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2013



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

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\$36 Off Grains

WOMEN'S HEALTH
TALK - By Gwen Horn
RNH

Here at Chiropractic Care
and Longevity Center -
5 Gore St. W. Perth, ON
Tuesday, September
17th at 7:00pm 6

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As we prepare our kids for going back to school, many moms and dads are dreading the upcoming cold and flu season –

This article is based on principles from John Douillard's book, Perfect Health for Kids

On average, school-age kids in North America experience eight to 10 colds a year, according to The Children's Hospital Guide to Your Child's Health and Development. Read on to learn five essential tips to keep your kids healthy this year!

The remedy for avoiding colds and flus is actually very simple. It starts weeks, months, and even a season or two before the dreaded cold and flu season hits. Let's start with a look at what makes our kids susceptible to an infection in the first place. There are always two factors in this cold-causing process:

- The first is the exposure to the bacteria or virus. For all practical purposes, there is nothing we can really do to prevent our kids from being exposed. In a classroom or school cafeteria, every child will be exposed to every bug, but only a small percentage will typically get sick.

- Why? This has to do with the second factor in the cold-causing process: susceptibility. Keeping your child's immunity strong enough so they do not succumb to ever-present infectious bugs in the first place is the goal. It is here that parents can keep their children healthy, in school, and out of the doctor's office. Enjoy these five immune boosting tips!

Tip One: Moisturize the Sinuses

During these first weeks of school, the exposure to cold-causing bugs is certainly higher. What is also happening in early fall is that the days are getting shorter and the nights are getting colder. Cold autumn nights bring hints of winter with dry and cool air. Night heaters may dry the air even more and soon, the mucous membranes in the sinuses dry out. When this happens, the respiratory mucous membranes produce large amounts of reactive mucus due to the dryness.

Seasonal pollens and pollutants can also act as irritants to the sinuses, which can cause excess mucus production. As excess mucus is produced, this provides the perfect breeding ground for a viral or bacterial infection. Most cold remedies, like Sudafed or antihistamines, will attempt to dry out the reactive mucus in the sinuses, thus making the original cause of infection worse.

Solutions: Keep sinuses moist with cool mist humidifiers at night during those early back-to-school days, and keep them running right through the winter. Sinuses generally begin to dry out in mid-August, so the end of summer is not too early to break out the humidifiers. Ask the front desk for a sample of a sinus hydrator NeillMed Nasal Drops.

Ear oil is another cold remedy that

antidotes the end-of-summer and fall dryness. Preventively, from September to March, you drop warm ear oil in your kids' ears while they sleep, twice a month. If they catch a cold, use garlic-based ear oil twice a day until they are well, usually a day or two. Ear oil lubricates the eustachian tubes, which helps support better lymph flow through the cervical lymph, which governs upper respiratory immunity. * See page 4 of newsletter for recipe.

Tip Two: Early To Bed

One of the most difficult parenting tools for moms and dads is to get their kids to bed early. When children get sick, you can usually track it to lots of staying up late, sleepovers, school stress, and excessive after-school activities that just wear them out. **Pre-high school kids should be in bed by eight o'clock. For high school kids, lights should be out by ten.**

This may sound difficult, but if a child is up past these hours on a regular basis, they will wake up fatigued and soon, when the stress mounts, their immunity will suffer.

Solution: Get those kids to bed early!

Tip Three: Stay Hydrated

In 1850, the average North American drank one can of soda per year. Today, kids drink two to three cans of pop per day. A report in The Lancet said that these sugary drinks increase the risk of obesity by 60 percent. Soda, as well as any caffeinated beverage, will dehydrate the body. So to avoid dehydration, a kid must drink one 12-ounce glass of water for each 12-ounce caffeinated pop, but it is best to have them avoid these beverages all together. Dehydration in kids can cause stomachaches, bone loss, hormonal problems, obesity, fatigue, mood swings, poor focus ability, skin conditions and much more. An average person can lose two to three quarts of water a day through non-exertion. With exercise, a child can lose twice that amount. For kids doing sports, a two percent loss in body weight due to perspiration creates a 25 percent loss of their athletic ability.

Solution: Put water bottles in your kid's lunch—not high fructose corn syrup juice boxes. At least, have them drink a large 8-12 ounce glass of plain water every morning and evening and give them water with lunch. A good rule of thumb for active kids is to drink one half of his or her weight in pounds in ounces of water per day to avoid dehydration.

