

July
2011



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

The office is pleased to welcome Kyla Truelove!
She joins Barb Willoughby, both Certified Estheticians!
Services now available on
Wednesdays, Thursdays and Fridays!

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ELECTROLYSIS
Barb Wiloughby, Esthetician
Available Wednesday's Only
FREE CONSULTATION

15 minutes	\$20.00
20 minutes	\$25.00
30 minutes	\$35.00
45 minutes	\$45.00
60 minutes	\$55.00

OTHER ESTHETICS
Barb Willoughby and Kyla Truelove
Available Wednesday-Friday

30 minutes	Eyelash or Brow Tinting	\$17/each \$30/both
60 minutes	Pedicure	\$45.00
45 minutes	Manicure	\$25.00
30 minutes	Foot Detox Bath	\$30.00
60 minutes	Spa Facial	\$50.00
90 minutes	Gel Nails Full Set	\$47.00
60 minutes	Refill on Gel Nails	\$35.00

WAXING

45 minutes	Full Legs	\$40.00
45 minutes	Full Legs & Bikini	\$45.00
30 minutes	Half Legs	\$25.00
30 minutes	Bikini/Brazilian	\$20-\$50
15 minutes	Underarm	\$15.00
15 minutes	Eyebrows	\$12.00
10 minutes	Upper Lip	\$8.00
15 minutes	Toes	\$8.00
45 minutes	Back and Chest	\$40.00

Did you know that Chiropractic Care and Longevity Center now offers personal training sessions?

Available onsite in our new gym!

We make customized training sessions for everyone!

Training sessions offered by:

Hanna Murphy – Personal Trainer

1 Person	\$40/hour	+Hst \$5.20
2 People same time	\$60/hour	+Hst \$7.80

Ask the front desk staff for more details and to have a look at our new gym the next time you are in the office!

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Perth, ON K7H 2L5
PH: 613.264.0616
Visit our website at
www.chirolongevity.com

July is Skin Cancer Awareness Month Skin Cancer Self-Examination

The purpose of self-examination is to assist in the early diagnosis of skin cancer.

Skin cancer can take 20 years or more to develop. Many forms grow slowly, but some melanomas may grow quickly. If found in the early stages it's very treatable, and the way to find it early is by doing a self-exam every three to six months. 10 minutes could save your life.

Where to look:

Examine your head and face using one or two mirrors. Move your hair to examine your scalp. Have a look at your hands, including your nails. Check your elbows, arms and underarms. Look closely on your neck, chest and torso – check under your breasts if you are a woman. Using a second mirror examine the back of your neck and shoulders, as well as your upper arms, legs, back, and behind. Sit down and examine your lower legs and feet, including nails, heels, and soles. Use a small mirror to check your genitals. This should take no more than 5 or 10 minutes.

What to look for:

Melanomas are lesions that usually look different from other moles.

A new growth or any skin change, looking for the ABCD's of melanoma: Asymmetry, Border irregularity, Colour change, and a Diameter greater than 5mm. Most people have freckles, birthmarks, or moles, but any irregularities or a change in the shape, edge, colour or size can be warning signs of skin cancer – if detected, see your doctor promptly:

Asymmetry	Common moles are round and symmetrical. Most early melanomas are asymmetrical. If a line divided through the middle of your mole doesn't create equal halves then ask your doctor to have a look.
Border irregularity	Common moles have fairly smooth and even borders. Most early melanomas have borders that are often uneven and may have rough edges.
Color change	Common moles usually are a single shade of brown. Varied shades of brown, tan or black are often the first sign of melanoma. As melanomas progress, the colors red, white and blue may appear.
Diameter >5mm	Early melanomas tend to grow larger than common moles -- generally to at least the size of a pencil eraser (about 6mm, or 1/4 inch, in diameter). Melanomas can be diagnosed at sizes much smaller than this - the smaller the melanoma when diagnosed, the better. Lesions under 7mm have a low risk of recurrence if removed.

The ABCD guide for the diagnosis of melanoma has been re-evaluated. New recommendations suggest adding E for describing pigmented skin lesions that suggest cancer.

Evolving	The lesion is evolving or changing.
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In addition to checking out the ABCDs, you should watch for these changes:

Size	The mole suddenly or continuously gets larger.
Color in Surrounding Skin	The skin around a mole becomes red or develops coloured blemishes or swellings.
Elevation	A mole that was flat or slightly elevated increases in height rapidly.
Surface	A smooth mole develops scaliness, erosion or oozing. Crusting, ulceration or bleeding are signs of more advanced disease.
Sensation	Itching is the most common early symptom - there may also be feelings of tenderness or pain. However, skin cancers are usually painless.

