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

The Importance of Choosing the Right Fiber Supplement

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There are two main types of fiber; soluble fiber and insoluble fiber. Insoluble fiber has a cleansing effect (like a scrub brush) removing toxins and old hardened material from the intestinal wall by 'scraping' them off as it passes by. It also works to tone the bowel. Soluble fiber dissolves in water and leaves the stomach slowly soaking up unwanted toxins and waste like a sponge as it moves through the digestive tract. Both types of fiber are required to combat constipation. Both provide significant health benefits for the whole body, including long-term weight management, improved cardiovascular function, and healthy detoxification.

The most common type of fiber is psyllium, a soluble plant fiber found in **Metamucil** and **Konsyl**. Most people take dietary fiber to reduce constipation, however, most constipation is due largely to dehydration in the colon. Almost 95% of the fiber products sold in the market are made from psyllium fiber. Psyllium is a 97% water-soluble fiber, which means that it absorbs water. Psyllium can be constipating because it absorbs 40 times its weight in water. **When you take psyllium, it can absorb most of the free water in the colon, which leaves the colon dehydrated. This is why so many people become constipated when they use a psyllium based fiber supplement.**

How Much Fiber Should You Take?

25 or more grams per day. Yet while experts recommend 25-35 grams of fiber per day, most Americans consume only 10-12 grams. Getting your daily 25-35 grams of fiber per day is one of the best ways to promote health and regularity, and even maintain ideal weight. That's equivalent to up to 15 servings of fruits, vegetables or grains. If you don't eat that many servings, make sure you take a fiber supplement every day to make up for the shortfall. Choose a fiber supplement that is naturally balanced, which means it is formulated with the same insoluble (75%) to soluble (25%) ratio that fruits and vegetables typically provide

Choosing The Right Fiber Supplement: Naturally Balanced Fiber vs. Non Balanced Fiber.

The best way to receive your fiber is the way nature intended, through your diet. When you consume the recommended 25-35 grams of fiber per day through a diet rich in fruits and vegetables, you consume a ratio of approximately 75% insoluble fiber to 25% soluble fiber. This is the **NATURAL BALANCE** that nature intended.

When you supplement your diet with a fiber supplement, it is very important to receive the natural balance you would receive through your diet. The easiest way to mimic the natural balance is by taking an organically grown flax-based or acacia fiber supplement that is gentler on the stomach than many psyllium-based

products—which can often cause uncomfortable gas and bloating.

What do we recommend?

FiberSMART is a unique dietary fiber supplement, which is available in two forms: in a powdered supplement that can be mixed into water or juice, or in a capsule form.

FiberSMART's dietary fiber that enhances the body's ability to remove toxins and increases the volume of your stool. It is not only a source of dietary fiber, but a complete digestive care formula. It contains herbal ingredients that work to heal damage to the intestinal tract.

FiberSMART contains certified organically grown ingredients: flax seed, acacia fiber and guar gum. It contains a blend of approximately 65-75% insoluble to 25-35% soluble fiber. This ratio allows FiberSMART to absorb toxins, excess cholesterol, and increase elimination - without the constipating side effects created by other fiber products. *Please ask the front desk staff for more information on FiberSMART.*



Sequel Vega Sport Natural Plant-Based Performance

ENERGY • STAMINA • MENTAL FOCUS • RECOVERY

Providing sustaining energy, enhanced mental focus and increased aerobic and anaerobic capacity, **Vega Sport Performance Optimizer** beverage also replenishes electrolytes and reduces inflammation, joint and muscle pain to assist recovery. Sporting a synergistic array of organic plant-based ingredients and free of common allergens such as gluten, dairy and soy, **Vega Sport** will help take you to the next level, safely and naturally.

Vega Sport was formulated by Brendan Brazier, professional Ironman triathlete and bestselling author, to significantly enhance physical and mental performance for anyone seeking athletic improvement.

Formulated by Brendan Brazier, professional Ironman triathlete and bestselling author on performance nutrition, Vega Sport Performance Optimizer provides a complete array of key performance enhancing benefits including:

- Immediate and lasting energy from a broad spectrum of carbohydrate and functional food sources
- Increased endurance and stamina
- Raised aerobic and anaerobic capacity
- Enhanced mental acuity and motor performance
- Reduced joint and muscle pain after exercise
- Improved body composition and supports healthy weight management
- Replenished electrolytes during exercise

Sporting a unique and mostly organic combination of Brendan's favourite performance improving ingredients, Vega Sport Performance Optimizer will help take you and

your athletic achievements to the next level, safely and naturally.

