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

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Strengthening Your Immune System for Back to School

As your family prepares for school to get started again, you should be prepared for your children to be exposed to all the latest cold and flu viruses. If you aren't careful, everyone in your family will be sick in no time. Fortunately, there are things you can do that will help prevent you and your children from getting sick. Here's some advice:

A Healthy Diet

A stronger immune system begins with a healthy diet. If your children eat junk food all day, their immune system will be lower than if they eat healthy foods. Pack your child with a lunch and snacks that are both kid-friendly and healthy. Unfortunately, you can only do so much. Junk food may be available to them during school hours. That is why it is also important to teach them about nutrition. That way, they can make some smart choices.



Multivitamin and Mineral Supplement

Everyone in your family should take a multivitamin and mineral supplement. No matter how hard you try to get a balanced diet, it is often difficult to get all the nutrients you need. There are a lot of different kid-friendly vitamins out there. When our body gets the nutrients it needs, this results in a stronger immune system. Try Shaklee's Vita Lea Ocean Wonders (chewable)! Or if they can swallow they can take regular Shaklee Vita Lea.



Wash Your Hands

It's simple, and it helps a lot. Have everyone in your family wash their hands at least before they eat. Teach your children to do the same at school. It is very easy for germs and viruses to get on your hands. When you touch your hands to your nose, eyes, or mouth that is one way that you can get sick. This is easily preventable by washing your hands before you eat and after you use the bathroom.



Consider Herbal Help

There are plenty of herbs that can help boost your immune system. Before you use anything research them to make sure they are safe for both children and adults. Herbs to look into include goldenseal, Echinacea, stinging nettle, rosehips, peppermint, chamomile, and rosemary. Not all of these herbs are for the immune system directly. Some help with stress which can help your immune system, and others are high in essential vitamins. Try Shaklee's Nutriferon Immune Support!



Exercise

In general, kids aren't getting as much exercise as they used to. Video games, the computer, and television are all temptations. Encourage your entire family to get more exercise together as a way to stimulate your immune system. Exercise prevents weight gain and also strengthens your immunity directly.



Don't Worry

On the one hand, you want to prevent your children from getting sick. On the other, these little colds and viruses do a lot to help build their immune system for adulthood. Once you get a certain virus, your body builds up antibodies and you can't get it again. This is an essential process. So if your kids do get sick, don't worry. Just care for them until they are better. In a way, it is an essential part of being a child.

Regular Chiropractic Care

Don't forget to have your kids adjusted regularly. Having a healthy nervous system, makes the body function at its best to promote a very healthy immune system.

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A wise woman puts a grain of sugar into everything she says to a man, and takes a grain of salt with everything he says to her.
- Helen Rowland

The Effects of Sugar on Your Health

New research has come out finding that sugar is a toxin that can lead to major chronic diseases such as obesity, heart disease, and cancer.

This is jolting to people who don't realize that even if they don't add it to their foods, hidden sugar, including high fructose corn syrup (HFCS), is in virtually all processed foods, from yogurts and sauces to breads and sodas. Although some experts argue that "sugar is sugar," test subjects in strict clinical trials who were monitored 24 hours a day, who consumed HFCS, developed higher risk factors for cardiovascular disease within *two weeks*. Other studies indicate that if you limit your sugar, no matter what form you get it in, you decrease your chances of developing cancer—including breast and colon cancers.

What's even more startling is that a growing number of studies are also showing that the more sugar you eat, the less satisfied you are.

How High Fructose Corn Syrup has Decimated Human Health

High fructose corn syrup (HFCS) entered the American market in 1975. Food and beverage manufacturers quickly began switching their sweeteners from sucrose (table sugar) to corn syrup when they discovered that it could save them a lot of money. Sucrose costs about three times as much as HFCS. HFCS is also about 20 percent sweeter than table sugar, so you need less to achieve the same amount of sweetness.

