

Celebrating 25 years



# Chiropractic Care & Longevity Center

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Phone: (613) 264-0616 • [www.chirolongevity.com](http://www.chirolongevity.com)

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## Inside:

- Immune Building Talk
- Flu Buster® by Homeocan
- Vita-Lea® Ocean Wonders
- Vitalized Immunity®
- 10 Fun Facts
- Perth Garlic Festival
- Lemon & Garlic Hummus Recipe
- Glen Tay Block Race

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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.

## Strengthen Your Immune System

Are you interested in?

- Fighting the common cold & influenza naturally
- Being prepared to fight off "Back to School" germs
- Prepare for seasonal changes



Join us for a **FREE** class about Building your Immune System.

**Wednesday, August 24<sup>th</sup> from 6:00-7:00 p.m. with Dr. Malisa Carullo, Naturopath, here in the office.**



Register to save your seat at the front desk, or by calling 613-264-0616 or by email at [chirocare@primus.ca](mailto:chirocare@primus.ca).



## Positivity Pledge

I shall no longer allow negative thoughts or feelings to drain me of my energy. Instead I shall focus on all the good that is in my life. I will think it, feel it and speak it. By doing so I will send out vibes of positive energy into the world and I shall be grateful for all the wonderful things it will attract into my life.

## FluBuster® by Homeocan

At the onset of symptoms, FIGHT BACK!

Relief of cold and flu-like symptoms:

- Fever
- Chills
- Pains
- Fatigue
- Aches
- ✓ Pharmaceutically Formulated
- ✓ Safe – User-friendly, Single-Dose Dispenser
- ✓ Natural Source – No Known Side Effects
- ✓ Effective Relief
- ✓ Non Drowsy



12 doses \$24.86 tax included

1 dose per week as prevention or 1 dose every 8-12 hours when symptoms arise.

# Vita-Lea® Ocean Wonders by Shaklee

## The Yummy Children's Multivitamin

Vita-Lea® Ocean Wonders® is a great-tasting, scientifically advanced and tooth friendly multivitamin & multi mineral, formulated specially for children. Chewable and sugar free, Ocean Wonders promotes the development of strong bones and teeth.

- Provides 100% of the daily value of vitamins C and E, plus calcium, magnesium and more!
- Features 600IU of vitamin D to help promote strong bones and teeth.
- Chewable and sugar free.

Available in all-natural punch, grape & berry flavors.

120 Tablets \$35.88  
Tax included



## 10 FUN FACTS

1. You can't wash your eyes with soap.
2. You can't count your hair.
3. You can't breathe through your nose, with your tongue out.
4. You just tried no. 3
6. When you did no. 3 you realized it's possible, only you look like a dog.
7. You're smiling right now, because you were fooled.
8. You skipped no. 5
9. You just checked to see if there is a no. 5
10. Share this with your friends to have some fun too! :-)

Chiropractic Care & Longevity Center will be closed on Saturday, September 3<sup>rd</sup> & Monday, September 5<sup>th</sup> for the Labor Day Long Weekend!



Have a safe and wonderful weekend!

## Perth Lions Club Garlic Festival

Saturday, August 13<sup>th</sup> and Sunday, August 14<sup>th</sup>



Garlic producers, garlic products, vendors, food, cooking demos and displays, a licensed refreshments tent and entertainment, also featuring The Birds of Prey raptor demonstrations.

Perth Fairgrounds

## 5 THINGS TO QUIT

*right now*

1. Trying to please everyone.
2. Fearing change.
3. Living in the past.
4. Putting yourself down.
5. Overthinking.

## Vitalized Immunity™

Every day Immune Support

Vitalized Immunity is naturally sweetened with Monk Fruit, and contains as much vitamin C as 16 oranges.

- Helps support your immune system
- Delicious effervescent formula
- Provides the nutritional support your immune system needs to stay strong



15 tablets  
\$25.27  
Tax included



## 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:



## Lemon & Garlic Hummus

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

### Ingredients:

- 1 (15 oz) can Garbanzo Beans (Chickpeas)
- 1 tbsp Sesame Oil
- 3 to 5 drops Lemon Essential Oil\*\*
- 1 garlic clove, pressed
- 1 tsp ground cumin or 1 drop Cumin Essential Oil\*\*
- Salt and pepper

### Directions:

1. Drain garbanzo beans (chickpeas), reserving the liquid
2. Place garbanzo beans (chickpeas), sesame oil, lemon essential oil, garlic and cumin in food processor. Pulse until smooth. Add the reserved liquid a little at a time, pulsing between each addition until your hummus has reached the desired consistency.
3. Adjust taste with salt and pepper.



Enjoy with some warm pita bread!

\*\* Lemon Essential Oil and Cumin Essential Oil, available for purchase at CCLC\*\*

## GLEN TAY BLOCK RACE

Thursday, August 25<sup>th</sup>

This is the 109<sup>th</sup> edition of this 14.7km road race. The race starts at 6:00 pm on Gore Street in front of the Perth Museum.

