

April
2011



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

April 22nd is Earth Day- Things We Can Do:

Earth day began in 1970 as an annual day of recognition of the wonders and beauty of our planet and over the years has grown to a weeklong celebration. Celebrate Earth Day Birthday 2011 by recycling, reducing and reusing. Help save the planet by preventing global warming. 2011 Earth Day is the perfect time to make Earth Day resolutions for the following year.

Go Green and help save the planet.

Earth Day reminds us why it's important to consider how our everyday actions affect the environment for years to come.

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Become better informed and active. Find sources of sound environmental and natural resource information and access them regularly. Attend local public meetings and become active in your community.

Understand your local environmental challenges and accomplishments. Protect your local open spaces. Learn about local watershed initiatives. Volunteer.

Participate in a local environmental education or Earth Day experience. Visit a new or nearby nature center, science center, park, cooperative extension office, museum or conservation district office. Ask questions.

Get your hands dirty! Participate in a river cleanup, pick up litter or plant a flower garden.

Enjoy nature! Sit and rest in the woods or along a stream. Take a hike, go biking, try camping, have a picnic, go fishing, look for hawks, rent a canoe, investigate a cave, look for fossils, fly a kite, take photographs, paint some scenery - enjoy the outdoors!

Protect water quality! Clean up after pets. Test wells annually for bacteria and nutrients. Don't dump used oil, paint, coolants or other chemicals into the ground, storm drains or garage drains. Participate in stream bank and

wetlands restoration projects and local watershed management planning.

Use products that produce less waste and pollution. Substitute water-based products whenever possible when buying paints and household cleaners. Or, switch from chemical-type cleaners to natural products like soap and water, vinegar and water or **Shaklee Get Clean products.** Use fertilizers and pesticides properly and reduce use by implementing biological and mechanical controls. Read and follow instructions and precautions for all such products and dispose of them properly (and not into storm drains or the ground). Buy products in bulk or with minimal packaging materials.

Recycle! Purchase products that contain recycled-content materials as often as possible.

Save energy! Turn off unneeded lights and appliances. Replace standard light bulbs with energy efficient fluorescents to reduce carbon dioxide emissions. Buy energy efficient household appliances and yard tools. Consider energy efficient construction and building design when building, buying, or adding on to a home or office.

Use your car less and take good care of it. Keep the car tuned and leak-free, and get it inspected regularly. Keep tires properly inflated and dispose of used motor oil and cooling fluids at designated recycling centers. Try using mass transit, carpooling, walking or riding a bike as often as possible. When shopping for a new car, look for the most fuel-efficient and investigate models that accommodate use of other fuels besides gasoline.

Conserve water! Install flow restrictors on all faucets and use low-flow shower devices. Do not let the water run wastefully when washing anything. Water the lawn in the early morning or late afternoon. Run washing machines and dish washers only when full. Repair leaky pipes, faucets and toilets.

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15 Questions and Answers About Composting

"The care of the Earth is our most ancient and most worthy, and after all our most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope."
- Wendell Berry

Structure/Space:

- 1. Do I need a bin to make compost?** No, organic matter will eventually decompose without human help. But a container of some sort will keep your pile neat, protect it from the weather and pests, and make the job of tending it much easier.
- 2. Where is the best place to put a compost pile?** Pick a sheltered spot, out of the full summer sun if possible. Avoid trees and shrubs that may push their roots up into the pile. And give some thought to both convenience and appearance in choosing a location.

