

January  
2012



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

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***Everybody Needs a Coach!***

***Meet your team of personal health coaches at  
8 Weeks to Wellness! Now Offered here at  
the Chiropractic Care and Longevity Center!***

***If you could have done it on your own, you would have done it by now.***

Getting healthy and in shape by yourself is nearly impossible. That's where we come in. 8 Weeks to Wellness provides you with a whole team of personal health coaches to keep you working toward your goal.

***Call to register today for a no-obligation orientation in our office.***

It's the coach you've been missing!

The next orientation is January 10<sup>th</sup> 2012 here at the office at 7:15 pm – 8:15 pm. If you are unavailable for this date please call us or ask the front desk when the next date is.

***The 8WW program includes:***

- Total Health & Fitness Assessment
  - Complete Blood Workup
  - Body Composition Analysis
  - Personalized Diet Program
    - Wellness Education
  - Chiropractic Adjustments
- On-Site **one on one, private** Personal Fitness Training
- Massage & Meditation Instruction

***Call today for next orientation***

***Give us 8 weeks and we'll change the rest of your life.***

[www.8ww.com](http://www.8ww.com)

**Chiropractic Care & Longevity Center  
(613) 264-0616**



**Give us 8 weeks and we'll  
change the rest of your life.®**



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[www.chirolongevity.com](http://www.chirolongevity.com)

## New Years Resolutions and Chiropractic

Well it is that time of year again. Christmas has been and gone with the usual flurry and we are looking towards new years and starting to think about our new year's resolutions. Often these resolutions will revolve around diet or exercise or positive thinking; however, there is one crucial factor that is often overlooked and, that is, the nervous system.

After all no matter how well you eat if you have nerve interference that means you don't absorb or utilize the nutrients properly you are never going to get the full benefit. Similarly, it is one thing to be exercising perfectly but if nerve interference means that the muscles aren't developing in a balanced and coordinated manner then you are making it hard for yourself. If you work very hard on your thought processes but have poor spinal movement and neurological feedback, then it will be hard for your brain to distress. So whilst diet, exercise and positive thinking are great ideas for a new year's resolution perhaps it is worth getting a check up with a chiropractor to ensure your nervous system is functioning at its best and you are getting the full benefit.

**Book an appointment today to have your nervous system check up with one of the three chiropractors at the Chiropractic Care and Longevity Center:**

"The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease."

-Thomas A. Edison  
*US inventor*  
(1847 - 1931)



Dr. Kathy Wickens

Dr. Karim Guirguis

Dr. Ashleah Linden

Chiropractic adds years to life and life to years.

Chiropractic works when traditional methods fail.

We address the cause, not the symptom.

### WE ARE EXTENDING OUR OFFICE HOURS!

**STARTING JANUARY 30<sup>TH</sup> 2012**

**WE WILL NOW BE OPEN 8:00 AM – 8:00 P.M. ON TUESDAYS!**

**ALSO THE DOCTORS AT THE CHIROPRACTIC CARE AND LONGEVITY CENTER WILL HAVE NEW HOURS:**

	Dr. Wickens	Dr. Linden	Dr. Guirguis
Monday	4pm-8pm	OFF	9am-4pm
Tuesday	8am-12pm & 4pm-8pm	12pm-4pm	OFF
Wednesday	7am-1pm	2pm-7pm	OFF
Thursday	8am-8pm	OFF	OFF
Friday	OFF	9am-5pm	OFF
Saturday	OFF	9am-2pm	OFF

## 60 Tips for a Stunningly Great Life – Robin Sharma

Ultimately, life goes by in a blink. And too many people live the same year 80 times. To avoid getting to the end and feeling flooded with regret over a life half-lived, read (and then apply) these tips.” – Robin Sharma

