

Celebrating 25 years



# Chiropractic Care & Longevity Center

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April 2016

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Our mission at Chiropractic Care & Longevity Center is to be dedicated and successful chiropractors serving the community of Perth and district by offering the finest chiropractic health care services with professionalism, clinical expertise and compassion.

## EARTH DAY IS FRIDAY, APRIL 22<sup>ND</sup>, 2016

### Basic H2<sup>®</sup> Organic Super Cleaning Concentrate

Super-safe, powerful, all-purpose cleaning concentrate.

- One 16 oz. bottle makes: 48 gallons of super powerful cleaner, or 5,824 bottles of window cleaner
- Sustainably sourced ingredients derived from corn and coconuts
- Does not contain phosphates, dyes, toxins, toxic fumes, hazardous chemicals, fragrance or chlorine
- Packaging is recyclable

Ask for a sample.

### Clean credentials

- Nontoxic
- Natural
- Super concentrated
- No phosphates
- Biodegradable surfactants



Our office fees are increasing May 2<sup>nd</sup>, 2016.  
Thank you for your continued support.

## Bio Sandals

On sale in April for \$75.00 plus tax (Reg. \$100.00)

Some sizes & styles in stock. Come in and try them on!



Visit [www.tog.com](http://www.tog.com) for more information on which styles and sizes are available.



## Maple-Balsamic Vinaigrette

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

### Ingredients:

- ½ cup balsamic vinegar
- ¼ cup maple syrup
- 2 teaspoons Dijon mustard
- salt and pepper to taste
- 1 cup extra-virgin olive oil

### Directions:

1. Place vinegar, maple syrup, Dijon mustard, salt, and pepper into a blender. Pulse to combine, and then add the olive oil in a steady stream with the motor running.



## Festival of the Maples

Save the Date! Saturday, April 30<sup>th</sup>,  
2016 9:00 am – 4:00 pm

40<sup>th</sup> Annual Festival of the Maples in  
Downtown Perth!

On scenic downtown Gore Street and  
at other venues in Perth, you'll  
discover fantastic shops, vendors  
offering award-winning maple  
products, displays, stage  
entertainment, lots of kids' activities  
and more.

The funds raised from the festival  
help keep the festival  
going as well as other  
chamber activities.



## Six Little Stories

(1) Once all villagers decided to pray for rain. On the day of prayer all the people gathered, but only one boy came with an umbrella. That's FAITH.

(2) When you throw babies in the air, they laugh because they know you will catch them. That's TRUST.

(3) Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up. That's HOPE.

(4) We plan big things for tomorrow in spite of zero knowledge of the future. That's CONFIDENCE.

(5) We see the world suffering, but still we get married and have children. That's LOVE.

(6) On an old man's shirt was written a sentence 'I am not 80 years old ... I am sweet 16 with 64 years of experience.' That's ATTITUDE.

Have a happy day and live your life like the six stories!



HAPPY EARTH DAY



The Chiropractic Care &  
Longevity Center

If you have any comments or  
suggestions about our  
Monthly Newsletter please  
email: [chirocare@primus.ca](mailto:chirocare@primus.ca)  
Thank you for reading our  
office newsletter!

We're on the Web!

See us at:

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

Also:



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## Foot Oil by Avena Originals



A brilliant blend of essential oils specifically designed for the hard to penetrate bottom of your feet, Avena's Foot Oil will awaken your reflex points while increasing electrical conductivity and circulation by going into the deepest cellular layers and reviving them.

Delivering dramatic results immediately upon contact, this powerful blend relieves sore, aching feet. It also aids circulation, working wonderfully to eliminate swelling and congestion in your feet. Treat your tootsies to the soothing salve of Avena's Foot Oils. Your feet will love you for it!

### Foot Oil Challenge:

Apply enough Foot Oil to fully saturate **one** foot, then go for a 10 minute walk or run and compare the difference between your two feet. You'll notice the difference before you get home.



50 mL \$28.19

Tax included