Process/Problems:

- 3. What is the "laziest" way to compost yard wastes? food wastes?** Woody or "brown" yard wastes, like tree trimmings and autumn leaves, can be shredded and used as mulch around plants and on paths. Eventually they'll return to the soil. Food wastes, as well as green yard wastes like vegetable tops and grass clippings, can be dug into the ground. Use larger-scale "soil incorporation" only where you won't be planting for a few months.
- 4. Can I compost in the winter?** Even research teams on the South Pole have composted their garbage successfully! You can retain heat a little longer in the fall by covering the pile and insulating the container, perhaps with bags of leaves. Increasing the amount of "green" or using a compost activator may help keep the temperature up. Keep adding to the compost through the winter: it may not seem to be doing much, but the frozen materials will quickly finish breaking down when spring comes.
- 5. What if the pile has an odour?** An earthy scent is normal and inoffensive, but a well-built compost shouldn't produce unpleasant odours. If it does, your problem is either too much "green" stuff (ammonia smell) or too little air (rotten-egg smell). First, aerate the pile. If the odour persists, turn and rebuild the pile with more "brown" materials.
- 6. Should I wear gloves to handle compost?** If you haven't composted **pet manures**, which **contain bacteria harmful to humans**, there is no need to wear gloves. Finished compost can be handled just as you would garden soil.
- 7. How can kitchen wastes be stored for later composting?** Collect food scraps in a plastic container in the fridge or freezer, if you have space... or keep a tightly lidded container handy, covering each addition of compostable food wastes with just enough peat moss or sawdust to control odours.
- 8. Should I add ground limestone? soil? fertilizer?** A perfectly good compost pile can be built out of nothing fancier than leaves and grass clippings. Lime will balance out the pH of a pile of highly acidic materials, like pine needles. However, most compost is naturally close to neutral in pH by the time it is ready for use. A scattering of soil should be added if your compost isn't in contact with the ground, because it is the soil organisms that do the decomposing work. With a variety of ingredients, fertilizer is seldom necessary.
- 9. What if the compost pile doesn't heat up?** The odds are that an inactive compost pile just doesn't have enough "greens" in it to start its temperature rising. The answer is to rebuild the pile with more high-nitrogen materials or a "starter" like manure "tea." That will probably solve the problem, but also check that the pile is as moist as a wrung-out sponge.
- 10. How do I compost with too many high-nitrogen materials?** You can dig extra "greens" directly into the soil, store some in a freezer or sealed container, buy peat moss to mix with it, or -- as a last resort -- dry some in the sun to decrease the nitrogen content. Perhaps a composting neighbour can use a donation?
- 11. How do I compost with too many high-carbon materials?** This is often a problem in autumn, when there's no shortage of dead leaves. If you have space, bag some and store them for covering up the food scraps you'll add through the winter, or for spring and summer when "browns" are harder to find. Bags of leaves also make insulating windbreaks for compost bins. Or moisten the leaves and store them in sealed bags to begin decomposing. In spring, add them to the compost. Mulching is another alternative, but shred the leaves finely... and again, a composting neighbour might be able to use your surplus.

Finished Compost:

- 12. When is compost "finished" and safe to use?** When an active compost pile fails to heat up once more, and very little of the original material can be recognized (perhaps an eggshell or the shapes of old leaves), the compost is ready to use. It will be the rich brown colour of good soil and smell something like the humus of a forest floor.
- 13. Does it need to be sterilized? screened?** Compost doesn't need to be sterilized or screened for the garden. For use indoors, it should be put through a strainer or quarter-inch screen and sterilized in the oven for 1 hour at 90°C (200°F). You will probably want to screen the compost you use to top-dress the lawn as well.
- 14. Do I need to fertilize if I use compost?** The nutritional value of compost depends on the materials that were used to make it -- one very good reason for putting as much variety into the pile as possible. If you're trying to enrich a severely depleted garden plot, or growing plants like peonies that demand a lot of food, you might want to add some commercially produced organic fertilizer. Soil testing is a good idea in this case. For most gardens and flower beds, however, compost provides a concentrated source of balanced nutrients as well as the organic matter the soil needs to store them.
- 15. What if I make too much compost?** It's hard to imagine such a situation! The earth can use all the organic matter you can give it, and you can apply compost at any time of year. Dig it into flower beds, layer it over a vegetable garden, or spread it under a tree to feed the roots. Finely screened compost can be scattered over a lawn, or sterilized and mixed with potting soil for house plants. And you can store compost in a bag or holding pen, as long as it is well protected from rain, wind and sun.