All ingredients in Vega Sport Performance Optimizer are purpose-driven and complementary, each playing an important individual role in enhancing a specific aspect of performance. Yet, when combined, the ingredients work synergistically to boost performance more significantly than the sum of the individual parts.

Free of common allergens including gluten, dairy and soy and containing over 85% organic ingredients, Vega Sport Performance Optimizer will help take you and your athletic achievements to the next level, safely and naturally. Vega Sport Performance Optimizer is a pre-workout beverage designed to provide the following support for your active life:

- Balanced carbohydrates for immediate and long-term fuel
- Energy boost from two gentle caffeine sources: yerba mate and green tea
- Broad-spectrum electrolyte replacement to support hydration during activity
- Cardiovascular support to enhance endurance and reduce fatigue
- Anti-inflammatory ingredients to assist with recovery after your workout

Mix 1 scoop (18 g) of Vega Sport in 1 cup (250 ml) of water and drink prior to physical activity. Additional servings can be taken during prolonged exercise.

How to Replenish Electrolytes During Physical Activities

Electrolytes are generally a measure of sodium, potassium and other minerals needed by the body for proper functioning of nerves and muscles. During exercise, the body loses electrolytes through perspiration. Therefore, it's important to know how to replace electrolytes during sports activities or not doing so can result in illness, kidney damage, or in rare cases, death.

1. Know that replacing electrolytes during physical activities is especially important in hot weather or any physical activities, such as gardening or construction. Perspiring excessively leads to losing more electrolytes, so a conscious effort to replace them must be made. A long workout in cool temperatures, as well as hot, can just as easily lead to a drop in electrolyte levels.
2. Learn that drinking water alone during strenuous physical activities doesn't replace electrolytes, but in fact decreases the amount of electrolytes in your body even more. This can lead to water intoxication and/or hyponatremia, characterized by sudden, severe headaches, fainting, seizures, coma or even death.
3. Find that you can reduce the level of sodium you lose during sports and other physical activities by cutting back on the amount of sodium you use on a regular basis outside of exercising. Doing this increases the level of aldosterone in your system, which helps you retain sodium. Reducing your sodium intake and increasing your intake of fruits and vegetables will also increase your potassium level.
4. Replace electrolytes during a workout by consuming sports drinks that contain sodium and glucose. The best electrolyte replacements that we recommend is the Vega Sports Drink and performance enhancer, or Shaklee's Performance. Please ask the front desk for more details on these excellent products.

New Product: Liquid B-Complex by Genestra

Genestra Brands Liquid B Complex is a highly absorbable B-complex vitamin. Liquid B Complex is excellent for helping replenish the rapid utilization of B vitamins when the body is experiencing periods of prolonged stress. Liquid B Complex is vital for healthy adrenal, immune and nervous system functioning. Liquid B Complex is a natural cherry-flavored preparation of B-complex vitamins formulated specifically in the optimal ratio required by the body to metabolize proteins, fats, and carbohydrates.

B-Complex vitamins supply cells with energy and nutrients, making them vital for proper adrenal, immune and nervous system function, especially during periods of prolonged stress. Studies show that B-Complex vitamins are better absorbed when taken away from other vitamins and minerals. Liquid B Complex is utilized instantly creating an immediate impact on the neurological system.

Liquid B Complex is indicated for insomnia, stress, premenstrual syndrome, adrenal insufficiency, chronic fatigue, viral and bacterial infections, and for proper endocrine, immune

and nervous system functions.

Liquid B Complex is ideal for vegans.

Each teaspoon (5 ml) of Liquid B Complex supplies:

Thiamine (as thiamine hydrochloride) 50 mg
Riboflavin 50 mg
Niacin (as niacinamide) 75 mg
Vitamin B6 (as pyridoxine hydrochloride) 50 mg
Folic Acid 200 mcg
Vitamin B12 (as cyanocobalamin) 75 mcg
Biotin 200 mcg
Pantothenic Acid (as d-calcium pantothenate) 75 mg
Choline (as choline bitartrate) 50 mg
Inositol 50 mg
Natural Cherry Flavor and Fructose

Indications for use:

acne vulgaris
AIDS
adrenal supporta
anxiety
ADHD
carbohydrate metabolism support
chemotherapy support
chronic allergies

chronic fatigue syndrome
chronic infections
depression
diabetes mellitus
endocrine dysfunctions
fatigue
hypercholesterolemia
hyperactivity
immune system support
intellectual/mental exhaustion
lack of concentration
low energy
menopausal support
MS
nervous disorders nervous strain
neuralgia
peripheral neuropathy
poor diet
postpartum depression
pregnancy support
PMS
stress
support while breastfeeding
support while taking oral contraceptives

Gut Bacteria Offer New Hope for People with Celiac Disease

Probiotics and/or prebiotics may help alleviate the severity of celiac disease. According to a new research study, intestinal bacteria in celiac patients could influence inflammation to varying degrees. This means that altering intestinal microbiota could improve the quality of life for celiac patients, and also patients with diseases such as type 1 diabetes and other autoimmune disorders.