Around that same time, dietary fats were blamed for heart disease, giving rise to the "low-fat craze," which resulted in an explosion of processed nonfat and low fat convenience foods—most of which tasted like sawdust unless sugar was added. Fructose was then added to make all these fat-free products more palatable. Yet as the low-fat craze spread, rates of heart disease, diabetes, and

obesity skyrocketed...

Clearly, this plan was seriously flawed from the get-go, and it's not difficult to see that trading fat for sugar is *not* a wise move.

We now know, without a doubt, that it's the *excessive fructose content* in the modern diet that is taking such a devastating toll on people's health.

At the heart of it all is the fact that excessive fructose consumption leads to *insulin resistance*, and insulin resistance appears to be the root of many if not most chronic disease. Insulin resistance has even been found to be an underlying factor of cancer. Fructose also raises your uric acid levels—it typically generates uric acid within *minutes* of ingestion, which in turn can wreak havoc on your blood pressure, insulin production, and kidney function. So far, scientific studies have linked fructose to about 78 different diseases and health problems. For example, fructose may:

- Raise your blood pressure, and cause nocturnal hypertension
- Insulin resistance / Type 2 diabetes
- Non-alcoholic fatty liver disease (NAFLD)
- Raise your uric acid levels which can result in gout and/or metabolic syndrome
- Accelerate the progression of chronic kidney disease
- Intracranial atherosclerosis (narrowing and hardening of the arteries in your skull)
- Exacerbate cardiac abnormalities if you're deficient in copper
- Have a genotoxic effect on the colon
- Promote metastasis in breast cancer patients
- Cause tubulointerstitial injury (injury to the tubules and interstitial tissue of your kidney)
- Promote obesity and related health problems and diseases
- Promote pancreatic cancer growth

The Olympic Experience by Dr. Kathy Wickens

As some of you may be aware, I won a trip to the London Olympics opening ceremony through Visa which is an Olympic sponsor. It was a four night, five day trip for two but we added an additional three days to make my first trip to London, England complete. We had a totally memorable experience in that even the typical London weather held off. The temperature was in the 27 – 32 degree range and we didn't get any rain during the entire week until after we got to the airport to come home. We did a side trip to see Stonehenge, Bath and Windsor Castle. In London we did the London Tower tour, the London Bridge experience, the Jack the Ripper walking tour, the London Eye, a boat cruise on the Thames and a hop-on hop-off bus tour of London to see all of the different sights. Our favourite parts of these tours were the guides, the Beefeaters (retired armed forces with a wonderful sense of humour) and the Crown Jewels. We walked all around London including Buckingham Palace, Westminster Abbey, Big Ben, did some shopping on Oxford Street, saw the lights at Piccadilly Circus. I even found the place where my sister lived and worked while she was in London 44 years ago and in the process, we watched the passage of the Olympic torch down the Thames. We took in a play – What the Butler Saw – on the Strand. We spent an evening with one of my classmates from chiropractic college who lives north of London. We missed the last tube at midnight and had a 2 ½ hour bus ride back to the hotel. Throughout our holiday we used the tube, train, bus, and even took the new United Arab Emirates cable car. Everyone in London was so absolutely helpful. If we stood on a street corner with a map, they offered assistance and when we missed the last train from Cheshunt into the city, everyone on the bus helped us find our way. The highlight of the trip was the opening ceremonies of the 2012 Olympics for which we were seated across the arena from Queen Elizabeth and her entourage. The British did a fantastic job of the ceremonies combining history with humour. We also attended one of the men's artistic gymnastic qualifying rounds. The seven days went incredibly quickly but we have so many wonderful memories thanks to Visa.

Time for a Spinal tune-up

When you care about your car, you take it to the shop for the tune-ups it needs - oil changes, tire rotations, new brakes, etc. Your spine is no different. It needs a regular "tune-up" as well, complete with chiropractic adjustments. Chiropractic tune-ups can serve three purposes:

1. Evaluate the state of your body, even if you have no pain. The nerves control all body function. Even people who feel fine have areas of their spine or extremities that are out of normal alignment. When we adjust those bones back into place, people feel better in some way. If we waited until we felt pain, we would all

wait until we needed root canals or crowns before going to the dentist! Remember, nerves also affect function.

