

February
2015



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

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www.chirolongevity.com

Vitamin K1 and K2 – Two Underappreciated Nutrients That Are Crucial for Health

<http://articles.mercola.com/>

Most readers here appreciate the importance of vitamin D, as do many physicians. However, there's another vitamin that is virtually equivalent in terms of benefit that is still sorely underappreciated, and that is vitamin K2.

Very little is known about it, and it doesn't get much media attention. Dr. Leon Schurgers is a senior scientist who did his PhD work on vitamin K, and I recently had the pleasure of interviewing him on this important topic.

Vitamin K – both K1 and K2 – are well known for their function in thrombosis. According to Dr. Schurgers, all K vitamins actually have more or less the same function, which is related to the first part of the vitamin, called the naphthoquinone ring structure.

This ring structure is identical for both K1 and K2. The two vitamins are only different in their side chains.



Vitamin K2 Is Important for Cardiovascular Health

The Rotterdam Study found that those who consumed the greatest amounts of K2 had the lowest risk of cardiovascular disease, cardiovascular calcification, and the lowest chance of dying from cardiovascular disease. This was a profound discovery, because such a correlation did not exist for K1 intake. Later on, other studies also showed that while K2 has health benefits, K1 has none. That's when the investigation into the differences between K1 and K2 began in earnest.

Optimizing your vitamin K level has tremendous potential for improving your health, and it's such a simple intervention – especially if you opt for fresh vegetables and fermented foods. While most if not all people are deficient in vitamin K to some degree, if you've already been diagnosed with cardiovascular disease, you can be absolutely certain that you are deficient, and it would behoove you to take steps to ensure you're getting plenty of vitamin K1 and K2, which may help regress some of the damage. Eating lots of green vegetables, especially kale, spinach, collard greens, broccoli, and Brussels sprouts, will increase your vitamin K1 levels naturally.

For vitamin K2, cheese curd is an excellent source. You can also obtain about 200 mcgs of K2 by eating 15 grams of natto (fermented soybeans) each day, which is half an ounce. It's a small amount and very inexpensive, but many Westerners do not enjoy the taste and texture. If you don't care for the taste of natto, do try some fermented veggies made with Kinetic Culture, which will produce high levels of K2. As a last resort, take a high-quality K2 supplement. Remember you must always take your vitamin K supplement with fat since it is fat-soluble and won't be absorbed without it. Again, 45 mcg/ day is the bare minimum, but you could go as high as 500 mcgs per day or even much higher, as this is one of the few supplements where toxicity has never been demonstrated.

Shaklee Vita-lea Gold with Vitamin K (contains 100 mcgs in daily dose)

Supports optimal health*, and promotes*:

- Heart health
- Immune health
- Bone and joint health
- Healthy skin, hair, and nails



Vita-lea is a high-potency formulation specially designed to support the unique needs of men, women and adults over 50. Each serving delivers 100% or more of the Daily Value of **all vitamins**, including twice the Daily Value of vitamins C, D, and E – plus beta-carotene for safely increasing antioxidant protection.*

120 Tablets
\$28.19 Tax Included

Available in customized formulas based on the needs of men, women, and adults over 50 (With and without Vitamin K).

Shaklee 180™

quite possibly the last weight-loss program you'll ever need!

By following this exciting weight-loss program and using the clinically tested products, you'll be able to achieve and maintain a healthy weight. And you'll learn a lot about healthy eating, too. Whether you're trying to lose a few pounds or keep your slim new shape, Shaklee 180 has nutrition guides to help you reach your goal. They even make grocery shopping easier!

Take your shape in a whole new direction™



“
I had no energy.
I was a burden
to my family. I
couldn't even wash
the dishes; it was
embarrassing.

”

Viki



BEFORE

AFTER

Take your shape in a whole new direction™

You're cordially invited to a Shaklee 180 Turnaround™ Party
Wednesday, February 18th from 6:00-7:00pm, here at the office

- Sample delicious products, including smoothies and snack bars
- Learn about the benefits of Leucine, an amino acid that helps you lose the right kind of weight – FAT, not muscle.

Do You Have the Guts??