The Healing Benefits of Hugging! A Fun Way to Celebrate Earth Day!

Hugging is healthy: It helps the body's immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is all natural: It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100% wholesome.

Hugging is practically perfect: There are no moving parts, no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payment and no insurance.

Testimonials from Services from the Chiropractic Care and Longevity Center

<p>Service: Chiropractic "Kathy was able to get my arm and right hand working again and now don't have any pain in it. I could go with many things she has helped me to get going again. It was well worth coming for treatment for many years." – G.W. Perth, ON</p>	<p>Service: Chiropractic "Kathy has a wonderful technique. She uses a computer analysis to make accurate which last much longer than manual adjustments or even with the little clicker gun. She causes no discomfort and goes the extra mile to work on muscles across the shoulders and throughout the limbs whenever there is trouble." – N.S. McDonalds Corners, ON</p>	<p>Service: Chiropractic "I was diagnosed with Fibromyalgia and Osteoarthritis a few years ago. It has been a downward spiral ever since. I was at the end of my rope, pain and stiffness had taken over my life. A family member recommended I go to see Dr. Wickens. Since my journey started 7 months ago with Dr. Wickens I have been able to cut my medications in half. I no longer suffer constantly from pain and stiffness. I have started doing things I never thought I'd never do again. With continued Chiropractic Care I look forward to regaining more of my health." – M.S., Smiths Falls, ON</p>
<p>Service: Chiropractic "Dr. Wickens saved my life. When I first came in after my car accident I had given up finding someone to help me. I was in such bad pain I had contemplated some pretty scary things. Not only is she healing me on the outside, her caring and compassion has me on the road to healing on the inside too. I love you Dr. Wickens, thank you for everything that you do." – S.W., Almonte, ON</p>	<p>Service: Chiropractic "My back was so bad I had to lie on the floor with my knees up. After my first treatment with Kathy I was able to sit in a chair and could walk without difficulty." - P.C., Perth, ON</p>	<p>Service: Brain Care (Cranial Adjustments) "After having a head-on car accident, I had lost a lot of my cognitive function, ie. problem solving, personality, temper and memory. After just one treatment I'm feeling more like myself. I would and have recommended this to anyone having issues. This treatment has put a smile back on my face." – B.W., Mississauga, ON</p>
<p>Service: Chiropractic "I have been coming here for about 13 yrs with Kathy Wickens as my practitioner. She has cured me of my migraines, which is a miracle in its self. Plus all the aches and pains with arthritis and lazy leg syndrome. Wonderful feeling!" – D.B. Carleton Place, ON</p>		

Earth Day Tips for Home

- Plant a tree that will shade your house as well as reduce the need for air conditioning.
- Participate in your community's recycling program and recycle all you can.
- Combine short car trips, or use a bicycle or walk instead.
- Improve your home's energy efficiency by adding insulation and caulking, and regularly cleaning heating and air conditioning filters.
- Compost yard trimmings and food waste in a backyard compost bin. Don't bag grass clippings - either leave them on the lawn or compost them.
- When buying paint, cleaners or other chemicals, buy only what you need and use what you buy.
- Practice water conservation - install a low flow shower head or make an Earth Day pledge to take shorter showers.
- Use compact fluorescent lights to conserve up to 75 percent of the energy consumed by incandescent bulbs.
- Purchase durable goods and choose products made with recycled materials and with minimal or recyclable packaging.
- Reduce the amount of unwanted junk mail - have your name removed from mailing lists. Read through it and finding the contact information and call the companies to have your name removed for any lists they have.

Earth Day Tips for Work

- Carpool as often as possible. Set a goal of commuting with fellow workers in a car pool at least one day during Earth Week.
- Bring lunch in reusable/washable containers. Set an Earth Week goal of having at least one waste-free lunch.
- Use e-mail instead of paper copies whenever possible.
- Conserve energy by turning off lights, computers and other appliances when out of the office.
- Drink beverages from a reusable, washable mug.
- Use double-sided photocopying or printing whenever possible.
- Buy and use products made from recycled materials.
- Participate in the recycling program at work. If a program does not exist, help establish one.
- Keep track of things you have thrown away at work each day and think of ways to prevent waste.
- Lower thermostats during winter or raise them in the summer by one or two degrees to conserve energy.