2. Address major or minor pains you currently have, but haven't been too worried about. Have you had any nagging discomforts or pains coming from your spine or extremities? Do these discomforts prevent you from doing the activities you enjoy? Instead of wondering if the pain will continue to get worse or stay that way for the rest of your life, give chiropractic a try. You don't have to live with pain.

3. Prevent future problems that can and likely will arise from your joints being out of

alignment and not functioning at 100 percent.

Our society is moving toward preventative health care. Chiropractic has been at the forefront of this concept since the chiropractic profession was founded in 1895. Arthritis, overused injuries (like carpal tunnel syndrome and tennis elbow), rotator cuff injuries and knee problems are just some examples of conditions that may be prevented with chiropractic care.

Scheduling chiropractic tune-ups allows you to take care of your body so that your machine functions as well as it possibly can. Please remember to make time to care for yourself; you are worth every penny.

"The principle goal of education is to create men who are capable of doing new things, not simply repeating what other generations have done - men who are creative, inventive and discoverers."

- Jean Piaget



"If we cannot heal in one way, we must learn to heal in another." --Sherwin B. Nuland

Nuland

Say Good Bye to PMS With Calcium and Vitamin D

It has been estimated that up to 20 percent of all women suffer from premenstrual syndrome (PMS). While the symptoms of PMS may vary from person to person, they usually include conditions such as depression, irritability, cramping and headaches. Oftentimes, these conditions are severe enough to interfere with a woman's ability to function throughout the day. As a result, scientists have looked for various remedies that could reduce, or even prevent, many of the symptoms that occur with PMS.

In this study, researchers looked at the levels of calcium and vitamin D intake

in a group of approximately 3,000 women, more than a third of whom had developed PMS over a 10-year period. Results showed that women who consumed the highest amounts of calcium were 20 percent less likely to have PMS than women who consumed the lowest amounts of calcium. In addition, women with the highest levels of vitamin D intake were 41 percent less likely to develop PMS compared to women taking the least amount of vitamin D.

Foods that contain substantial amounts of calcium and vitamin D include skim milk, low-fat milk, and some cheeses. Vitamin

D and calcium are also available in supplement form. For more information on ways to increase levels of calcium and vitamin D in your diet. Ask your Doctor of Chiropractic for more information on Shaklee Super Cal Mag Plus!

Remember Calcium should always be balanced with magnesium.

Reference:

Bertone-Johnson ER, Hankinson SE, Bendich A, et al. Calcium and vitamin D and risk of incident premenstrual syndrome. Archives of Internal Medicine 2005; 165: 1246-1252

SuperCal Mag Plus, Shaklee Advantage:

Calcium, the most abundant mineral in your body, is critical for building and maintaining healthy teeth and bones. As a rule, regular exercise and a calcium-rich diet will help slow the loss of bone mass. That's especially true if you're among the young white and Asian women who are most at risk for osteoporosis in later years. But the truth is that most diets don't contain enough calcium. Shaklee fills that need by providing 1,200 mg of calcium in just 4 tablets of Super Cal Mag Plus. Calcium, magnesium, phosphorus, and the other nutrients work together to make this supplement a complete bone-health formula by helping to optimize peak bone mass, maintain bone density, and slow bone breakdown.