Symptoms of low friendly bacteria:

- Low immunity
- Yeast infections
- Urinary tract infections
- Overgrowth of Candida Sinus infection
- Post-surgical infection Poor digestion
- Bloating
- Gas
- Toxic waste build-up
- Diarrhea
- Constipation
- Crohn’s Disease
- Irritable bowel syndrome (IBS)
- Colitis
- Diverticulitis
- Abnormal intestinal pH
- Stomach ulcers
- Inability to produce vitamins (especially vitamins B & K)
- Nutritional deficiencies such as vitamin B12
- Parasitic infection
- Fungi and mould overgrowth.

YOUR IMMUNE SYSTEM LIVES IN YOUR GUT

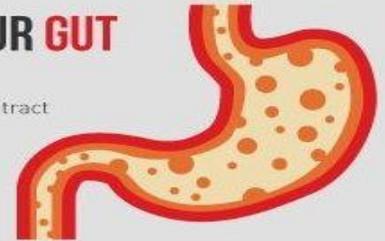


Yes, 70% of your immune system lives in your digestive tract

DIGESTIVE TROUBLES



SUPPRESSED IMMUNE SYSTEM

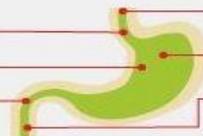


DO YOU HAVE DIGESTIVE ISSUES?

BURPING?

BLOATING?

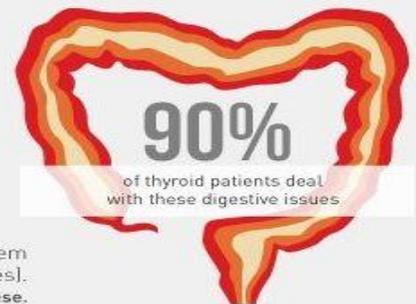
GAS?



ACID REFLUX?

CONSTIPATION?

DIARRHEA?



90%

of thyroid patients deal with these digestive issues

Digestive troubles are reason #1 for an inflamed immune system (remember, 90% of thyroid conditions are autoimmune diseases).
P.S. It's never "normal" to experience any of these.

HEALTHY GUT



HEALTHY IMMUNE SYSTEM



HEALTHY THYROID



“ALL DISEASE BEGINS IN THE GUT!”
-HIPPOCRATES

Join Malisa Carullo, B.Sc., M.Sc., N.D. from Metagenics for an Information Session about your GUT!

Wednesday, February 25th, 2015 from 6:00-7:00 p.m., here in the office.

RSVP at the front desk or by email at chirocare@primus.ca



- The importance of gut health and why the gut matters
- Tackle gut and gut flora concerns, learn what to do about it
- The importance and many functions of the gut and the gut flora
- Reminder about what foods to eliminate
- Simple approach to keep your gut healthy and to keep a strong immune system
- How to rebuild a healthy gut flora
- Possible useful supplements



Developing an Attitude of Gratitude Can Help You Live a Longer, Happier Life

<http://articles.mercola.com/>

Gratitude – It Does a Body Good

Dr. P. Murali Doraiswamy, head of biologic psychology at Duke University Medical Center once stated that: "If [thankfulness] were a drug, it would be the world's best-selling product with a health maintenance indication for every major organ system."

One way to harness the positive power of gratitude is to keep a gratitude journal or list, where you actively write down exactly what you're grateful for each day. In one study, people who kept a gratitude journal reported exercising more, and they had fewer visits to the doctor compared to those who focused on sources of aggravation.

As noted in a previous ABC news article, studies have shown that gratitude can produce a number of measurable effects on a number of systems in your body, including:

Mood neurotransmitters (serotonin and norepinephrine)	Inflammatory and immune systems (cytokines)
Reproductive hormones (testosterone)	Stress hormones (cortisol)
Social bonding hormones (oxytocin)	Blood pressure and cardiac and EEG rhythms
Cognitive and pleasure related neurotransmitters (dopamine)	Blood sugar

Gratitude
is the best
Attitude

Ways to Cultivate Gratitude

Cultivating a sense of gratitude will help you refocus your attention toward what's good and right in your life, rather than dwelling on the negatives and all the things you may feel are lacking.