According to EurekAlert: "To simulate the intestinal environment of celiac disease, cell cultures were exposed to Gram-negative bacteria isolated from celiac patients and bifidobacteria ... bifidobacteria up-regulated the expression of anti-inflammatory cytokines." According to statistics from the University of Chicago Celiac Disease Center, an average of one out of every 133 otherwise healthy people in North America suffers from the digestive disease known as celiac disease (CD). Previous studies have found that this number may be as high as 1 in 33 in at-risk populations. Unfortunately, it takes an average of four years to reach a diagnosis if you're symptomatic, and this delay in proper diagnosis can dramatically increase your risk of developing other diseases, especially autoimmune disorders. For example, if you're diagnosed with celiac disease after the age of 20, your chances of developing an autoimmune condition skyrocket from the average 3.5 percent to 34 percent. Undiagnosed CD is also associated with a nearly four-fold increased risk of premature death. So, what's the most obvious link between celiac, autoimmune disorders, and premature death? Chronic inflammation.

and chronic inflammatory and degenerative conditions are endemic to grain-consuming populations.

Probiotics have anti-inflammatory properties. Probiotics have previously been shown to have anti-inflammatory potential, which this latest study confirms. By decreasing serum CRP levels, and reducing the bacteria-induced production of proinflammatory cytokines, while simultaneously up-regulating the expression of anti-inflammatory cytokines, probiotics can offer significant benefits against celiac disease and other inflammatory diseases.

The Vital Functions of Probiotics

Probiotics, the friendly bacteria that reside in your gut have a number of very important functions, including digesting and absorbing certain carbohydrates. Without good gut bacteria, your body cannot absorb certain undigested starches, fiber, and sugars. The friendly bacteria in your digestive tract convert these carbohydrates into primary sources of important energy and nutrients. Producing vitamins, absorbing minerals and eliminating toxins. Probiotics help in the production of both vitamin K and B vitamins, and promote mineral absorption. They also aid in metabolism and the breakdown of toxins, keeping bad bacteria under control. The good bacteria tell your body how much nutrition they need and your body responds by supplying just that much and no more - so that any excess bad bacteria are starved out. The helpful bacteria also produce a substance that kills harmful microbes.

Preventing allergies. Friendly bacteria train your immune system to distinguish between pathogens and non-harmful antigens, and to respond appropriately. This important function prevents your immune system from overreacting to non-harmful antigens, which is the genesis of allergies.

Providing vital support to your immune system. Beneficial bacteria have a lifelong, powerful effect on your gut's immune system and your systemic immune system as well. The bacteria play a crucial role in the development and operation of the mucosal immune system in your digestive tract. They also aid in the production of antibodies to pathogens.

These are features you should look for when purchasing a probiotic supplement are:

- No need for refrigeration
- Long shelf life
- Can survive stomach acid so that it reaches your small intestine
- Stays resident in your digestive tract long enough to be effective

What we recommend:

Shaklee Bifidus or FloraSMART, please ask front desk for more details on either of these products.

If you want more information about celiac disease, the following web sites are good places to start:

www.celiaccenter.org
www.celiac.com

Kids Are Quick

TEACHER: Maria, go to the map and find North America.

MARIA: Here it is.

TEACHER: Correct. Now class, who discovered America?

CLASS: Maria.

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

TEACHER: Glenn, how do you spell 'crocodile'?

GLENN: K-R-O-K-O-D-I-A-L

TEACHER: No, that's wrong.

GLENN: Maybe it is wrong, but you asked me how I spell it.

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: Winnie, name one important thing we have today that we didn't have ten years ago.

WINNIE: Me!

TEACHER: Glen, why do you always get so dirty?

GLEN: Well, I'm a lot closer to the ground than you are.

TEACHER: Millie, give me a sentence starting with ' I. '

MILLIE: I is..

TEACHER: No, Millie..... Always say, 'I am.'

MILLIE: All right...'I am the ninth letter of the alphabet.'

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted it. Now, Louie, do you know why his father didn't punish him?