Features:

- a combination of 2 of the best sources of calcium available anywhere: calcium carbonate, which is highly concentrated; and calcium citrate, which is highly absorbable
- 4 tablets provide 1,200 mg of elemental calcium and 350 mg of magnesium
- formula also contains 700 mg of phosphorus to help build strong muscles, bones and teeth, and 400 IU of vitamin D to ensure good calcium absorption
- tablets feature an aqueous film coating making them easy to swallow
- dissolves quickly in your system
- 240 tablets **Only: \$44.58 tax inc.**



The Earth gives us great clues as to what foods help what part of our body

- A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.
- A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.
- Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.
- A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.
- Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.
- Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.
- Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).
- Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of sperm as well help to overcome male sterility.
- Sweet potatoes look like the pancreas and actually balance the glycemic index of diabetics.
- Olives assist the health and function of the ovaries.
- Oranges, grapefruit, and other citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.
- Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free

Whether your child is catching the school bus, walking, bicycling or driving to school, make sure you plan and review safety rules and the route to and from school with your child. Let your children know who to call in an emergency if they can't reach you. If your child is too young to memorize phone numbers, make sure the information is written somewhere in their school supplies or in their backpack. For teens who can drive, parents should know when they are driving to school and school events, who is with them, and when they are returning. Just like there are house rules, there should be car rules. Teens should be reminded to wear a seat belt and not drive while listening to loud music or talking on a cellular phone. You should not just give a teenager a car with no parameters.

The ABCs of Subluxations

Vertebral subluxations are displacements of the spinal bones (vertebrae) that can cause stress to your spinal cord and nervous system. Subluxations may be caused by poor sleeping habits, poor posture, strenuous exercise, injuries, auto accidents, sports, slips or falls, and in some cases, the birthing process itself. Chiropractic adjustments are very helpful in correcting subluxations and restoring optimal health.



"So, as you drove past three young women in bikinis, you heard a loud 'pop' in your neck and haven't been able to move your head since."

LEMONY RED PEPPER & ASPARAGUS PASTA SALAD

The acidity of the lemon dressing mellows as it stands in the fridge, so this dish is actually better the next day.

- 1 LB {450 g} farfalle pasta
- 1 bunch {1 LB/450 g} asparagus, cut in 1 1/2-inch pieces
- 1 {370 ML} jar roasted red peppers, drained and sliced or roast your own=3 red peppers
- 1/2 cup chopped fresh chives or fine sliced green onion
- LEMON DRESSING
- 1 TBSP grated lemon zest
- 1/4 cup lemon juice.....I use only fresh squeezed
- 2 tsp liquid honey
- 1 clove garlic, grated or pressed
- 1 tsp Dijon mustard
- 3/4 tsp salt
- 1/4 tsp pepper
- 1/3 cup Olive oil

Boil pasta in large pot of lightly salted water until al dente. Approx 9-12 minutes adding asparagus for last two minutes. Drain and rinse with cold water; drain again. Set aside.

Make lemon dressing in a small jar and shake to blend. Pour over pasta and asparagus mixture. Add red peppers and chives; toss to combine. Cover and refrigerate 6 hours or up to 24 hours. ENJOY!

Let us help you Get into a wellness routine

Did you know that the Chiropractic Care and Longevity Center offers personal training sessions? Available on site in our gym!

We make customized one-on-one personal or couples training sessions for everyone! Our sessions help you learn an at home routine that is customized for your fitness needs!

Training sessions offered by:
Hanna Murphy – Personal Trainer

1 Person	\$40/hour	+Hst \$5.20
2 People same time	\$60/hour	+Hst \$7.80

Ask the front desk staff for more details and to have a look at our new gym the next time you are in the office!

8 Weeks to Wellness Information Session

Chiropractic Care & Longevity Center

5 Gore Street West, Perth

Tuesday September 18th 7:15pm – 8:30pm

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!

Please ask the front desk staff to sign you up for this information session.

Wellness Assessment Appointment

This appointment is designed for people who are looking for a more personalized, in depth, natural approach to meet their health care needs. The health plan developed for you will be customized, personal and very specific. Whether you're just tired and looking for more energy, or stressed, or dealing with hormonal imbalances, weight & blood sugar concerns, or just want a plan to maintain good health. The wellness assessment is broken down in to 2 appointments.

Appointment #1: We will provide you with 3 questionnaires to be completed and returned for our review. They are available by email, if you would prefer.