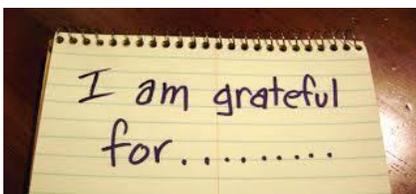
And, like a muscle, this mental state can be strengthened with practice. Besides keeping a daily gratitude journal, other ways to cultivate a sense of gratitude include:

- Write thank you notes: Whether in response to a gift or kind act, or simply as a show of gratitude for someone being in your life, getting into the habit of writing thank-you letters can help you express gratitude in addition to simply feeling it inside.
- Count your blessings: Once a week, reflect on events for which you are grateful, and write them down. As you do feel the sensations of happiness and thankfulness you felt at the time it happened, going over it again in your mind.
- Pray: Expressing thanks during your prayers is another way to cultivate gratitude.
- Mindfulness meditation: Practicing "mindfulness" means that you're actively paying attention to the moment you're in right now. A mantra is sometimes used to help maintain focus, but you can also focus on something that you're grateful for, such as a pleasant smell, a cool breeze, or a lovely memory.

Cultivating an Attitude of Gratitude as Part of a Healthy Lifestyle

Starting each day by thinking of all the things you have to be thankful for is one way to put your mind on the right track. Also, remember that your future depends largely on the thoughts you think *today*. So each moment of every day is an opportunity to turn your thinking around, thereby helping or hindering your ability to think and feel more positively in the very next moment.

Most experts agree that there are no shortcuts to happiness. Even generally happy people do not experience joy 24 hours a day. But a happy person can have a bad day and still find pleasure in the small things in life.



Be thankful for what you have. When life gives you a 100 reasons to cry, remember the 1,000 reasons you have to smile. Face your past without regret; prepare for the future without fear; focus on what's good *right now*, in the present moment, and practice gratitude. Remember to say "thank you" – to yourself, the Universe, and others. It's wonderful to see a person smile, and even more wonderful knowing that you are the reason behind it!

How to Make a Giant Cancer Killing Salad

<http://www.realfarmacy.com/make-giant-cancer-killingsalad/>
<http://www.chrisbeatcancer.com/the-giant-cancer-fighting-salad/>

Back in 2003, Chris Wark, a 26-year-old, was diagnosed with stage 3 colon cancer. He underwent a surgery and decided afterwards not to receive chemotherapy and decided to instead focus on healing his body with only nutrients. He is now living a 100% disease free life.

After he began eating healthy, he tried to back his diet with as many minerals, enzymes, and vitamins as possible. He claims that juicing fresh fruits and vegetables are the best way to obtain everything your body needs. There's really no secret formula to this salad, but there are some guidelines to follow:

- Absolutely no cheese, meat, or store-bought salad dressing.

- It is important that you use organic produce, which is free of toxic chemical fertilizers and pesticides. And of course wash everything before you eat it. Then just chop it all up and throw it in a bowl.

Note: You might need some bigger bowls. The salad doesn't look very big in the picture, but it hold over 6 cups. That's six servings of vegetables! 6-10 servings per day of fruits and vegetables is ideal for cancer prevention and healing.

Ingredients:

- Start with the most nutrient dense dark leafy greens: Kale and Spinach. (Do not exceed 10 cups per day)
- Broccoli (The best source of sulforaphane which promotes liver detoxification, and Indole-3-carbinol, an anticarcinogenic compound)
- Broccoli Sprouts (Concentrated sulforaphane * I3C. Do not exceed four cups of sprouts per day)
- Cauliflower
- Purple cabbage (cheapest source of antioxidants per ounce in the world!)
- Slice of red onion, (yellow or green onions may actually be better)
- Leeks
- Artichokes
- Red, Yellow, or Green Peppers
- ½ an Avocado
- Zucchini
- Raw Almonds (sprouted is better)
- Sprouted Mung Beans
- Mushrooms Bella, Cremini, Shiitake, etc.
- Squash
- Raw Sunflower seeds (sprouted is better)
- Sprouted Garbanzo Beans
- Sprouted Red or Green lentils



Sprinkle with these four cancer fighting spices:

- Organic Oregano
- Organic Garlic Powder
- Organic Turmeric or Curry Powder
- Organic Cayenne Pepper

Salad dressing (NEVER use store bought!)