LOUIS: Because George still had the axe in his hand..

TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?

SIMON: No sir, I don't have to, my Mom is a good cook.

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?

CLYDE : No, sir. It's the same dog.

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?

HAROLD: A teacher.

Chiropractic Joke

Q: Did you hear one about the Psychiatric Chiropractor?

A: He specializes in attitude adjustments!

Balsamic Crust Black Cod

About this Recipe:

A fast treat for all seafood lovers. I usually serve it with rice and wild mushrooms. Yam fries are also a great addition.

Main Ingredients:

Black Cod Filet: 600 grams (1.3 lb) cut into two equal pieces, a piece with a uniform thickness is preferred as it makes for a consistently cooked fish

Aged Balsamic Vinaigrette

Knorr Salad Herbs: add generously see picture

Fresh Lime Juice: squeezing a small lime is sufficient

Garlic Powder

Olive Oil

Salt: to taste

Directions:

1. Preheat oven to 350 F.
2. Lightly lubricate a Teflon container with olive oil.
3. Cut the fish into two equal portions.
4. Squeeze lime over the pieces.
5. Pour some balsamic vinaigrette over them.
6. Season with salt.
7. Add Knorr salad herbs.
8. Add garlic powder.
9. Lightly sprinkle some olive oil.
10. Cook the fish in the oven for 20 mins.
11. If the pieces are not too thin, increase the temperature to 400 F and leave for another 3 to 4 mins.



"To eat is a necessity, but to eat intelligently is an art."

- La Rochefoucauld

"He that takes medicine and neglects diet, wastes the skill of the physician."

- Chinese Proverb

Reminder: Always dissolve homeopathic preparations under the tongue. This is the fastest most effective way to get them into your blood stream.

Effective Relief for PMS – Homeopathically

Pre-menstrual syndrome or PMS as it is most often referred to, is in actuality a combination of symptoms that occur during the monthly cycle, usually starting at mid-month or after ovulation and preceding menses. This syndrome and its accompanying cascade of symptoms that render many women and teenagers uncomfortable at best, and miserable at worst, is set off by fluctuating levels of estrogen and progesterone hormones in the body. They can vary in intensity from one woman to another and indeed, from one month to the next. The most common symptoms of premenstrual syndrome are irritability, mood swings and weepiness, bloating, breast tenderness, constipation, headaches, backaches, food cravings, appetite fluctuations and general fatigue. As well, being that hormonally-based ailments are among the most frequent dysfunctions in women of reproductive age, it only follows that many illnesses, both chronic and acute and non-hormone related, will be accentuated during the two weeks that precede menses.

Scientific background

Hormeel.: homeopathic formulation intended to rebalance hormonal disturbances and to help regulate endocrine functions.¹

Gynäcoheel.N: noteworthy medicine that addresses inflammatory conditions of the female genital tract, fungal infections such as *Candida Albicans* and to help redress

disturbances of the female cycle, such as dysmenorrhea and amenorrhea.

Metro-Adnex-Injeel.: effective medication for intermenstrual pain, dysmenorrhea, *Candida Albicans*, mycosis and acidity of the vaginal mucosa.

Nervoheel.N: unique and clinically proven medication for the treatment of mood-based symptoms such as irritability, nervousness and mental or physical exhaustion. It is recognized for its great efficacy in improving general well-being and mood.^{2,3}

Pulsatilla-Injeel.: traditional medicinal preparation to help with mood swings, transitory discouragement and mourning after a loss.

Spascupreel.: effective medicine to calm spasms of the smooth musculature, specifically as in uterine cramps and dysmenorrhea in general.⁴

Gelsemium-Homaccord.: formula intended for the treatment of cervical migraine or headaches; especially effective in combination with **Spigelon.**

Spigelon.: homeopathic medicine for the relief of headaches and migraines of a constitutional nature or secondary to other conditions.

Basic regulation therapy for all symptoms of PMS

Hormeel®: take the general dosage for at least 2 to 3 months.

Add the following supplements to the basic

therapy, according to the symptoms present.

Dysmenorrhea:

Spascupreel®: start 2 weeks before expected date of menses.

Consider adding the following in more severe cases:

Gynäcoheel® N and/or **Metro-Adnex-Injeel**®.

Mood swings:

Nervoheel® N: start 2 weeks before expected date of menses.

Consider adding, in more severe cases, Pulsatilla-Injeel®.

Headaches:

Gelsemium-Homaccord® and **Spigelon**®: start 2 weeks before expected date of menses.