Tip Four: Colds Start in the Digestive System

Make sure your child has regular bowel movements, it is normal to go once-three times a day. Sluggish bowel function causes the villi of the gut to congest. The

villi feed both nutrition and waste into the lymphatic system on the outside of the gut wall. It is in the digestive tract that experts believe 80 percent of the body's immune system lies. So regular bowel movements are key to optimal health and immunity.

Solutions:

1. Veggies are critical for optimal elimination. Remember, the cellulose in veggies literally attaches to toxins and escorts them into the toilet. Kids innately mimic mom and dad, so if your kids see mom and dad eating a large amount of veggies at each meal, just watch those vegetables get gobbled down by your kids. It's a monkey see, monkey do thing!
2. If sluggish bowels are a chronic concern, ask us about magnesium glycinate, available here at the office.
3. Avoid late heavy dinners. They are tough to digest and a fast pass to constipation. If your child is having trouble digesting meals, ask us about our digestive enzymes.

4. To maintain a healthy digestive system, it is recommended that everyone take a healthy bacteria like bifidus. Ask us for more information.

Tip Five: Controlling Mood and Focus with Food

The middle of the day represents the best time to eat the largest meal of the day, as this is the time when the body can digest a meal most efficiently. This can be tough for school kids. If all they had for lunch was a cookie or a snack (a common lunchtime meal), then the blood sugar may crash in the afternoon. This is why kids are ravenous when they come home from school. If possible, leave a good healthy meal on the stove for them when they get home from school. Try not to just give them a sugary snack at this time. If they are craving sweets in the afternoon, it may be due to low blood sugar. A sweet snack here will only start the high/low roller coaster of unstable moods and blood sugar.

When blood sugar is low in the afternoon, the body and mind must strain to muster the energy needed for afternoon activities. This low afternoon energy may lead to ups and downs in mood, low energy, lack of focus and eventual weight gain. When a child is then asked to do homework with crashing blood sugar, this is an impossible task.

The Solution: Plan on feeding them well shortly after they come home from school! No sugary snacks at this time!

Also, if possible, pack your kid(s) a big, healthy lunch to provide the energy necessary for afternoon activities.

"The average person loses more than 90% of their immune function within 15 minutes of indulging in this poisonous substance. This deficiency lasts for about 2 hours after the stress occurs."
-Dr. Stoll

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

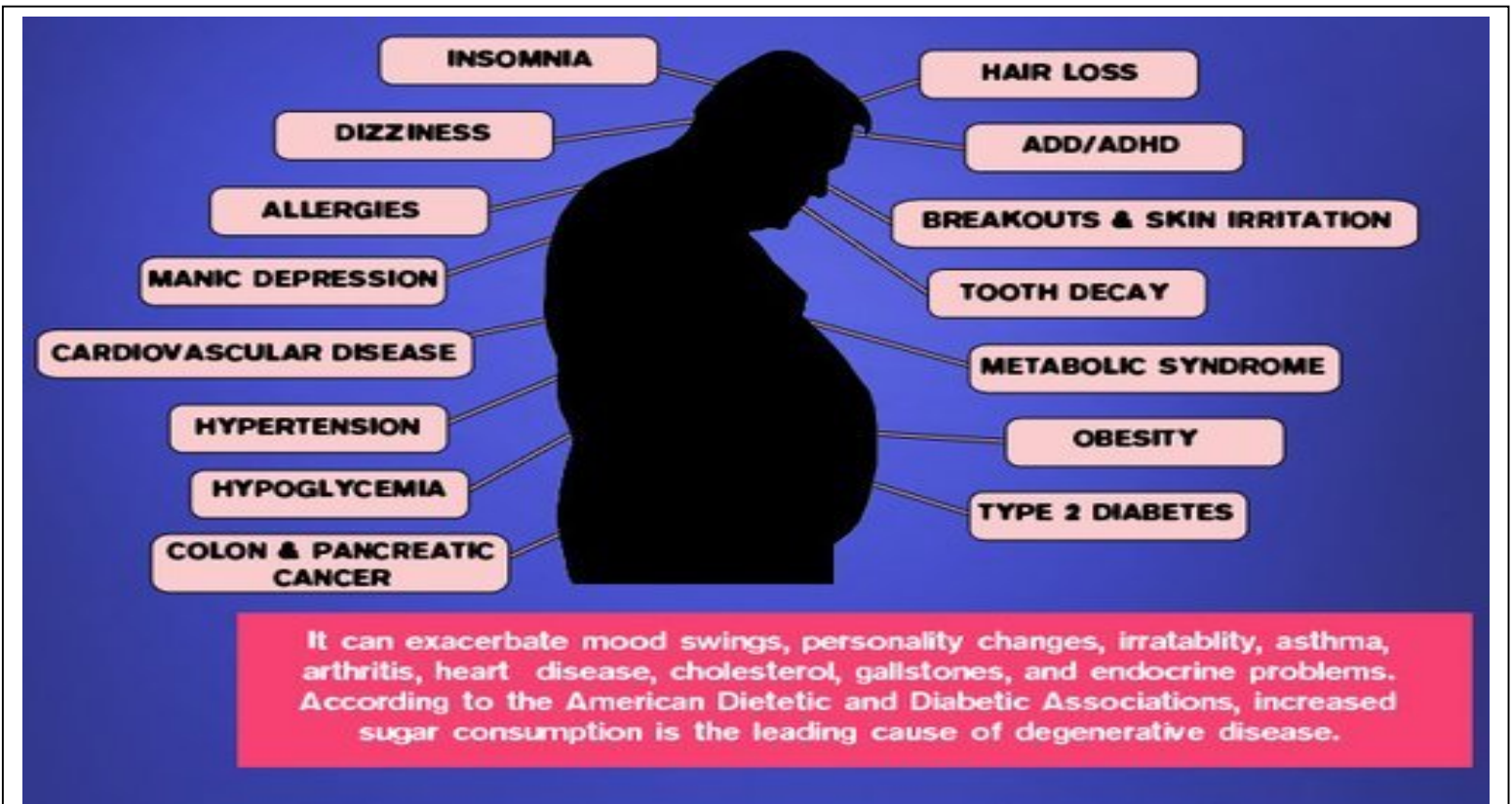
obesity skyrocketed...

