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2014



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

Inside:

10 Signs of Nutritional
Deficiencies in Children

2

15 Things to Give Up If
You Want to Be Happy
Shaklee Defend & Resist

3

Echinacea Syrup for Kids
St. Patty's Drink Recipe

4

The Link Between
Kidneys & Chiropractic
Vita-Lea Ocean Wonders
Brain Teaser

5

Black Bean Brownies
Recipe

National Women's Day

6

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March is National Nutrition Month Eat Right

By: American Dietetic Association

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat.

Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.

Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with milk or substitute, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips and hummus for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with olive oil and balsamic vinegar dressing.
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in yogurt, or graham crackers in applesauce.



10 Signs of Nutritional Deficiencies in Children

By: DaNelle, Weed'em & Reap Blog

1. Depression/Anxiety

Depression & anxiety all starts in the brain, and can be brought on by nutritional deficiencies. Protein, for example, contains amino acids. Most protein from plants contain an incomplete number of amino acids. Protein from animal foods are more likely to contain all amino acids and they are more easily absorbed by the body. Why are amino acids so important? Well, the brain uses amino acids to create neurotransmitters. Ever heard of Serotonin, Endorphins, Catecholamines, & GABA? A proper balance of these neurotransmitters helps to keep us feeling happy & calm instead of depressed & anxious. A diet with a good amount of complete protein is the answer to correcting this nutritional imbalance. We don't count protein, or even try to eat high protein, but we do eat whole meat with cuts that include fat, and make broth out of the bones to give ourselves a good dose of gelatin, which is another good source of protein. For severe cases, you may need to supplement directly with specific amino acids to help support the body.

2. Hyperactivity

Hyperactivity is related to the brain's ability to process information and remain calm at the same time. Children with hyperactivity tend to have poor bacterial flora and digestion. This can make it hard for the body to absorb many different nutrients. Some doctors will recommend removing processed food along with food dyes to help combat hyperactivity. While I agree that these recommendations are a good start, often the problem with hyperactivity is a problem with digestion, so I would recommend that adding some good digestive natural treatments will help. Besides eating a good amount of gelatin & broths, a good gut healing protocol involves a good source of homemade probiotics.

3. Delayed Speech

Delayed speech can be related to a deficiency in B12. Children **should not** be supplemented with B12 unless first tested for a deficiency, but an increase of natural foods of B12 is a good alternative to supplementation. Foods high in B12 are organ meats, beef, chicken, fish, shellfish, pork, dairy, eggs. There are no plant/grain sources of B12.

4. Dry Skin/Hair

Dry skin & hair can be related to a deficiency in fat soluble vitamins such as Vitamin A, D, E, & K2. My

own daughter suffered from this as well. Her hair was dry and coarse no matter what we did. When I finally added some high quality fat-soluble vitamins to her diet, her hair became shiny and her skin became soft. I chose to supplement with fish oil. You can find fish oil here, DHA Children's Tutti Fruitti.

5. Crowding of teeth

This is a sore subject for a lot of people, because honestly, nobody wants to feel responsible for their child's crowding of teeth. However, the relationship between crowded teeth and nutritional deficiencies is well-recorded in Dr. Weston A. Price's book, *Nutrition & Physical Degeneration*. His travels around the world, visiting traditional cultures untouched by modern foods, helped him discover the link between good dental spacing and good nutrition. He found that even twins who ate different foods developed different dental spacing depending on the foods they ate. Those who ate modern, processed foods or whose mother's ate poorly during pregnancy, had children who developed poor dental structure and spacing. Those who ate a traditional, whole diet full of rich fats, complete animal proteins, and properly prepared carbs across the board developed even spacing of teeth and even had enough room for wisdom teeth.

6. Cavities

Cavities are often thought to be from a result of too much sugar or candy in the diet. While this certainly doesn't help, it's not so much about the sugar the person is eating, and more about what the person is NOT eating. Dr. Price found that those with cavities were mostly likely to be deficient in proper minerals, and also deficient in fat soluble vitamins needed to absorb and assimilate the minerals. Conversely, Dr. Price found that those who were not deficient had no cavities. All groups having a liberal supply of minerals particularly phosphorus, and a liberal supply of fat-soluble activators, had 100 per cent immunity to dental caries. – Dr. Weston A. Price

7. Frequent colds & flus

We used to get sick all the time, but once we changed our diets, we noticed changes in our health as well. I noticed that my kids had a higher immunity, and could play around other kids who were sick without getting sick themselves. If your kids are getting sick frequently, again, instead of focusing on one specific nutritional deficiency, try adopting some of the practices of our family here. A

good diet is always going to be the best prevention for sickness. I would also encourage you to move away from the germ-a-phobia lifestyle and embrace dirt a bit 😊

8. Cranky or sporadic emotions

Julia Ross from *The Mood Cure*, points out that fats, especially Omega 3's found in wild salmon, sardines, herring, anchovies, and mackerel are vital for good mood stabilization. She also states that good saturated fats from butter and coconut oil help keep and protect the Omega 3's in our brain. I would also add that hormones need to be balanced as well. Did you know that carrots help absorb any extra estrogen in the body? A high amount of estrogen in the body can make us feel irritable and moody. I am sure to have my kids eat a carrot a day to help balance their hormones naturally.