If any of these changes occur, they should be checked by a professional. It is particularly important for you to select a physician who specializes in skin cancer and is trained to recognize a melanoma at its earliest stage. You would first see a dermatologist, who might refer you to a dermatologic surgeon or oncologist (cancer specialist). Make an appointment without delay.

Frequently Asked Questions for 8 Weeks to Wellness®

1) *What is the cost of the program?*

A. We will give you a cost breakdown when you attend the orientation. You can check your health insurance to see if they will cover any part of the program, most plans do cover some of the cost of this program.

2) *Do I have to take supplements?*

A. The only supplements that are required are part of your program price and are contained in a protein shake that provides you with your entire daily vitamins and an EPA DHA omega fatty acid.

3) *How much of my time will be committed to being at the office?*

A. We have very flexible hours for people with busy schedules and we can tailor the program around your schedule. You should anticipate committing approximately 4 hours a

week to your program in the office.

4) *Do we have to do the chiropractic portion?*

A. The program was designed by chiropractors and it is the backbone of it. We don't omit any part of the program because in order to see optimum results we have found every aspect is very important. We will provide you with an education on chiropractic before giving you any care so you will understand the benefits and feel comfortable with everything we do.

5) *Does the price include my meals?*

A. It includes suggested meal plans, easy recipes and nutritional logs but the actual food needed is simple items found in your local grocery store. The price does include the cost of your Ultra Meal which is a medical shake that you take for two out of the five meals you are required to take each day during the

program.

6) *When can I start?*

A. The orientation session is required to participate in our program and it's for your benefit so that you can truly grasp the concept and do your very best. The program will then start as soon as possible afterwards giving you enough time to have your blood work, measurements and initial exam completed. Please call the office to confirm the date and time.

7) *Can I speak to other people who have finished the program?*

A. Yes we can provide you with testimonials and emails of patients that have previously had success with our program.

Ask the front desk staff for more details about coming to one of our 8WW orientations for more information.

10 Health Benefits of Vinegar

Vinegar: A Natural Remedy for a Healthier Life

Many of us are aware of the many ways that vinegar can clean just about anything, from your windows to the outflow pipes of your air conditioner. However, how many of us realize the health benefits of vinegar?

Fifty years ago, a daily dose of an apple cider vinegar and honey tonic was used to ease arthritis pain. During the last thirty years or so when many "wonder" drugs came on the market, they replaced many of the home made remedies of our grandmothers. As we keep exploring ways for improve health, we are starting to see some medical professionals supporting those old time cures of the past. This is not to say, we should get rid of drugs, but at least, they are qualifying what our grandmothers always knew.

And if I have any choices in my life, it will be to go as natural as possible with my health.

Vinegar is a weak acid. History goes back to Hippocrates' time when it was used as a medicine and antiseptic. Here are some areas that can help you by using vinegar in your health.