- Organic Cold-Pressed Extra Virgin Olive Oil
- Organic Apple Cider Vinegar

Then top it off with either one of these naturally fermented foods:

- Sauerkraut

Try and find one with only three ingredients: cabbage, water and salt. It is fermented and cured with all natural enzymes intact and there is no vinegar added. Look for it in the refrigerated section of your local grocer or health food store.

- Kimchi (Pronounced "Kim Chee")

Kimchi is a spicy Korean version of sauerkraut typically consisting of fermented cabbage, onions, garlic, and pepper. Kim Chi has high concentrations of Vitamin C and Carotene in addition to Vitamin A, B1, B2, Calcium, Iron and beneficial lactic acid bacteria.

Fermented foods are great for digestion and repopulate your intestinal flora with beneficial bacteria essential for health.

"The body isn't the foundation of your health. The body is the physical manifestation of the sum of your life experiences."
 ~ Dr. Lissa Rankin, M.D. ~

The Chiropractic Care

& Longevity Center

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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:



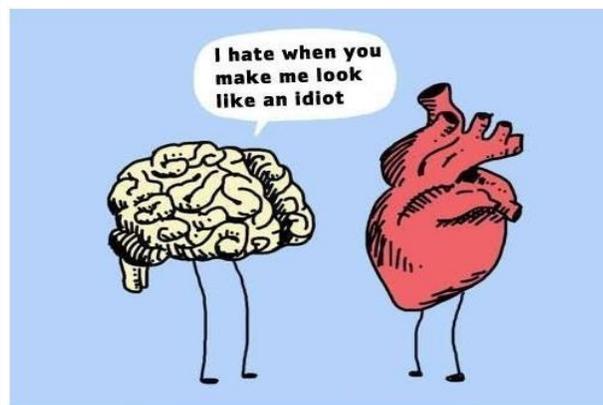
Don't break anybody's heart, they have only one.

Break their bones, they have 206.

More pics on www.LeFurry.net

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.

The office will be closed on Saturday, February 14th and Monday, February 16th, 2015 for Family Day Weekend ☺



Benefits of Regular Massage

www.pinterest.com

Physical Benefits:

- ♥ Relaxes the body
- ♥ Calms the nervous system
- ♥ Lowers blood pressure
- ♥ Reduces heart rate
- ♥ Slows respiration
- ♥ Loosens tight muscles
- ♥ Stretches connective tissue
- ♥ Reduces chronic pain
- ♥ Improves skin tone
- ♥ Increased red blood cell count
- ♥ Relieves tired and aching muscles
- ♥ Improves muscle tone
- ♥ Relieves cramped muscles
- ♥ Reduces headache frequency & severity
- ♥ Increases tissue metabolism
- ♥ Decreases muscle deterioration
- ♥ Speeds recovery from illness
- ♥ Increases range of motion
- ♥ Speeds elimination of metabolic waste
- ♥ Increases blood and lymph circulation
- ♥ Stimulates release of endorphins
- ♥ Strengthens the immune system
- ♥ Reduces swelling
- ♥ Improves posture
- ♥ Speeds recovery from injury

Mental Benefits:

- ♥ Reduces mental stress
- ♥ Promotes quality sleep
- ♥ Improves productivity
- ♥ Induces mental relaxation
- ♥ Improves concentration

Emotional Benefits:

- ♥ Reduces anxiety
- ♥ Enhances self-image
- ♥ Provides a feeling of well being
- ♥ Nurtures and stimulates emotional growth



What better way to say **"I Love You"** to yourself, spouse, parents or children than with a Gift Certificate for Massage Therapy, with one of our Registered Massage Therapists – Kaitlyn Ryan, RMT or Dillon Lowry, RMT

A Gift for the body, from the heart this Valentine's Day ♥

Experience the Benefits of Monthly Chiropractic!