400 different enzyme reactions in the body – more than any other mineral.

Without this mineral....

- Calcium gets trapped in your muscles, stiffening your body.
- Calcium sits in the lining of your arteries, causing plaque that leads to heart problems.
- Calcium accumulates in your cells, which hyperexcites them, leading to cell dysfunction and even cell death.
- What makes the problem even worse is that magnesium is much harder for your body to absorb and utilize than calcium.
- This fact invalidates the standard 2:1 ratio of calcium to magnesium found in most supplements.

Time to ditch the 2:1 Calcium-magnesium ratio!

- Typically, **less than half of calcium intake is absorbed** in the gut, the rest either being excreted or potentially forming kidney stones or being transported to soft tissues where it can harden (calcify).
- **Adequate levels of magnesium are essential** for the absorption and metabolism of calcium and vitamin D
- There is a growing amount of scientific evidence pointing to **high calcium – low magnesium intake leading to calcification, or hardening, of arteries** (atherosclerosis-the number one cause of death in the U.S.), **osteoporosis and osteoporotic bone fractures.**

- Often supplementation is taken without consideration for the amount of calcium in the diet both from food sources and water. Many people, especially those consuming dairy products, have high-calcium diets. This can lead to a greater amount of unabsorbed calcium.
- "Most people – and most MDs – do not understand the importance of calcium-magnesium balance at a cellular level. The effectiveness and benefits of calcium with respect to bone health and the prevention of osteoporosis are enormously impaired in the absence of adequate levels of magnesium in the body." Dr. Dean states.
- "If we consume too much calcium without sufficient magnesium," according to Dean, "not only will we create stress within the body but the excess calcium won't be utilized correctly and may become toxic. Magnesium keeps calcium dissolved in the blood. Too much calcium and too little magnesium can cause some forms of arthritis, kidney stones, osteoporosis and calcification of the arteries, leading to heart attack and cardiovascular disease.

Sources:

Prof. Keith Scott-Mumby &
Susan Enfield in Delicious Living Blog

Magnesium Glycinate by Pure Lab Vitamins

Anybody who suffers from muscle pain is looking for a drug-free way to find relief. Many chronic muscular conditions can be traced back to an underlying nutrient deficiency.

- Magnesium is one of the most underutilized macro nutrients in our diets.

Foods we can buy today do not contain enough Magnesium to supply our daily needs nor balance our calcium intake. Which means that we all in one way or another stir into Magnesium deficiency – or imbalance.

Signs of Magnesium deficiency are:

- Muscle pain
- Constipation
- Headaches
- Insomnia
- Muscle spasms
- Twitchy eyelids
- Restless legs
- Irritability
- Anxiety



90 tablets \$24.41

240 tablets \$58.31

Prices are tax included!

Baked Sweet Potatoes Stuffed with Feta, Olives and Sundried Tomatoes

gourmandeinthekitchen.com

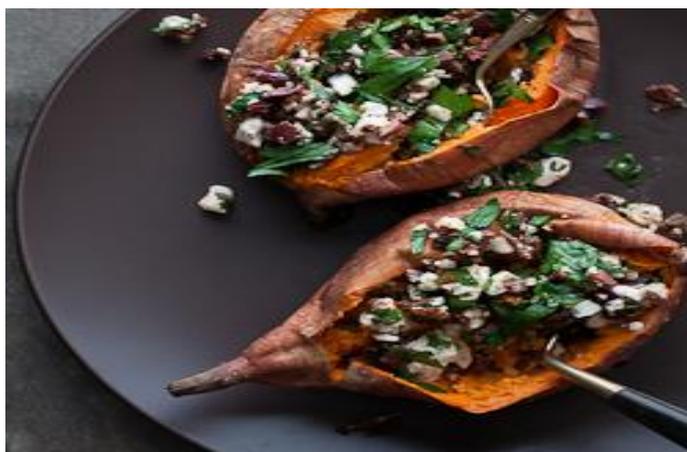
Ingredients

- 2 medium red skinned sweet potatoes, about 8 to 10 oz each and scrubbed clean
- 2 oz feta cheese, cut into small cubes
- 2 oz black oil-cured olives, pitted and chopped
- 1 oz oil packed sundried tomatoes; thinly slices
- ¼ cup (1handful) chopped fresh parsley
- ½ tsp dried or 2 tsp fresh oregano; chopped
- 1 tbsp extra virgin olive oil
- Sea salt and freshly ground pepper to taste

Directions

1. Preheat oven to 400 degrees. Pierce each sweet potato several times with the tines of a fork. Place then directly on middle oven rack with a piece of foil on the rack below.
2. Bake until the sweet potatoes are easily pierced with a knife and cooked through, about 45-60 minutes depending on size. Remove from oven and let stand until cool enough to handle.
3. While the sweet potatoes are baking, make the topping. Mix together remaining ingredients in a small bowl and set aside until the sweet potatoes are done.
4. Slice sweet potatoes lengthwise down the center to expose cooked insides, top with feta mixture and serve.

Note: Gluten Free, Grain Free, Vegetarian.



Observations from Phyllis Diller

Whatever you may look like, marry a man your own age. As your beauty fades, so will his eyesight.

Housework can't kill you, but why take a chance?

Cleaning your house while your kids are still growing up is like shoveling the walk before it stops snowing.

I asked the waiter, 'Is this milk fresh?' He said, 'Lady, three hours ago it was grass.'

The reason the golf pro tells you to keep your head down is so you can't see him laughing.



Chiropractic Monthly Newsletter

A fallen leaf is nothing more than a summer's wave goodbye

theheartbook.tumblr.com

The Chiropractic Care

& Longevity Center

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PHONE:
(613) 264-0616

If you have any comments or suggestions about our Monthly Newsletter please email:

chirocare@primus.ca

Thank you for reading our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

Also:



September 29th is World Heart Day

5 Ways to Protect Your Ticker

1. Don't Smoke
2. Exercise for 30 Minutes on Most Days
3. Eat a Healthy Diet
4. Maintain a Healthy Weight
5. Get Regular Health Screenings

Follow these steps and promote ideal **Cholesterol Control, Blood Pressure** and **Circulation Immunity** and **Oxygen Transportation**

everydayhealth.com

The office would like to welcome the newest member to our team:



Dillon Lowry, RMT

He will be available:
Tuesday: 11:00am-8:00pm
Thursday: 8:00am-6:00pm
Friday: 10:00am-5:00pm
Saturday: 9:00am-2:00pm

Book your massage with Dillon today!

off the mark.com by Mark Parisi



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Please Keep Your Appointments

We know that sometimes there are good reasons why people can't make their appointments, but it's important that you let us know as soon as possible if you or a family member cannot attend a scheduled appointment. Many appointments are lost due to "No Shows" or last minute cancellations.

Bottom line: cancelling an appointment should be a straightforward process and is always better than just not showing up.

Forgetful?? No worries. Ask us for a reminder call, email or text before appointments!



Farewell Dr. Guirguis

We would like to thank Dr. Karim Guirguis for his commitment to our center over the years. September 8th will be his last day adjusting in our office on a regular basis. Dr. Guirguis can now fully focus on his life in the city with his family. He continued to maintain one day a week here while working full time at his practice in Ottawa, and driving from Orleans. We wish him much success and will always reflect positively on his time here at the center.

Some get **medicated.** Others get **adjusted.**



CHIROPRACTIC
Be happy. Be safe. Be natural.

Experience the Benefits of Monthly Chiropractic!