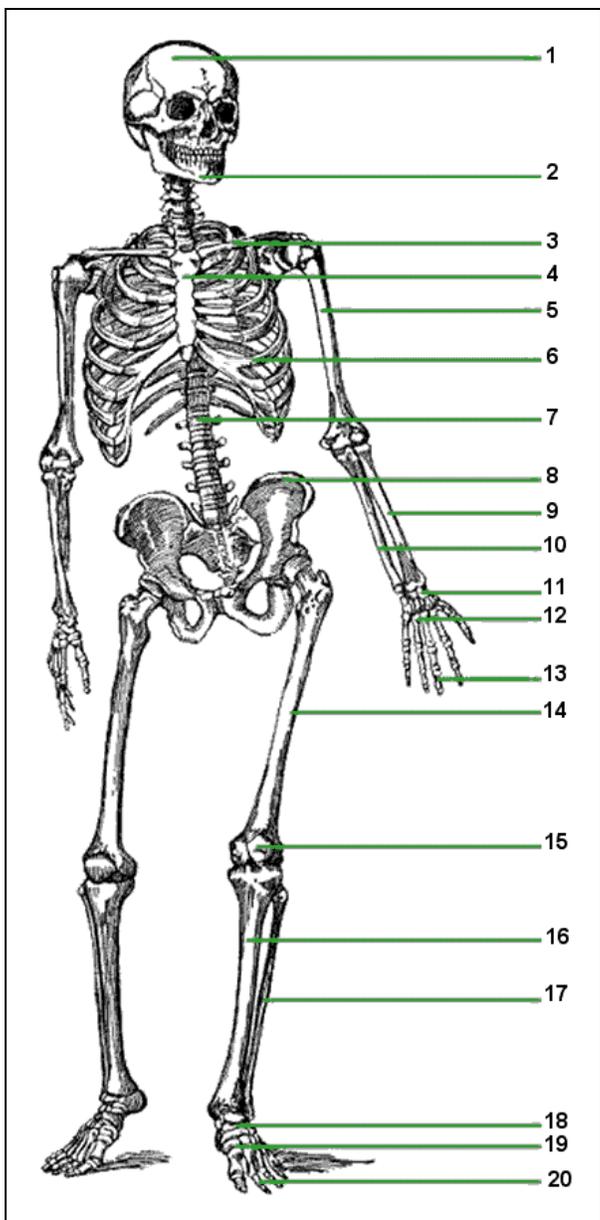
1. Insect bites or stings will be soothed quickly by pouring vinegar on it.
2. Pour vinegar on a sunburn
3. Drink a teaspoon or so of apple cider vinegar in a glass of water to help with digestion, bowel function, cholesterol, and even preventing ulcers.
4. Salicylic acid is what you use on warts. Vinegar is acetic acid and works in the same way, however more gently.
5. Just 5% of vinegar mixed in a

solution of your choice, can kill 99% of bacteria, 82% of mold, 80% of germs (viruses).

6. A teaspoon or two of vinegar will cure hiccups.
7. Two teaspoons of apple cider vinegar and honey mixed with enough hot water to melt the honey has been known to help with headaches and weight loss.
8. Bathing in some apple cider vinegar can help with urinary tract infections. I read someone who didn't have a bath tub, used a used cotton ball with apple cider vinegar and swabbed the urethra and it took care of the problem.
9. Apple cider vinegar used topically has helped skin conditions from eczema to aging brown spots.
10. Apple cider vinegar helps fight against food cravings.

For more tips on the many uses of vinegar ask the front desk about the book we sell and have to read: 'VINEGAR A GUIDE TO THE MANY TYPES AND THEIR USES AROUND THE HOME' - By Julie Townsend





Name the Bones

#	Name
1	cranium, skull
2	mandible
3	clavicle
4	sternum
5	humerus
6	rib
7	vertebra
8	pelvis
9	radius
10	ulna
11	carpals
12	metacarpals
13	phalanges
14	femur
15	patella
16	tibia
17	fibula
18	tarsals
19	metatarsals
20	phalanges

To the left you see a picture of the human skeleton

The bones are arranged as follows:

- Axial skeleton including the skull (29 bones)
- Spinal column (26 bones)
- Rib cage (24 bones)
- Breastbone
- Hands (27 bones each)
- Feet (26 bones each)
- Arms (3 bones each)
- Legs (5 bones each)
- Shoulder blades (2 bones each)
- Pelvis (2 bones)

Function of Bones

- Supporting the body
- Maintaining Posture
- Protecting vital organs like the heart and liver
- Help allow movement
- The large bones create blood cells in their bone marrow

Home Remedy for Bee/Wasp Stings:

Try a penny. A very effective way to neutralize the effects of a Bee or Wasp sting is to tape a copper penny directly on top of the sting.

For some unknown reason, the chemical reaction of your skin to copper nullifies the poison. The next day you will be hard pressed to see a trace of the sting site.

Senior Texting Codes (STC)

I thought the following listing was appropriate ... after all, the kids have all their little codes ... like BFF, OMG, WTF, etc. So here are some codes for seniors:

- ATD - At the Doctor's
- BFF - Best Friends Funeral
- BTW - Bring the Wheelchair
- BYOT - Bring Your Own Teeth
- CUATSC - See You at the Senior Centre
- DWI - Driving While Incontinent
- FWIW - Forgot Where I Was
- FYI - Found Your Insulin
- GGPBL - Gotta Go, Pacemaker Battery Low
- GHA - Got Heartburn Again
- HGBM - Had Good Bowel Movement
- IMHO - Is My Hearing-Aid On?
- LMDO - Laughing My Dentures Out
- LWO - Lawrence Welk's On
- OMMR - On My Massage Recliner
- OMSG - Oh My! Sorry, Gas
- ROFL...CGU - Rolling on the Floor Laughing...Can't get Up!
- TTYL - Talk to You Louder
- WAITT - Who Am I Talking To?
- WTFA - Wet the Furniture Again.....
- WTP - Where'r the Prunes
- WWNO - Walker Wheels Need Oil
- GGLKI - Gotta Go, Laxative Kicking in!

