



Chiropractic Care & Longevity Center

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February 2017

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www.chirolongevity.com

A Note about Heart Health from our Nutritionist.... Vickie Dickson, RHN ♥

Coenzyme Q10 is found in EVERY cell in the body. It's important for energy production, heart health, and maintaining healthy blood pressure levels. CoQ10 also supports the immune system and the nervous system while reducing the signs of aging. While supplementation is often necessary, there are some food sources of CoQ10 that you should easily be able to add to your diet. Please note that if you are on statin drugs, it is highly recommended for you to supplement your CoQ10 as statins deplete it from the body. Food sources for CoQ10 include: sardines, mackerel, salmon, tuna, herring, beef, lamb, chicken, pork, and eggs. Wild sourced fish and grass fed meats provide the most benefit with the least amount of chemical and hormone exposure. Vegetarian sources include nuts and seeds. If you're supplementing with CoQ10 (I hope you are!) the supplements should be taken with food, a fat source (avocados, olive and coconut oil, nuts, seeds, etc.) as coenzyme Q10 is fat soluble.

Omega 3's

A startling number of people have insufficient levels of Omega 3's. Omega 3's affect every system in the body: the skin, the heart, the digestive system, hormone system, the brain, the joints, the blood, everything!

Almost everyone would benefit from a high quality omega 3 supplement. Food sources of omega 3's include: nuts and seeds, wild fish, grass fed meats, and egg yolks. As you can see, these nutrients are much easier for omnivores to get from the diet than for vegetarians. It doesn't mean it's impossible; it just means that vegetarians have to work a bit harder to ensure that they are including the right food sources in their diets. There are vegan omega 3 supplements as well; one being, Shaklee's Flax Seed Oil capsules.

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.

Just a Few of our Heart Supplements!



OmegaGenics EPA-DHA 720

- To support the development of the brain, eyes, and nerves.
- To help support cognitive and cardiovascular health, and help reduce serum triglycerides.
- To help reduce the pain of rheumatoid arthritis in adults
- To help reduce inflammation

Magnesium Glycinate + L-Taurine +Coenzyme Q10

Contains:

- Magnesium Glycinate to support heart health
- L-Taurine to support cardiovascular function and health
- CoQ10 to add in cellular energy production and support the inside walls of the our vascular system



Office Schedule for Saturday, February 18th – Saturday, February 25th

Sat. Feb. 18 th	Mon. Feb. 20 th	Tues. Feb. 21 st	Wed. Feb. 22 nd	Thur. Feb. 23 rd	Fri. Feb. 24 th	Sat. Feb. 25 th
Office Closed for Family Day	Office Closed for Family Day	Office Hours 8:00-8:00	Office Hours 7:00-7:00 Chiro 7:00-12:00	Office Hours 9:00-6:00 No Chiro	Office Hours 9:00-5:00 No Chiro	Office Hours 9:00-2:00 No Chiro

Regular Massage Therapy May:

www.pinterest.com

Physical Benefits:

- ♥ Relax the body
- ♥ Calm the nervous system
- ♥ Lower blood pressure
- ♥ Reduce heart rate
- ♥ Slow respiration
- ♥ Loosen tight muscles
- ♥ Stretch connective tissue
- ♥ Reduce chronic pain
- ♥ Improve skin tone
- ♥ Increase red blood cell count
- ♥ Relieve tired and aching muscles
- ♥ Improve muscle tone
- ♥ Relieve cramped muscles

- ♥ Reduce headache frequency & severity
- ♥ Increase tissue metabolism
- ♥ Decrease muscle deterioration
- ♥ Speed recovery from illness
- ♥ Increase range of motion
- ♥ Speed elimination of metabolic waste
- ♥ Increase blood and lymph circulation
- ♥ Stimulate release of endorphins
- ♥ Strengthen the immune system
- ♥ Reduce swelling
- ♥ Improve posture
- ♥ Speed recovery from injury



Mental Benefits:

- ♥ Reduce mental stress
- ♥ Promote quality sleep
- ♥ Improve productivity
- ♥ Induce mental relaxation
- ♥ Improve concentration

Emotional Benefits:

- ♥ Reduce anxiety
- ♥ Enhance self-image
- ♥ Provide a feeling of well being
- ♥ Nurture and stimulate emotional growth



- Diffuse in the morning to start the day feeling energized and enthusiastic
- Apply to pulse points and heart throughout the day to feel inspired and passionate
- Diffuse at work to spark creativity, clarity, and wonder
- Ignites feelings of excitement, passion, and joy

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 – Alanna Dyer, RMT or Dillon Lowry, RMT

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

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:



Essential Oils Workshops

Presented by: **Vickie Dickson, RHN**



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5 Gore Street W, Perth, ON
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Reserve your seat today!

Feb. 9th - Essential Oils 101 - 12:00-1:00 pm

Feb. 16th - Heart Health Talk - 6:00-7:00 pm

Join my Facebook Group!

Essential Matters with Vickie Dickson, RHN



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

Break their bones, they have 206.