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



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.

HEALTH DANGERS OF UNDERARM DEODORANTS

Have you used your deodorant today? In some circles such a question might raise some eyebrows but if you are concerned about toxic exposures, the question carries additional significance. Some researchers have concluded that the cumulative effect of daily deodorant use could be damaging to your health, most importantly by increasing your risk for cancer. The evidence so far is inconclusive.

Cancer

Breast cancer is high on the list of concerns, not only because of the underarm's close proximity to breast tissue but because several common ingredients in deodorants are estrogenic compounds. Estrogenic compounds have the ability to trigger some of the same effects as the body's own hormone estrogen. One of estrogen's roles in the body is to promote the growth of breast tissue, so an excess might lead to cancerous overgrowth. Aluminum is used as an antiperspirant to plug sweat ducts but is also known to be estrogenic.

Another common ingredient in deodorants as well as many other personal care products are parabens, identified often with a prefix such as methylparaben, propylparaben, butylparaben or benzylparaben. These compounds are also estrogenic and may act as hormone disruptors in the body. Triclosan is a common antibacterial ingredient that,

when combined with water, will form chloroform, a probable carcinogen. In 2004, a study in the "Journal of Applied Toxicology" found parabens in 18 of 20 breast tumors; however, there was no examination of paraben levels in normal tissue to determine if a causal relationship truly existed. In 2006 a study published in the "Eastern Mediterranean Health Journal" studied the habits of 54 women with cancer and 50 without. Researchers found no association with use of deodorants. A larger study in 2003 in the "European Journal of Cancer" found the age of diagnosis of 437 breast cancer survivors was significantly earlier in women who shaved and used deodorants, the presumption being that nicks in the skin from shaving procured higher exposure. The diagnosis was even earlier in people who began these habits before the age of 16.

Allergies

Many ingredients in underarm deodorants have the capacity to cause skin irritation, which can range from mild redness and burning sensation to a full allergic reaction. Aluminum, parabens, triclosan, silica, steareth, propylene glycol and talc are all possible allergens. Additionally, other less uniformly added ingredients may cause harm under the conditions of daily application, such as "fragrance," which, according to the Environmental Working Group, can encompass any number of harmful chemicals not required to be explicitly listed in the ingredients list.

Alternatives

Today many deodorant companies are finding alternatives to these contentious chemicals. Preservatives such as sodium benzoate and potassium sorbate can replace parabens. Tea tree oil has similar antibacterial properties to triclosan. And vegetable-based agents can replace propylene glycol. In addition, other natural alternatives are available, such as taking oral alfalfa tablets or applying crushed salt crystals.