01. Exercise daily.
02. Get serious about gratitude.
03. See your work as a craft.
04. Expect the best and prepare for the worst.
05. Keep a journal.
06. Read *The Autobiography of Benjamin Franklin*.
07. Plan a schedule for your week.
08. Know the 5 highest priorities of your life.
09. Say no to distractions.
10. Drink a lot of water.
11. Improve your work every single day.
12. Get a mentor.
13. Hire a coach.
14. Get up at 5 a.m. each day.
15. Eat less food.
16. Find more heroes.
17. Be a hero to someone.
18. Smile at strangers.
19. Be the most ethical person you know.
20. Don't settle for anything less than excellence.
21. Savour life's simplest pleasures.
22. Save 10% of your income each month.
23. Spend time at art galleries.
24. Walk in the woods.
25. Write thank-you letters to those who've helped you.
26. Forgive those who've wronged you.
27. Remember that leadership is about influence and impact, not title and accolades.
28. Create unforgettable moments with those you love.
29. Have 5 great friends.
30. Become stunningly polite.
31. Unplug your TV.
32. Sell your TV.
33. Read daily.
34. Avoid the news.
35. Be content with what you have.
36. Pursue your dreams.
37. Be authentic.
38. Be passionate.
39. Say sorry when you know you should.
40. Never miss a moment to celebrate another.
41. Have a vision for your life.
42. Know your strengths.
43. Focus your mind on the good versus the lack.
44. Be patient.
45. Don't give up.
46. Clean up your messes.
47. Use impeccable words.
48. Travel more.
49. Read "As You Think".
50. Honour your parents.
51. Tip taxi drivers well.
52. Be a great teammate.
53. Give no energy to critics.
54. Spend time in the mountains.
55. Know your top 5 values.
56. Shift from being busy to achieving results.
57. Innovate and iterate.
58. Speak less. Listen more.
59. Be the best person you know.
60. Make your life matter.

[www.robinsharma.com](http://www.robinsharma.com)

### What to Expect From Your Personal Trainer

Personal trainers design customized one-on-one training programs and help motivate clients to exercise. They monitor fitness progress and are used by people who want to get in shape or stay in shape. Trainers can also be used for weight loss, rehabilitation post injury and for injury prevention. People of all ages can use a personal trainer. Trainers assess a client's fitness and goals to make recommendations on how to improve their fitness and which exercises are best. Personal trainers ensure that their clients are using proper form when exercising and often encourage them to perform a workout that would exceed what they would do alone.

#### Personal Trainer Job and Education Requirements

Educational backgrounds for personal trainers vary. The minimal requirements are usually that personal trainers need to have CPR, a high school diploma, be a minimum of 18 years-old, and have completed a personal trainer course. Courses cover subjects such as exercise physiology, biology, nutrition, and other related classes. Upon completion of the course, personal trainers must pass a certification examination.

#### About Hanna Murphy, Certified Fitness Trainer:

Hanna has been in the health field as a Chiropractic Assistant for seven years. She has a vast knowledge and interest in all areas of wellness. In 2007 Hanna, completed the Registered Nutritional Supplement Advisor course through the Alive Academy. She has been involved in strict training for the past 5 years playing and coaching competitive Roller Derby. In 2011 she completed her personal trainer's wellness course through ISSA (International Sports Services Association). She specializes in the training and nutritional aspects of the 8 Weeks to Wellness Program that the clinic offers. If you have any questions regarding any services provided by a personal trainer please ask the front desk staff to meet Hanna and to get a tour of our onsite gym.

**For the month of January 2012 the Chiropractic Care and Longevity Center will be offering your first one on one personal fitness training session with Hanna Murphy, CFT free of charge. A value of \$40.00 plus tax. Please ask front desk to book an appointment.**