General dosages

10 drops or 1 tablet 3 times daily, or 1 drinkable ampoule daily.

In acute conditions

10 drops or 1 tablet every 30-60 minutes, up to 12 times daily, or up to 3 drinkable ampoules daily.

References: Ask staff for a list.

Remember the benefits of a Chiropractic adjustment help reduce pre-menstrual symptoms.

Perth and Area Readers Choice Awards Results For the Chiropractic Care and Longevity Center

Chiropractor:
The Chiropractic Care and Longevity Center
Platinum Award

Esthetician:
Barb Wil I oughby
Diamond Award

Registered Massage Therapist:
Erin Dil I on, RMT
Diamond Award

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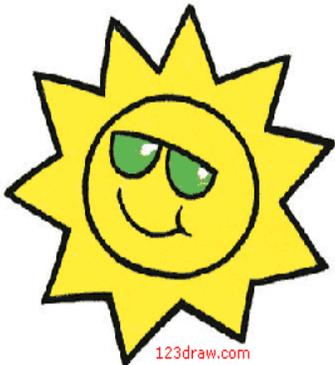
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comments or
suggestions about our
Monthly Newsletter
please email them to
Hanna Murphy at:

E-MAIL:
hmurphy@primus.ca

Thank you for reading our
office newsletter!

We're on the Web!
See us at:
www.chirolongevity.com



10 Foods to Increase Libido

Here are 10 foods that will provide the essential fuel to spark your sexual appetite and increase libido.

1- Celery

While celery may not be the first food that comes to mind when you're thinking sex, it can be a fantastic source food for sexual stimulation. This is because it contains androsterone, an odorless hormone released through male perspiration and turns women on.

2- Raw oysters

This is one of the classic aphrodisiacs. Oysters are high in zinc, which raises sperm and testosterone production. Oysters also contain dopamine, a hormone known to increase libido.

3- Bananas

Bananas contain the bromelain enzyme, which is believed to increase libido and reverse impotence in men. Additionally, they are good sources of potassium and B vitamins like riboflavin, which increase the body's overall energy levels.

4- Avocado

The Aztecs called the avocado tree *ahuacatl* or "testicle tree." While avocados can indeed look like that body part, they contain high levels of folic acid, which helps metabolize proteins, thus giving you more energy. They also contain vitamin B6 (a nutrient that increases male hormone production) and potassium (which helps regulate a woman's thyroid gland), two elements that help increase libido in both men and women.

5- Almonds (or nuts in general)

Almonds are a prime source of essential fatty acids. These are vital as they provide the raw material for a man's healthy production of hormones. Additionally, the smell of almonds is purported to arouse passion in females. Try lighting some almond-scented candles to encourage her mood and snack on some (but not too many) yourself to store up energy for your performance.

How to enjoy this libido food: Eat them raw (with no added salt or sweetness). Or, crush some fresh almonds and sprinkle them on your salad to get the energy you need.

6- Eggs

Although not the most sensual of foods, eggs are high in vitamins B6 and B5. These help balance hormone levels and fight stress, two things that are crucial to a healthy libido. Eggs are also a symbol of fertility and rebirth. Some people will eat raw chicken eggs just prior to sex to increase libido and maximize energy levels. But all bird and fish eggs contain B6 and B5.

7- Liver

A good source of glutamine -- a cellular fuel for your immune system -- liver may indeed increase a slowed-down libido. Granted, it's not the sexiest of foods, but if you add it to your basic diet, your body will thank you for it.

How to enjoy this libido food: Try frying liver up in a pan with some onions, spices and olive oil to make the taste more agreeable.

8- Figs

These are high in amino acids, which are believed to increase libido. They can also improve sexual stamina. Furthermore, the shape of a fresh fig and the sweet, juicy taste are two tangible aspects that are highly pleasurable to the human senses.

9- Garlic

Yes, you might need to stock up on some extra breath mints, but it'll be worth it. Garlic contains allicin, an ingredient that increases blood flow to the sexual organs. As such, it's a highly effective herb to help increase libido. If the odor just won't work for you -- or you can't stand garlic -- you and your lady can always take garlic supplements instead. Alfalfa and parsley will reduce the odor.

10- Chocolate

Chocolate contains theobromine -- an alkaloid -- which is very similar to caffeine. It also contains phenylethylamine, a chemical believed to produce the feeling of "being in love." So, when your woman talks about how good chocolate makes her feel, there is some science behind it. In addition, dark chocolate has a massive amount of anti-oxidants, which are great for the body in general, as they help maintain the immune system.

Experience the Benefits of Monthly Chiropractic!