

Celebrating 25 years



Chiropractic Care & Longevity Center

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Phone: (613) 264-0616 • www.chirolongevity.com

December 2016

Give the Gift of Health to your friends & family at
NO Cost to you!

Inside:

- Christmas Gift Certificate Program
- Office Calendar
- Extended Health Insurance Benefits
- NEW!! DynaFlange® Orthotic Supports
- Christmas Chuckles
- An Entry from the Holistic Nutritionist
- Let's Talk about Vagina!
- Holiday Gift Ideas

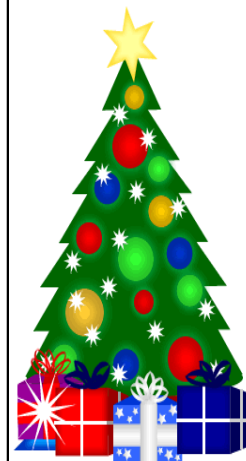
Our once a year gift certificate program is back!
Do you know anyone who you would like to benefit from chiropractic care and would like to come to our office?

Just in time for Christmas we are offering to give any of your friends or family a gift certificate for an initial appointment* at no cost to you.

This gift certificate has a value of \$85.00.

If you know anyone that you would like us to help, please give us their name and address and we will send them their gift certificate in the mail right before Christmas.

Recipient must be new to Chiropractic at our office.



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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.

December 2016 & January 2017 Calendar of Events

"The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us" - Terri Marshall				1	2	3	
	4	5	6	7	8	9	10
	Regular Office Hours	Regular Office Hours	Regular Office Hours	Regular Office Hours	Lunch & Learn 12:00-1:00 pm - Immune Regular Office Hours	Regular Office Hours	Regular Office Hours
5	12	13	14	15	16	17	
	Regular Office Hours	Regular Office Hours	Regular Office Hours Healthy Vagina Talk 6:00-7:00 pm	Regular Office Hours Lunch & Learn 12:00-1:00 pm - Stress&Anxiety Regular Office Hours	Regular Office Hours	Regular Office Hours	
18	19	20	21	22	23	24	
	Regular Office Hours	Regular Office Hours	Regular Office Hours	Regular Office Hours Lunch & Learn 12:00-1:00 pm - EO's 101 Regular Office Hours	Regular Office Hours	Office Closed Christmas Eve	
25	26	27	28	29	30	31	
Merry Christmas	Office Closed Boxing Day	Office Open 1:00-8:00 pm	Regular Office Hours	Regular Office Hours	Regular Office Hours	Office Closed	
1	2	3	Merry Christmas				
Happy New Year!	Office Closed	Regular Office Hours Resume					

NEW!! DynaFLANGE® Orthotic Supports

The patented DynaFlange® represents a profoundly new approach to prefabricated orthotic supports. This device dynamically manages motion with every step. DynaFlange® orthotic supports offer many unique benefits including:

Reduced Impact Forces

Enhanced shock absorption means greater comfort – especially when standing for long periods on hard surfaces.

Dynamic Energy Return

The patented rearfoot flange flexes during heel strike, storing energy that is released during the subsequent phases of gait, efficiently positioning the foot for optimal propulsion. DynaFlange® does the work so you don't have to!

Postural Efficiency

DynaFlange® orthotic supports improve center of pressure and stability through all phases of the gait cycle which results in improved posture while standing, walking or running.

NEW!!
\$64.95 + tax



Please Note:

Monday, December 19th is the cut-off date to order your custom orthotics for insurance coverage in 2016!

Are You Taking Full Advantage of Your Extended Health Care Insurance Benefits?

The year end is approaching and most health care benefits re-start at the beginning of the year.

Have you looked into how much coverage you have and what you are entitled to?



Most insurance companies, who cover chiropractic, cover massage therapy and customized orthotics as well. Both of which can be used in conjunction with chiropractic care to make you happier and healthier!

A Little Chuckle...hehe www.jokes4us.com

What do you call a kid who doesn't believe in Santa?

