

April
2013



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

April 22nd is Earth Day-Top 10 Actions to Reduce
Your Impact on the Environment:

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Smart Shopping

- Buy what you need, not what you want.
- Consider renting and borrowing things that are seldom needed.
- Buy used items from garage sales and second-hand stores.



Simple Savers

- Replace incandescent light bulbs with LEDs.
- Use aerators on faucets and shower heads.
- Weatherstrip windows and doors



Transportation Alternatives

- Walk, cycle, car pool and use public transportation
- When driving, reduce idling and maintain correct tire pressure
- Consider car sharing programs or renting.



Food Choices

- Choose local and organic foods that are in season, and support local food producers.



Washing and Drying

- Wash full loads of clothes in cold water and hang to air dry.



Heating and Cooling

- For summer air conditioning, set your thermostat to 24°C or 25°C.
- For winter heating, set your thermostat to 19°C or 20°C.
- Install ceiling fans and programmable thermostats.



Close to Home

- Vacation, travel and work as close to home as possible.



Bathroom Basics

- Take short showers instead of baths.
- Turn off water taps while brushing your teeth.



Careful Cleaning

- Choose natural, non-toxic cleaning products. Ask the front desk staff about Shaklee natural cleaning products.
- Make simple, natural cleaners with ingredients like vinegar, baking soda and water.



Don't Discard

- Donate, reuse and recycle items before throwing them into the trash.
- Harmful materials like chemicals, batteries, electronics, etc. should be taken to local hazardous waste depots or recyclers.

Strength Training Can Help You Live a Longer, Healthier Life

Optimal health is dependent on an active lifestyle, eating fresh, whole foods, avoiding as many processed foods as possible, exercising regularly, addressing the stress in your life and keeping your nervous system healthy by having regular chiropractic. Ignoring any of these basic tenets of health will eventually lead to a decline in health and any number of diseases.

- Strength training is an integral part of a well-rounded exercise program, and is recommended for both sexes of all ages, including children and seniors
- The intensity of your resistance training can achieve a number of beneficial changes on the molecular, enzymatic, hormonal, and chemical level in your body, which will also help slow down (and in many cases stop) many of the diseases caused by a sedentary lifestyle. Therefore it's an essential element if you want to prevent common diseases such as diabetes and heart disease, or weakening of your bones (osteoporosis), limited range of motion, aches and pains
- Biomarkers of aging are determinants of aging that you are capable of controlling. They're things that tell you how old you would be if you didn't know how old you were. This includes but is not limited to the following—all of which strength training has a beneficial impact on: strength and muscle mass, body composition, blood lipids, bone density, cardiorespiratory fitness, and gene expression
- Research has shown that strength training in the elderly reversed oxidative stress and returned gene expression in 179 genes to a more youthful level, making them 10 years "younger"
- Ideally, you'll want to include a variety of exercises for a well-rounded fitness regimen. Strength training is an important component as it's the number one way for you to remain strong, young, and independent well into old age

Sources and References - Forbes Magazine February 10, 2013

The Chiropractic Care and Longevity Center Offers One on One, On-Site Personal Training By: Hanna Murphy, CFT

Q- What to expect when you sign up for your first personal training session?

A- We will ask for your email address/phone number at the time you book. We will then send you or call you with a couple of options for testing from which you can choose. The first being a Bio Impedance Analysis, which will give us an idea of your health from a cellular level, including your muscle mass, fat mass percentage and hydration levels. This is very beneficial to grade your wellness level and a good starting point for any lifestyle changes you want to make. The BIA test is an extra charge of \$30+HST and adds about 15mins to your initial appointment. Your second option is to have a cardio and strength test during your first appointment. If you are over the age of 50 or have any health issues that are affected by exercise you will be asked to be cleared by your medical doctor.

Q- What will your first training session include?

A-Your first will include a brief consult with Hanna, during which she will take your weight, do some measurements and do a brief health history. If you chose to have the BIA done it will also be performed at this time. She will also discuss your goals for personal training. You will then go downstairs to our on-site gym, where you will do a 20 minute cardio test to see how your heart reacts to elevation of heart rate as well as to see how it recovers. We have lots of different options for cardio and we will be sure to choose the method best suited for you. You will then be put through a strength test that will test 10 of your major muscle groups, followed by a full body stretch. All of the above will be low impact for your first session, with the intensity monitored to suit you by your personal trainer.