Movement is a medicine for creating change in a person's physical, emotional, and mental states. ~Carol Welch

Summer Fit Tips

In summer our thoughts turn to Canada's great outdoors, and pursuits such as golfing, running or gardening. Being active can help you maintain a healthy weight, flexibility and good posture, build strong bones, and relieve stress. Recreational activities are a great way to enjoy these benefits while having fun. Whether you pick up a garden rake or a golf club, or pound the pavement in running shoes, the important thing is to get moving.

Keep your back in mind, as you gear up for a fun-filled summer. Here are some tips to keep your back healthy as you exercise and enjoy the great outdoors this summer.

Warm up

Before hitting the links or even the back garden, make sure you warm up. Do gentle stretches to limber up muscles and joints before lifting, digging or swinging that golf club.

Learn the Proper Technique

Learn the correct technique for your activity, right from the beginning. Poor technique can cause injury to joints and muscles. For example, be sure to kneel, not bend, when planting your garden. For golfers, take professional lessons to rid yourself of bad habits in your golf swing that could hurt your back.

Maximize Your Flexibility

Maintaining good mobility for muscles and joints will contribute to your athletic ability and help prevent injury. Restrictions in muscle and joint function can hamper your technique and lead to strains and sprains. If you are a runner, take the time to stretch out calf and thigh muscles before hitting the road.

Drink Fluids

Drink plenty of fluids before, during and after physical activity. Remember that once you are thirsty, you are already starting to dehydrate. Dehydration affects your energy

level and your physical functioning.

Don't Overdo It

Don't do too much, too soon or too fast. Take your time and work up your activity level slowly before pushing yourself too hard. This is especially true if you have been inactive all winter.

Cool Down

Cooling down after any physical activity is just as important as warming up. Take 20 minutes for a brisk walk or a slow jog, and stretch out your muscles and joints before heading for the shower.

Treat Injuries Promptly

If you suffer an injury or experience pain from your summer recreational activities, ice the area to reduce swelling and inflammation.

Seek Professional Help

If pain persists, consult a chiropractor or health care professional to help you with your recovery.

BACK FACTS: Golf

While golf equipment and advice proliferates, one of the most important success factors can't be found at the pro shop. It's the physical condition of the golfer. After all, back pain and golfer's elbow are two of the most common injuries suffered by golfers.

When you consider the spinal rotation that goes into a golf swing and the fact that the speed of the club can reach 160 km/hour, it's easy to understand that golf puts significant biomechanical stress on the body. Follow these tips to improve your game and prevent the pain.

1. Every golfer should include strength-training exercises in their routine. Strengthening all major muscle groups is essential to maximizing your performance. Core body strength and flexibility helps breathing and oxygen flow, as well as preventing injury to your back. Muscle is also an important shock absorber that helps prevent strains and sprains.

2. Warm-up and cool-down both before and after your game for a full 20 minutes. Include gentle stretching and range of motion exercises, as well as a brisk walk or gentle jog to loosen the muscles and joints.

3. Stay hydrated. Drink plenty of fluids before, during and after your game. Sorry, beer does not count. Remember that once you are thirsty, you are already starting to dehydrate. Dehydration affects your energy level and your physical functioning. If you are sweating profusely add at

least one sports drink.

4. Use a wheeled golf cart for carrying heavy clubs. If you must carry your golf bag, use both shoulders straps. This will spread the weight across a greater area. If there is only one strap, alternate sides frequently. If you find that your bag is getting too heavy, put it down and take a break.

5. When wheeling your golf cart, push rather than pull. Be careful not to extend and twist when putting on,

6. Golf requires long periods of standing. Frequently alternate your weight from one foot to the other or rest one of them on your golf bag or cart.

7. Take care of your feet! Make sure you have the proper shoes for your type of feet. Golf shoes with short cleats are the best. Orthotics can help improve your game.

8. Use the right technique for your physical capacity and limits. Adopting a golf swing based on your physical and biomechanical capacity is important. Amateurs are usually better off adopting a classic golf swing, which enables the hips to turn nearly as much as the shoulders to minimize spinal twisting. If in doubt, consult a golf pro.