## Healthy Proverbs

1. If you're too open minded, your brains will fall out.
2. Age is a very high price to pay for maturity.
3. Going to church doesn't make you a Christian any more than going to a garage makes you a mechanic.
4. Artificial intelligence is no match for natural stupidity.
5. If you must choose between two evils, pick the one you've never tried before.
6. My idea of housework is to sweep the room with a glance.
7. Not one shred of evidence supports the notion that life is serious.
8. It is easier to get forgiveness than permission.
9. For every action, there is an equal and opposite government program.
10. If you look like your passport picture, you probably need the trip.
11. Bills travel through the mail at twice the speed of checks.
12. A conscience is what hurts when all your other parts feel so good.
13. Men are from earth. Women are from earth. Deal with it.
14. No husband has ever been shot while doing the dishes.
15. Middle age is when broadness of the mind and narrowness of the waist change places.
16. Opportunities always look bigger going than coming.
17. Junk is something you've kept for years and throw away three weeks before you need it.
18. There is always one more imbecile than you counted on.
19. Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.
20. By the time you can make ends meet, they move the ends.
21. Thou shalt not weigh more than thy refrigerator.
22. Someone who thinks logically provides a nice contrast to the real world.

## Pet Diaries – the Dog

- 8:00 am – Dog food! My favourite thing!
- 9:30 am – A car ride! My favourite thing!
- 9:40 am – A walk in the park! My favourite thing!
- 10:30 am – Got rubbed and petted! My favourite thing!
- 12:00 am – Lunch! My favourite thing!
- 1:00 pm – Played in the yard! My favourite thing!
- 3:00 pm – Wagged my tail! My favourite thing!
- 5:00 pm – Milk bones! My favourite thing!
- 7:00 pm – Got to play ball! My favourite thing!
- 8:00 pm – Watched TV with the people! My favourite thing!
- 11:00 pm – Sleeping on the bed! My favourite thing!

## Pet Diaries – the Cat

Day 983 of my captivity...

My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep my strength up.

The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet...

Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates what I am capable of. However, they merely made condescending comments about what a 'good little hunter' I am. The bastards.

There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear noises and smell the food. I overheard that my confinement was due to the power of 'allergies'. I must learn what this means and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow – but at the top of the stairs.

I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released – and seems to be more than willing to return. He is obviously retarded.

The bird has got to be an informant ... I observe him communicating with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe ... For now.

## Children Are Quick

- TEACHER:** Why are you late? **STUDENT:** Because Class started before I got here.
- TEACHER:** John, why are you doing your math multiplication on the floor? **JOHN:** You told me to do it without using tables.
- TEACHER:** Donald, what is the chemical formula for water? **DONALD:** H I J K L M N O.
- TEACHER:** What are you talking about? **DONALD:** Yesterday you said it's H to O.
- TEACHER:** Winnie, name one important thing we have today that we didn't have ten years ago. **WINNIE:** Me!
- TEACHER:** Glen, why do you always get so dirty? **GLEN:** Well, I'm a lot closer to the ground than you are.
- TEACHER:** Millie, give me a sentence starting with 'I' **MILLIE:** I is... **TEACHER:** No, Millie..... Always say, 'I am.' **MILLIE:** All right, 'I am the ninth letter of the alphabet.'
- TEACHER:** George Washington not only chopped down his father's cherry tree, but also admitted it. Now, Louie, do you know why his father didn't punish him? **LOUIS:** Because George still had the axe in his hand.
- TEACHER:** Now, Simon, tell me frankly, do you say prayers before eating? **SIMON:** No sir, I don't have to, my Mom is a good cook.
- TEACHER:** Harold, what do you call a person who keeps on talking when people are no longer interested? **HAROLD:** A teacher.

### ImmuCore from Metagenics for Long-Term Immune Health

ImmuCore is designed to provide a multiple mechanistic approach to support immune system health through enhancing functions of macrophages, natural killer cells, and T cell subsets.

#### **Benefits**

- Offers a three-pronged approach to wellness with Ultra Potent-C® combined with zinc and a concentrated blend of mushroom extracts.
- Uses a buffering delivery system to prevent potential stomach upset associated with vitamin C.
- Ideal for long-term immune health support.
- Ultra Potent-C has been shown to have 18% to 25% higher uptake in white blood cell counts than plain vitamin C.
- Zinc to support immune system health.
- Nourishing mushrooms protect a stressed immune system.
- Oleanolic acid and selenium provide antioxidant protection and immune support.