Q-What do you need to bring on your first session?

A- We have water and towels available. Please wear comfortable clothing and good quality clean running shoes. Please make sure you have eaten 1-3 hours prior to your session and you may want to bring a snack with you for after your workout.

Q-How often will you need to come see the personal trainer?

A-At the end of the first session you will discuss with your trainer what she would recommend for you in the way of a training routine. She will suggest 1-3 times per week and some training at home. You will discuss with her what works best for you. If you need more motivation, you may want to continue to see her. If you think you want to keep fit at home, you can work with Hanna to develop an at home routine.

Q- How soon can you be given an at home training program?

A-At the end of your first session you will discuss if you want an at home program built for you. If you do, Hanna will work on a basic one for you to practice at your next session. You will have to book in at least one more session to practice the program with Hanna so she can observe your posture while doing the at home program designed for you. If Hanna thinks it is safe to send you home with the at home program she will provide it to you at the end of the second session. If not you may have to come in to practice it at least one more time to ensure safety.

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 I 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 adjustments accurate and last much longer. 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 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 years with Kathy Wickens as my practitioner. She has cured me of my migraines, which is a miracle in itself. Plus all the aches and pains with arthritis and lazy leg syndrome. Wonderful feeling!” – D.B. Carleton Place, ON</p>		

[Try Healthy Easter Treats for Kids!](#)

Traditional sugary treats such as jelly beans and peeps can leave a coating of bacteria and plaque on teeth resulting in tooth decay, not to mention unpleasant visits to the dentist. Don’t forget all those extra calories may lead to unwanted weight gain – with pediatric obesity on the rise, this side effect is a definite concern.

Why not try healthy snacks or treats for the Easter basket or egg hunt this year! There are quite a few kid-friendly options that are quick and easy to make in no time. The following are a few great ideas for the little ones:

- A small cellophane or zip lock bag with a serving of bite-size fresh fruit or veggies – these foods are crunchy and a natural way to clean teeth.
- Fill medium to large plastic eggs with sliced apples, healthy granola or trail mix, nuts, yogurt covered raisins or even cereal such as Cheerios.
- Dried fruit such as pineapple, blueberries, mango, or yogurt covered raisins or cranberries are also great in eggs or single serving packets.
- Organic treats are a wonderful option as they do not contain preservatives. A few favorites are Peter Rabbit Organics, Heavenly Organics, and Yummy Earth.
- The Chiropractic Care and Longevity Center sells Xocia Chocolate nuggets, which are a healthy alternative to regular chocolate
- Get small toys, puzzles, side walk chalk, bubbles, colouring books for your children instead of snacks



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

**ENVIRONMENT, HABITAT, PLANT,
 POLLUTION RECYCLE, REDUCE, REUSE,
 RIVER, WATER, SPECIES**

Red Lentil Quinoa Soup

- 1 tsp (5 mL) extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp (5 mL) dried oregano leaves
- 1/4 tsp (1 mL) hot pepper flakes
- 1/4 cup (60 mL) red lentils, rinsed
- 1/4 cup (60 mL) quinoa, rinsed
- 1 1/2 cups (375 mL) sodium reduced vegetable broth
- 1 cup (250 mL) water
- 1 tomato, chopped
- 1 bay leaf
- 2 tbsp (30 mL) chopped fresh parsley

Directions

1. In saucepan, heat oil over medium-low heat and add onion, garlic, oregano and hot pepper flakes. Cook, stirring for about 5 minutes or until onion is softened. Stir in lentils and quinoa to coat. Pour in broth and water, tomato and bay leaf and bring to a boil. Reduce heat, cover and simmer gently for about 20 minutes or until lentils and quinoa are tender.
2. Remove bay leaf and serve sprinkled with parsley.





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 North American 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://www.healthycleaning101.org/english/HCP_pub.html. 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!



Shaklee

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.



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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:



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.

Happy Easter

Please Note:

The office will be closed
Friday March 29th – Monday April 1st!

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

(not to be combined with any other discounts)



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

Fred Shepherd, RMT

He will be available:

Mondays: 1:00pm – 8:00pm

Wednesdays: 12:00pm - 7:00pm

Fridays: 9:00am - 5:00pm

Saturdays: 9:00am – 2:00pm

Fred brings experience in Swedish,
Hot Stone and Pregnancy massage.

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.

Experience the Benefits of Monthly Chiropractic!