E C U D E R E V I R I B K I I
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**ENVIRONMENT, HABITAT, PLANT,
 POLLUTION RECYCLE, REDUCE, REUSE,
 RIVER, WATER, SPECIES**

Hearing Test

A man feared his wife wasn't hearing as well as she used to and he thought she might need a hearing aid.

Not quite sure how to approach her, he called the family doctor to discuss the problem.

The Doctor told him there is a simple informal test the husband could perform to give the doctor a better idea about her hearing loss. "Here's what you do," said the Doctor, "stand about 40 feet away from her, and in a normal conversational speaking ask her a question and see if she hears you.

If not, go to 30 feet, then 20 feet, and so on until you get a response..."

That evening, the wife is in the kitchen cooking dinner, and he was in the den. He says to himself, "I'm about 40 feet away, let's see what happens."

Then in a normal tone he asks, "Honey, what's for dinner?"

No response... So the husband moves closer to the kitchen, about 30 feet from his wife and repeats, "Honey, what's for dinner?"

Still no response... Next he moves into the dining room where he is about 20 feet from his wife and asks, "Honey, what's for dinner?"

Again he gets no response.

So, he walks up to the kitchen door, about 10 feet away.. "Honey, what's for dinner?"

Again there is no response.

So he walks right up behind her. "Honey, what's for dinner?"

"Ralph,.. for the FIFTH time... CHICKEN!"

Mushroom Kabobs

The earthy flavors of mushrooms combine with grilled peppers, lemon juice, thyme and rosemary for a taste of summer in every bite. Serve these kabobs hot off the grill with wedges of lemon or lime and fresh herbs.

Ingredients

- 3/4 cup sliced fresh mushrooms
- 2 red bell peppers, chopped
- 1 green bell pepper, cut into 1 inch pieces
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- 2 teaspoons chopped fresh thyme
- 1 teaspoon chopped fresh rosemary
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Cooking Instructions

1. Preheat grill for medium heat.
2. Thread mushrooms and peppers alternately on skewers.
3. In a small bowl, mix together olive oil, lemon juice, garlic, thyme, rosemary, and salt and pepper. Brush mushrooms and peppers with this flavored oil.
4. Brush grate with oil, and place kabobs on the grill. Baste frequently with oil mixture.

Cook for about 4 to 6 minutes, or until mushrooms are tender and thoroughly cooked.

Rent items you use infrequently.

Educate others about the 3R's.

Donate your old clothes to charity.

Use cloth or paper bags.

Compost!

Escape waste by purchasing in bulk.

Refuse to purchase over packaged products.

Earn extra cash by having a yard sale

Use a refillable mug or glass

Share your newspapers, magazines and books.

Establish a recycling program in your office.

Rechargeable instead of disposable batteries.

Eliminate the purchase of disposable products

Consider packing lunches in reusable containers.

You can make a difference.

Choose products containing recycled materials.

Lend support to local recycling programs.

Encourage people to follow your good example.

**YOU MUST BE THE CHANGE
 YOU WISH TO SEE IN THE WORLD.**

— Mahatma Gandhi

AMAZING SIMPLE HOME REMEDIES

1. AVOID CUTTING YOURSELF WHEN SLICING VEGETABLES BY GETTING SOMEONE ELSE TO HOLD THE VEGETABLES WHILE YOU CHOP.

2. AVOID ARGUMENTS WITH THE FEMALES ABOUT LIFTING THE TOILET SEAT BY USING THE SINK.

3. FOR HIGH BLOOD PRESSURE SUFFERERS - SIMPLY CUT YOURSELF AND BLEED FOR A FEW MINUTES, THUS REDUCING THE PRESSURE ON YOUR VEINS. REMEMBER TO USE A TIMER.