9. Poor cranial structure or "flat-head" syndrome

This one also links back to Dr. Weston A. Price's research. He found that the development of the palate (teeth crowding) as well as the development of the cranial bones were greatly improved when the mother ate a diet high in good fats (including rich saturated fats from animal products), whole proteins from seafood/animal meat, and properly prepared grains. Vegetables and fruits were also included in these diets depending on what was available during the season, but fats & animal foods were especially held sacred and given to pregnant and nursing mothers. Those who avoided processed food including seed & vegetable oils, canned, and packaged food were immune to this problem.

10. Obesity

You wouldn't think that obesity is related to malnutrition but it is exactly why the person is obese. When we eat foods that aren't nutrient dense, our bodies are hungry. They become starved for good nutrition and that's why you won't feel satisfied when eating highly processed & foods that are devoid of nutrients. Our bodies were meant to feel satisfied with a balance of all foods including seafood, animal products, raw milk, cheese, butter, coconut oil, fruits, vegetables, & properly prepared grains. When we sway from this diet and start to eat more processed food, or restrict any macro nutrient like fat, carbohydrates, or protein, that is where we start to become malnourished.

Shaklee Defend & Resist

(Formerly Shaklee DR)



90 tablets/bottle \$29.49 tax included

Try Shaklee Defend & Resist for Open Wounds: This interesting testimony shows us just one more benefit and practical way to use Defend & Resist, Shaklee's Premium Echinacea formula. "I was playing with a neighbor's cat and the cat bit my hand. I cleansed the wound with peroxide and alcohol, but within 24 hours it had the indications of an infection ... warm, red skin, & the beginning of radiating lines. I crushed a Defend & Resist tablet, mixed it with a small amount of water to make a paste, put the paste on the bite wound, covered it with Shaklee's Enfuselle Beauty Masque, & put a band aid over the mixture (note: honey could also be used instead of the Beauty Masque). The next morning there were no signs of infection and the wound had started closing from the inside."

15 Things to Give Up If You Want to Be Happy

1. Give up your need to always be right.

Would I rather be right, or would I rather be kind? — Wayne Dyer

2. Give up your need for control.

By letting it go, it all gets done. The world is won by those who let it go. When you try & try, the world is beyond winning. — Lao Tzu

3. Give up on blaming others.

A man can fail many times, but he isn't a failure until he begins to blame somebody else. — John Burroughs

4. Give up your self-defeating self-talk.

The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive. — Eckhart Tolle

5. Give up your limiting beliefs.

A belief is not an idea held by the mind; it is an idea that holds the mind. — Elly Roselle

6. Give up complaining.

You can complain because roses have thorns, or you can rejoice because thorns have roses. — Ziggy

7. Give up the luxury of criticism.

Spend so much time improving yourself that you have no time left to criticize others. — Christian D. Larsen

8. Give up your need to impress others.

Don't try to impress others. Let them have the fun of impressing you. — James R. Fisher, Jr.

9. Give up your resistance to change.

Follow your bliss and the universe will open doors for you where there were only walls. — Joseph Campbell

10. Give up labels.

The highest form of ignorance is when you reject something you don't know anything about. — Wayne Dyer

11. Give up on your fears.

The only thing we have to fear is fear itself. — Franklin Delano Roosevelt

12. Give up your excuses.

99% of failures come from people who have the habit of making excuses. — George Washington Carver

13. Give up the past.

Forget the mistakes of the past and press on to the greater achievements of the future. — Christian D. Larsen

14. Give up attachment.

The wise individual doesn't get too attached to any of life's pleasures, knowing that wonderful science is hard at work proving it's bad for him. — Bill Vaughan

15. Give up living your life to other people's expectations.

The world is a mirror and reflects back your expectations. What you get is what you see. You create your own reality. — Denis Waitley

Echinacea Syrup for Sick Kids:

1. Crush 1 tablet of Shaklee Defend & Resist with back side of spoon
2. Add ½ teaspoon of Shaklee Performance
3. (Optional: add a dash of cinnamon)
4. Add 1 ½ tablespoons of hot water. Mix well
5. To administer, fill a medicine spoon or use an eyedropper for the very young.

Echinacea was the number one herb used by native Indian herbalists. They used it for alleviating sore throats, coughs, colds, infections, and even snake bites. They did not know it was an immune system stimulant ... they just knew it worked.