Read more: <http://www.livestrong.com/article/224770-health-dangers-of-underarm-deodorants/#ixzz2YzbcOK00>

References

[Cancer Factsheet: Antiperspirants/Deodorants and Breast Cancer, Questions and Answers](#)

[Body+Soul Magazine: Healthier Deodorants](#)

[Environmental Working Group: Scented Secrets:](#)

[Fragrances Hide Toxic Chemical Ingredients](#)

Recipe for Homemade Deodorant From: "Mary Janes Farm"

1/4 cup of baking soda (for odour)
1/4 cup of cornstarch (for dryness)
4 Tablespoons of coconut oil
10 drops of essential oil (optional)
Mix into a paste and apply, it dissolves upon contact.

Chicken & Summer Vegetable Tostadas

2 teaspoons canola oil
1 teaspoon ground cumin
1/4 teaspoon kosher salt
1/4 teaspoon black pepper
12 ounces chicken breast tenders
1 cup chopped red onion
1 cup fresh corn kernels
1 cup chopped zucchini
1/2 cup salsa
3 tablespoons chopped fresh cilantro, divided
4 (8-inch) whole wheat tortillas
3 ounces Monterey Jack cheese, shredded (about 3/4 cup)
Preparation
Preheat oven to broil. Combine chicken and spices together in a bowl, stir well. Sauté chicken with oil for 3 minutes. Add onion, corn, and zucchini to pan; sauté for 2 minutes or until chicken is done. Stir in salsa and 2 tablespoons cilantro. Cook 2 minutes, stirring frequently. Arrange tortillas on a single layer baking sheet. Broil 3 minutes or until lightly browned. Spoon about 3/4 cup chicken mixture in the center of each tortilla; sprinkle each serving with 1/4 cup cheese. Broil an additional 2 minutes or until cheese melts. Sprinkle each serving with about 3/4 teaspoon of cilantro. Serve immediately.

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."

Beat Colds with Homemade Garlic Ear Oil

By using this ear oil you may notice fewer colds and infections, improved sinus draining, less sinus pressure, easier breathing, no ear pain, and clearer, glowing skin.

To make garlic ear oil, you'll need:

- A small saucepan
- 1-2 bulbs of garlic (about 10 cloves)
- 1/2 cup of sesame oil
- A small dropper bottle

In the saucepan, combine the oil and whole peeled garlic cloves. Bring to a simmer, and allow to bubble and spit for about 20 minutes. Make sure the garlic isn't burning! Remove the pan from heat and allow cooling. Slowly pour just the oil into the bottle, and store at room temperature.

To use, tilt your head to the side and squirt a dropper full of oil into your ear.

Allow it to rest for about 5 to 10 minutes.

Drain the oil onto a tissue, by tilting your head to one side or laying down on your side, then repeat on the other ear.

For instructions on how frequently to use see the article on the front page of this newsletter.

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

Tues. Sept. 10th 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
& Longevity Center

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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



This Coupon entitles you to:

\$50 off

One Pair of Custom Orthotics
or Customized Shoes

Expires 31.10.13

WOMEN'S HEALTH TALK – By Gwen Holm, RHN

Unlock hormone imbalance. Promote Vitality & Extraordinary Wellness

Here at Chiropractic care and Longevity Center – 5 Gore St. W. Perth, ON

Tuesday, September 17th at 7:00pm

Do you have any of the following symptoms?

- Abdominal discomfort
- Minor muscle pain
- Breast tenderness
- Feeling bloated
- Feeling sad or blue
- Occasional irritability
- Joint stiffness
- Temporary weight gain
- Water retention
- Swelling

Come to an evening seminar to learn how hormone imbalance negatively affects how women feel, think, behave and age. Gwen Holm, RHN from Metagenics will give a free educational seminar on hormonal imbalance.

- Estrogen is powerful, protective and proliferative at minute levels
- Opportunities for over-exposure to estrogen and estrogen metabolites are abundant
- Estrogen and estrogen metabolites effect the entire body - the immune system, HPA axis, sex hormone binding globulin, progesterone receptors, up-regulation of genes and brain chemicals

You will learn about diet and lifestyle changes you can make to help you to balance your hormone levels.

Please sign up at the front desk or call us at (613) 264-0616 to RSVP

Experience the Benefits of Monthly Chiropractic!