4. A MOUSE TRAP PLACED ON TOP OF YOUR ALARM CLOCK WILL PREVENT YOU FROM ROLLING OVER AND GOING BACK TO SLEEP AFTER YOU HIT THE SNOOZE BUTTON.

5. IF YOU HAVE A BAD COUGH, TAKE A LARGE DOSE OF LAXATIVES. THEN, YOU'LL BE AFRAID TO COUGH.

6. YOU ONLY NEED TWO TOOLS IN LIFE -- WD-40 AND DUCT TAPE. IF IT DOESN'T MOVE AND SHOULD, USE THE WD-40. IF IT SHOULDN'T MOVE AND DOES, USE THE DUCT TAPE.

7. IF YOU CAN'T FIX IT WITH A HAMMER, YOU'VE GOT AN ELECTRICAL PROBLEM.

**DAILY THOUGHT: (ALL KIDDING ASIDE)
 WORRY DOES NOT STEAL THE SORROWS
 FROM TOMORROW, BUT IT DOES ROB TODAY
 OF ITS JOY.**



Is Your Home Making You Sick?

You've probably heard of *sick building syndrome*—people develop health symptoms, often at a workplace, and no identifiable disease or cause is known. If you use conventional household cleaners at home, chances are you are adding toxins to your home and in turn making it *less clean*. As Dr. Herbert Needleman, pediatrician and professor at the University of Pittsburgh Medical Center puts it, "We are conducting a vast toxicologic experiment in our society, in which our children and our children's children are the experimental subject."

We generally spend 90% of our time indoors. Newer homes and buildings are sealed up tightly, which is good economically in terms of heating and cooling costs. However, inadequate ventilation increases the concentration of *indoor air pollution*—which the E.P.A. reports is up to five times higher than outdoors.

In addition to elevated concentration of household chemicals in our air, women are particularly at risk, because we often spend

long periods of time working with potentially toxic chemicals, and research suggests that women's physiology is more conducive to absorbing such chemicals. We have seen dramatic increases in the rates of asthma in women over the past decade, and longer exposure to a myriad of household chemicals is believed to be responsible. Asthma rates in children under age 5 have more than doubled since 1980, and in that time, some 20,000 new chemicals have been introduced. On average, one in every 13 school-aged children has asthma. Toxic chemicals in the home also pose a poison risk. Chlorine is the number one cause of child poisonings in the U.S., and is an ingredient in several common household cleaners. Aside from poisonings, 150 chemicals found in many homes can be linked to allergies, birth defects, cancer and psychological disorders. These household items also have a negative impact on our environment. Common cleaners

like chlorine bleach, oven cleaners, toilet bowl cleaners and more are classified by the E.P.A. as household hazardous waste, and when disposed of improperly, can pollute the environment and pose a threat to our health. The average U.S. household generates over 20 pounds of hazardous waste every year! The National Institutes of Health Household Products Database is a useful resource to determine exactly what harmful chemicals are contained in the products you are currently using, as well as those chemicals' toxicity and health information. You can locate this information at <http://householdproducts.nlm.nih.gov/ingredients.htm>. So what can you, as consumers, do? First, be sure and properly dispose of harmful products. Dumping harmful chemicals down drains or in toilets has a negative impact on the environment. Second, find better, safer choices. To learn which products can replace your existing, harmful, chemical-laden ones, check the list below and see what safer, powerful, alternative products you can replace your toxic ones with.

Shaklee - GET CLEAN and Green

Standing on the pillars of Safe, Powerful, Green & Smart, Shaklee's Get Clean household cleaning products offer concentrated, nontoxic, biodegradable cleaning that use less packaging and less product than other conventional cleaners. Eschewing nasties like chlorine, ammonia, phosphates and formaldehyde, Get Clean is instead powered by natural enzymes and sustainably-derived ingredients, and are never tested on animals. While we can't back up some of their claims, like buying the Starter Kit can save you \$3,400 on equivalent cleaners, will eliminate 108 pounds of packaging waste from landfills and will keep 248 pounds of greenhouse gases out of the atmosphere, we do like to see that you won't need much to get the job done: the product instructions recommends using just 1-2 drops of their Basic H2 Organic Super Cleaning Concentrate per 16 oz. of water to clean windows and mirrors, or just a 1/4 teaspoon per 16 oz. for general cleaning duties, so a little goes a long way. Their product selection includes everyday household cleaner, laundry & dishwashing detergents, scouring paste and more, and they also offer spray bottles, pumps and dispensers for easy diluting and cleaning.