- A rebel without a Claus.

What do you call an elf who sings?

- A wrapper!

Why are Christmas trees so fond of the past?

- Because the present's beneath them

Who doesn't eat on Christmas?

- A turkey because it is always stuffed

How does an elf get to Santa's workshop?

- By icicle

An Entry from our Holistic Nutritionist, Vickie: Start the New Year off on the right foot!

With the holidays upon us, we often stretch ourselves too thin. We're pulled in too many directions, and we're trying to be everything to everyone. This is a good time to practice living one of the Yamas, or code to live by, that are commonly incorporated into a Yoga practice.

Ahimsa – kindness and compassion to all beings.
This includes being kind to ourselves.

It's so easy to get lost in the madness. To get caught up in the rat race, making sure the gifts are purchased, perfectly wrapped, under the tree. Making sure that the food is perfect, the house is spotless, the kids are perfectly dressed, etc. etc. etc.

For what? So that we can slide into December 25th, completely and totally exhausted, resentful, with nothing left to give and an immune system ready to catch any bug?

How about a return to Ahimsa? Kindness and compassion begins with being kind to ourselves.

Eat good food. Take your vitamins. Drink you water.
Exercise. Rest. Meditate. Give your body what it needs.

Try to avoid extremes, where possible. The body craves balance. Be kind to yourself. Trust your soul. It knows the way.

Vickie Dickson is a Registered Holistic Nutritionist on staff here at CCLC. Holistic Nutrition takes into account not only nutrition but the mind, body, spirit connection.

Feeling disconnected? Daytime and evening appointments available.

Let's Talk about Vagina!

It's important to keep your lady parts strong and healthy!
Don't miss this important class that every woman of any age can benefit from!

Join us on Wednesday, December 14th from 6:00-7:00 p.m. for discussions on the following topics:

- Exercises to strengthen your pelvic floor to prevent prolapsing, incontinence, healthy delivery & aid in post-partum recovery
- Learn about proper vaginal health & hygiene
- Do you suffer from vaginal dryness, itching or burning?
- Incontinence (leaking bladder) Do you pee when you sneeze or jump?
- Frequent UTI's? Yeast infections?
- Hormonal concerns including: irregular menstrual cycles & menopausal symptoms
- Do you have no vaginal health concerns but want to keep it that way?

Please register for this FREE health class at the front desk, or by phone or email at chirocare@primus.ca.



Hear from these professional women on this topic: (left to right)
Dr. Malisa Carullo, Dr. Kathy Wickens, Vickie Dickson, RHN and Sarah Salisbury.

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Holiday Gift Ideas from CCLC

We offer *gift certificates* for all services in our office. What about giving your loved one a gift certificate for a relaxing massage or for their next chiropractic appointment?

We offer a variety of *comfortable pillows*. A great night's sleep is a gift everyone will appreciate.

We offer a variety of *vitamins and supplements* for foundation of good health such as Multi-Vitamins, Vitamin C, B-Complex, Stress Relief and many more make great stocking stuffers!

Ask us for a gift suggestion to give the gift of health this holiday season!

The Chiropractic Care & Longevity Center

If you have any comments or suggestions about our Monthly Newsletter please email:

chirocare@primus.ca

Thank you for reading our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

Also:



Winter Motivation Diffuser Blend
 2 drops Lime
 2 drops doTERRA Breathe or similar respiratory blend
 1 drop Ylang Ylang

Ask us about our Gifts!



Chiroflow Pillow

doTERRA Essential Oils



Traumacare Cream and Tablets

CryoDerm Pain Relief Roll-on, Spray, or Gel available



Stocking Stuffers!!



Cold & Hot Packs – variety of sizes available



doTERRA Petal Diffuser



Aroma Vase Diffusers – available in White or Black

“We wish everyone a Healthy, Happy Holiday Season filled with laughter, love and good health! Merry Christmas and Happy New Year!”
 Thank-you for your continued support & service.