Ask the front desk staff for more information about this product that is available here.

### *How to Build a Healthy Immune System Naturally*- Tess Thompson

Your immune system is engaged in a constant battle against invasions of foreign antigens or disease causing pathogens. Immune system health is all about reducing the susceptibility to disease. An unhealthy immune system leads to frequent illnesses.

Pharmaceuticals, especially antibiotics, tend to inflict damage to the immune system through their side effects and inherent toxicity.

Conventional medicine focuses on immediate relief and chooses the antibiotic alternative rather too frequently. The patient may show signs of immediate relief but long terms effects of antibiotics are worse than the benefit derived from them. A lot of minor ailments require a wait and watch policy and go away on their own. Homeopathy and immune building natural supplements provide long-lasting benefits. The main focus of alternative therapies has been to treat symptoms as body's responses for self-healing and on strengthening the immune system.

Immune system health is directly dependent upon what we eat, drink, breathe, and wear. The human body is programmed to cleanse toxins naturally but there is a set limit of how much toxins it can process successfully. The present day scenario of overwhelmingly huge amounts of toxins in the environment, in commercial foods as preservatives and in pharmaceuticals has in a way 'clogged' the natural cleansing nerve tracts in the body.

Whereas, environmental toxins can be averted only if concerted efforts are made on national levels for a greener world, it is within our capacity to maintain our own bodies if we really want to. Food and drugs form the major proportion of the toxins that we ingest on daily basis. The body's ability to fight disease is greatly affected by our dietary habits. The right choice of food can boost your immune system to enable you to combat bacteria efficiently. Fast and processed foods are completely lacking in nutrients.

Fats and refined foods harm the immune system too. White flour, white sugar, white rice, white potatoes, white salt are all refined and should only be eaten occasionally. Sugar, especially refined sugar, is one of the biggest villains. One spoon of refined sugar can halt the immune system responses for six hours.

Also remember... The nervous system and immune system are hardwired and work together to create optimal responses for the body to adapt and heal appropriately. Neural dysfunctions due to spinal misalignments are stressful to the body and cause abnormal changes that lead to a poorly coordinated immune response. Chiropractic adjustments have been shown to boost the coordinated responses of the nervous system and immune system.

**So make sure that you experience the benefits of monthly chiropractic.**

## The Chiropractic Care & Longevity Center

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

E-MAIL:  
[hmurphy@primus.ca](mailto:hmurphy@primus.ca)

We're on the Web!

See us at:

[www.chirolongevity.com](http://www.chirolongevity.com)



### FOR IMMEDIATE RELEASE: OFFICIAL ANNOUNCEMENT

Cell Renew 2000 Inc. is pleased and excited to announce effective January 16, 2012 the CR2000 Collagen® brand name will officially be changed to FIKZOL™ (pronunciation: fix all). What's more, under the new brand name FIKZOL™, Cell Renew 2000 Inc. has secured its Canadian regulatory Natural Product Numbers (NPN's) supporting the exact same collagen formulas and even more collagen per serving in our most popular collagen product Collagen Type II Chicken Cartilage for joint pain associated with Osteoarthritis. CR2000 Collagen® has been extremely proud of offering the best collagen products to Canadians for the past 13 years and we are very much look forward to continuing a tradition of absolute top quality, 100% purity, safety and efficacy for years to come under the new brand name FIKZOL™.

**fikZOL™**

Fix it now. Fix it right. Fix it all.™  
Collagen products you can trust and depend on. Our Collagen Products Have Been Evaluated, Approved and Licensed by Health Canada for safety and efficacy.