The Get Clean Starter Kit contains:

- Basic H2™ Organic Super Cleaning Concentrate, 16 oz. (1)
- Basic H2™ Organic Super Cleaning Wipes, 35 Wipes (1)
- Germ Off Disinfecting Wipes, 35 Wipes (1) - NEW!
- Nature Bright® Laundry Booster and Stain Remover, 32 oz. (1)
- Scour Off™ Heavy-Duty Paste, 9 oz. (1)
- Hand Wash Concentrate, 32 oz. (1)
- Dish Wash Concentrate, 16 oz. (1)
- Dish Wash Automatic Concentrate, 32 oz. (1)
- Fresh Laundry Concentrate HE Compatible, Regular Scent - NEW! or Fragrance Free, 32 oz. (Liquid) (1)
- Soft Fabric Concentrate, 32 oz. (1)
- Soft Fabric Dryer Sheets, 80 sheets (1)
- Hand Wash Decorator Dispenser (2)
- Dish Wash Automatic Concentrate Dispenser (empty) (1)
- Nature Bright® Dispenser (empty) (1)
- Including all the accessories you need to get really clean:
- Organizer Caddy (1)
- Spray Bottles (3)
- Windows and Mirrors All-Purpose Degreasing - NEW!
- Basic H2™ Full Strength Dispenser Bottle with Dropper Tip (1)
- Dropper Pipette
- 1 oz. Dispenser Pump for 32 oz. Bottle (2)
- Laundry Measuring Scoops (2)
- Dual Measuring Spoon (1)
- Cleaning Accessories (4)
- Super Microfiber Cleaning Cloth
- Super Microfiber Window Cloth
- Super Microfiber Dish Sponge
- Miracle Scrubber Pad

On Sale this month for \$150+tax!



specializes in non-polluting products, taking care of our world and giving only the best quality. These biodegradable products have various purposes, from house cleaning to nutrition to personal care; these products don't only take care about yourself but also your environment.



The Chiropractic Care
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**If you have any
comments or
suggestions about our
Monthly Newsletter
please email them to
Hanna Murphy at:
hmurphy@primus.ca
Thank you for reading our
office newsletter!**

We're on the Web!

See us at:

www.chirolongevity.com

Also:



8 Weeks to Wellness Information Session

Chiropractic Care & Longevity Center

5 Gore Street West, Perth

Saturday April 16th 2011

1:30pm-2:30pm

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!

If you miss this date please ask the front desk staff for information for the next session.

Just another idea to celebrate Earth Day:

For patients who receive a statement every visit, why not after a series of treatments get all of your statements printed out at the same time on the same sheet of paper? Also just a reminder to try to save your appointment cards for your next visits. Every little bit helps.

Thyroid Cancer

Recently on the Dr. Oz show it discussed the fastest growing cancer in women, *thyroid cancer*. He mentioned that the increase could possibly be related to the use of dental x-rays and mammograms. He demonstrated that on the apron the dentist puts on you for your dental x-rays there is a little flap that can be lifted up and wrapped around your neck. Many dentist offices don't bother to use it. (Also, there is something called a "thyroid guard" for use during mammograms) Next time you are getting x-rays at the dentist be sure to ask for it.

This month you will receive 10% off all Shaklee "Get Clean" Cleaning products!

The office would like to introduce a new Chiropractor to the office:

Dr. Ashleah Linden
She will be starting April 12th!
Book in to have your next adjustment with her to help us welcome her to the office.



Experience the Benefits of Monthly Chiropractic!