Echinacea is clinically proven to work, provided QUALITY is present! In a quality study done by Consumer Lab, 44% of Echinacea products tested did not pass review standards for the following reasons:

- Insufficient content of the claimed Echinacea ingredients
- No detectable levels of the claimed Echinacea ingredients
- Microbial contamination
- Insufficient label information to identify the amount, species, or plant parts used

Safety is paramount at Shaklee, and their standards are unsurpassed. Shaklee conducts up to 350 tests on certain key ingredients for harmful contaminants, and performs more than 100,000 quality tests a year to ensure the greatest purity and potency possible.



Luck of the Parsley

- 1 handful parsley
- 2 apples
- 1 handful spinach
- 1 cucumber
- 1 lemon
- 1-inch piece ginger

Recipe from Omega Juicers



May your joys be
as deep as the oceans

Your troubles
as light as its foam

And may you find
sweet peace of mind

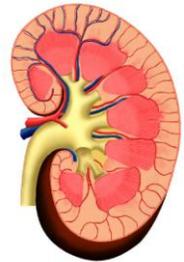
Wherever you
may roam

Irish Blessing

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The Link Between Kidneys and Chiropractic

When considering which organs are important in the human body, the kidneys are not usually the first to come to mind. Kidneys are a major and essential part of the human body as they function to maintain fluid levels, acid-base balance and help with **toxic waste** elimination. When not functioning properly, presenting physical symptoms can include **water retention**, high or low **blood pressure**, **low back pain**, **kidney stones**, increased sweating, **gout**, swelling and generalized aches and pains.



Nervous System Balance

No **organ** in the body gets sick or stays healthy alone. As with most conditions, we cannot just look at the offending organ. To deal with the malfunction, we must look at the control system that allowed the malfunction to occur in the first place. The brain and **nervous system** are what control the body so proper nerve function is essential for healthy body function. The majority of nerves affecting the **kidneys** originate at the lower mid back or upper low back. The **nerves** from those areas also control the low back and thus low back pain is common with kidney issues. Stress is the ultimate culprit in interfering with nerve function. Over time, stress creates a negative pattern in the body and the nervous system shuts down the actual nerve as a protective mechanism. A **chiropractic adjustment** turns on the circuit and restores communication between the brain, organs and cells; allowing them to function at full capacity to heal the body, as they were designed to do in the first place.

Vita-Lea Ocean Wonders Nutrition Your Kids Will Love!



120 tablets/bottle \$35.88 tax included

Filled with pure tasty goodness, Vita-Lea® Ocean Wonders® is a sugar-free, tooth-friendly, kosher-certified chewable "multi" for kids. It's packed with essential nutrients that growing bodies need, including vitamins A through E plus calcium, magnesium, and more. With cool dolphin, sea horse, and fish designs in all-natural tropical punch, grape, and berry flavors, Vita-Lea Ocean Wonders is sure to be a sea of fun. Just two a day and off they play!

Brain Teaser...Did I Read That Right?

"Toilet Out of Order. Please use floor below"

In a Laundromat:

Automatic washing machines: Please remove all your clothes when the light goes out

In an Office:

After tea break staff should empty the teapot and stand upside down on the draining board

Notice in farmer's field:

The farmer allows walkers to cross the field for free, but the bull charges.

To earn a Doctor of Chiropractic degree the candidate must complete a four year program consisting of 4800 hours of classroom, laboratory, and clinical study, including anatomy, physiology, chiropractic technique, radiology, biochemistry, toxicology, biomechanics, nutrition, diagnosis and physical examination, and a clinical internship consisting of one year of hands on clinical experience and training in a professional clinical setting.

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office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com



Black Bean Brownies (gluten-free)

Submitted by: Sharlee Moran

- 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well) (250g after draining)
- 2 tbsp cocoa powder- dutch or regular (10g) (add a little extra if desired)
- 1/2 cup quick oats (40g)
- 1/4 tsp salt
- 1/3 cup pure maple syrup or agave (Honey will work, but not for strict vegans.) (75g)
- 2 stevia packs or 2 tbsp sugar (or omit and increase maple syrup to 1/2 cup)
- 1/4 cup coconut or vegetable oil (40g)
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup to 2/3 cup chocolate chips (115-140g) (Not optional. Omit at your own risk.)
- optional: more chips, for presentation

Preheat oven to 350F. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture-and even the taste-will be much better in a food processor) Stir in chips, pour into a greased 8x8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. Makes 9-12 brownies.

“Never before has there been such wonderful opportunities to women for practical service; and in my opinion, there is no other profession in the whole world so splendidly adapted to women as CHIROPRACTIC”

Have you ever heard of a spine transplant?

Neither have we.

Take care of the one you have.

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International Women's Day, March 8th, 2014