## Healthy New Year's Resolutions

New Year's resolutions are a bit like babies: They're fun to make but extremely difficult to maintain. Each January, roughly one in three North Americans resolve to better themselves or their situation in some way, according to a 2009 poll by the Marist College Institute for Public Opinion. A much smaller percentage of people actually make good on those resolutions, however. While roughly 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later, a 2002 study found. This year pick one of the following and stick to it:

### Lose weight:

The fact that weight loss is perennially among the most popular resolutions suggests just how difficult it is to stick with. But you can succeed if you don't expect overnight success. Beware of the valley of quickie cures. Also, plan for bumps in the road. Use a food journal to keep track of what you eat and have a support system in place. Ask the staff at the Chiropractic Care and Longevity Center to help ask for information on our 8 Weeks to Wellness Program.

### Stay in touch

Feel like old friends (or family) have fallen by the wayside? It's good for your health to reconnect with them. Research suggests people with strong social ties live longer than those who don't. In fact, a lack of social bonds can damage your health as much as alcohol abuse and smoking, and even more than obesity and lack of exercise, a 2010 study in the journal PLoS Medicine suggests. In a technology-fixated era, it's never been easier to stay in touch-or rejuvenate your relationship-with friends and family, so fire up Facebook and follow up with in-person visits.

### Quit smoking

Talk to any ex-smoker, and you'll see that multiple attempts are often the path to success. Try different methods to find out what works. And think of the cash you'll save! (We know you know the ginormous health benefit.)

### Save money

Save money by making healthy lifestyle changes. Walk or ride your bike to work, or explore carpooling. (That means more money in your pocket and less air pollution.) Cut back on gym membership costs by exercising at home. Many fitness programs on videogame systems like Nintendo's Wii and Microsoft's Xbox Kinect can get you sweating.

### Cut your stress

A little pressure now and again won't kill us; in fact, short bouts of stress give us an energy boost. But if stress is chronic, it can increase your risk of-or worsen-insomnia, depression, obesity, heart disease, and more. Long work hours, little sleep, no exercise, poor diet, and not spending time with family and friends can contribute to stress, says Roberta Lee, MD, an integrative medicine specialist at Beth Israel Medical Center, in New York City, and the author of *The Super Stress Solution*. "Stress is an inevitable part of life," she says. "Relaxation, sleep, socializing, and taking vacations are all things we tell ourselves we deserve but don't allow ourselves to have."

### Volunteer

We tend to think that we can make ourselves happy by doing things for ourselves, but we are happier when we are doing things for others, like through volunteer work, says Peter Kanaris, PhD, coordinator of public education for the New York State Psychological Association. Happiness is good for your health. A 2010 study in the *European Heart Journal* found that people with positive emotions and an upbeat attitude were about 20% less likely than their gloomier peers to have a heart attack or develop heart disease. Other research suggests that positive emotions can make people more resilient and resourceful. "Someone who makes this sort of resolution is likely to obtain a tremendous personal benefit in the happiness department," Kanaris says.

### Get more sleep

You probably already know that a good night's rest can do wonders for your mood-and appearance. But sleep is more beneficial to your health than you might realize. A lack of sleep has been linked to a greater risk of obesity and type 2 diabetes. And sleep is crucial for strengthening memories (a process called consolidation). So take a nap-and don't feel guilty about it.

### Cut back on alcohol

While much has been written about the health benefits of a small amount of alcohol, too much is still the bigger problem. (Binge drinking seems to be on the rise, in fact.) Drinking alcohol in excess affects the brain's neurotransmitters and can increase the risk of depression, memory loss, or even seizures. Chronic heavy drinking boosts your risk of liver and heart disease, hypertension, stroke, and mental deterioration, and even cancers of the mouth, throat, liver, and breast.

### Travel

The joys and rewards of vacations can last long after the suitcase is put away. "We can often get stuck in a rut, and we can't get out of our own way," Kanaris says. "Everything becomes familiar and too routine." But traveling allows us to tap into life as an adventure, and we can make changes in our lives without having to do anything too bold or dramatic. "It makes you feel rejuvenated and replenished," Kanaris adds. "It gets you out of your typical scenery, and the effects are revitalizing. It's another form of new discovery and learning, and great for the body and the soul."

Experience the Benefits of Monthly Chiropractic!