Bio Impedance Analysis (B.I.A.) with Hanna Murphy, CFT, RNSA (Registered Nutritional Supplement Advisor)

You will be hooked up to a computer with cables attached to your hand and your foot. The cables send a non-painful electrical pulse to each other to analyze what your body is made up of. This test will tell you things like lean body mass, fat percentage, possible hormonal imbalances, hydration level, BMI (Body Mass Index), resting metabolic rate, and whether you are eating enough and so much more. This test is the best way of tracking health improvements.

Instructions for the B.I.A.:

Approx. 30 minutes in length

No alcohol within 24 hours prior

No exercise for 4 hours

Avoid caffeine or food for 4 hours prior

Consume 2-4 glasses of water within 2 hours prior.

You will wait for a phone call from this office to let you know when to book appt. #2.

Appointment #2: Dr. Kathy Wickens and Hanna Murphy review your results together to form a personal plan for you. The appointment will be approximately 30-45 minutes with Hanna. This appt. will be an explanation of the recommendations based on the results of your completed health questionnaires and B.I.A. The recommendations and explanation may include; cleanse(s), nutritional supplements, meal replacements, home and/or on site exercise programs as well as food / diet suggestions. The professional product lines we carry at the office have all been studied and researched. All of the brands we carry have studies to back up their effectiveness and quality to ensure you get the best products on the market.

Cost is \$100.00 for appt.'s 1 & 2. Products are extra and prices will be provided during appt. #2 for your consideration.

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:

E-MAIL:

hmurphy@primus.ca

Also:



We're on the Web!

See us at:

www.chirolongevity.com

Ask us about our meal
replacement shakes! They
taste great and kids love
them for breakfast!



This Coupon entitles you to:

\$50 off

One Pair of Custom Orthotics
or Customized Shoes

Limit of one coupon per customer

Expires 31.08.12

Don't Let Your Children Skip Breakfast

The prevalence of obesity in North America is affecting all ages, both sexes, all ethnic groups and all socioeconomic levels. In general, children are overfed, but undernourished and those who skip breakfast tend to eat more snacks and consume more fat. Studies indicate that 59% of high school students skip breakfast at least three times a week, and one in three girls skip breakfast daily.

"To go eight hours or so, or in the case of some teenagers, longer, without food, I think it's important to recognize that you've got to get those energy stores back up and running right away," said Robert Murray, MD, of Columbus Children's Hospital and The Ohio State University College of Medicine and Public Health. Murray presented on the importance of breakfast at last month's American Academy of Pediatrics National Conference and Exhibition.

"Breakfast-skipper" are two times more likely to be overweight and they give a variety of reasons for not eating in the morning, including lack of time and/or hunger and "dieting to lose weight." Experts believe lack of exercise and smoking are also often linked to these reasons. Research shows that nearly all individuals who successfully maintain a weight loss eat breakfast daily. Studies in children and adolescents indicate an association between regular breakfast consumption and lower body mass index. Ironically, breakfast eaters consume more energy per day, yet are less likely to be overweight.

Even periodic, persistent food insufficiency is tied to objective measures of psychosocial and academic dysfunction. In a study involving six to 11-year-olds from food-insufficient families, the participants were found to have lower arithmetic scores and were more likely to have repeated a grade. Children with poor nutrition during the brain's formative years score lower on tests of vocabulary, reading, arithmetic and general knowledge. Student intelligence and academic performance are affected even in students with malnutrition too slight to manifest in clinical symptoms. Alarming, even healthy, well-nourished children who skip breakfast or lunch are less able to distinguish between similar images, have slower memory recall and commit more errors.

Breakfast consumption improves alertness and mood, word recall, short term and spatial memory, and lessens anxiety and irritability. Some studies have even shown that psychosocial function improves as breakfast consumption increases, not to mention improved nutritional status. Studies consistently connect breakfast to improvements in academics, test scores, grades, and less school tardiness and absenteeism.

Experience the Benefits of Monthly Chiropractic!