9. Lastly, have fun. The right attitude is good for your performance and your overall health!

Preventing shoulder injuries

Shoulder injuries in golfers are common due to the repetitive nature of the swing. To reduce shoulder pain, try these two tips.

- Shorten the backswing slightly. Instead of ending the club head at the 3 o'clock position, stop at the 1 o'clock position.
- Strengthen your shoulder, scapular, chest, and back muscles. Your chest and back muscles are large and generate the power in the swing. *Ask our trainer for tips.*

Preventing elbow, wrist and hand injuries

- Select larger and softer club grips and use a neutral grip.
 - Select irons with large heads and graphite shafts to lessen vibration.
 - Select the correct club length.
 - Strengthen your forearm muscles.
- Ask our trainer for tips.*

Canada's chiropractors – here to help

Chiropractors can help prevent backpack problems by showing you golf exercises and stretches. Should you suffer an injury from golf, a chiropractor can also provide treatment for your pain.

Fact: 80 per cent of Canadians will suffer from back pain in their lifetime. If required, a chiropractor can treat your pain through a variety of methods. These can include: spinal and joint adjustment and therapeutic exercises.

The Chiropractic Care & Longevity Center

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Perth, ON K7H 2L5

PHONE:
(613) 264-0616

If you have any
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!

Also:



We're on the Web!

See us at:

www.chirolongevity.com

8 Weeks to Wellness Information Session

Chiropractic Care & Longevity Center

5 Gore Street West, Perth

Tuesday July 5th 2011

7:15pm-8:30pm

8 Weeks to Wellness® effectively blends *chiropractic, diet, exercise, massage, meditation and education* with personal accountability. Over the 8-week program, we teach our patients ideal habits to reach lifelong optimal health and give them an achievable timeframe in which to get it done. We've documented drastic reductions in weight, body fat, blood pressure, inflammatory markers, blood glucose levels, cholesterol and other blood lipids. Patients are thrilled with their improved mood, energy and strength, sense of self-worth and overall well-being.

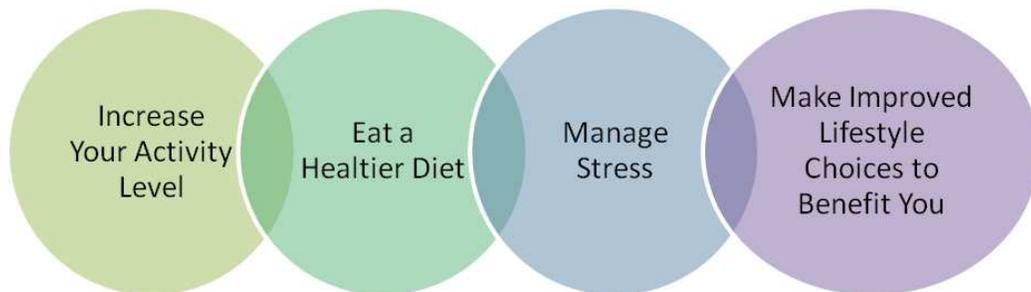
Come learn the details of this program

- **Supplements & diet restrictions**
 - Scheduling
 - Blood work required
 - Commitment required

We have a gym in the basement!!

All of your appointments are done here for your convenience!

If you miss this date please ask the front desk staff for information for the next session.



Sun Safety

Before you head for the beach, the park or even the back-yard, take a few minutes to learn about sun safety. You can protect your family and still have fun under the sun. This advice applies to everyone regardless of age or ethnicity.

- Avoid needless exposure to the sun.
- Protect your eyes by wearing UV blocking sunglasses.
- Select shaded areas for outdoor activities.
- Clothing such as a broad brimmed hat, long-sleeved shirt, and long pants can protect your skin. Tuck a handkerchief under the back of your hat to help prevent sunburn on the neck.
- If you can't cover up, use a sunscreen containing a Sun Protection Factor (SPF) of at least 15, verify it has both UVA and UVB protection, re-apply every two hours and after sweating or swimming.
- Don't let infants or children play or sleep in the sun in a playpen, carriage, stroller, etc.
- Get children used to wearing sunscreen lotion, paying particular attention to the most exposed parts - the lips, face, neck, shoulders, back, knees and tops of feet.



The office would like to introduce the newest member of our team:

Dan Deacon, RMT

Now available:

Mondays: 11:00 a.m. – 6:00 p.m.

Wednesdays: 8:00 a.m. – 12:30 p.m.

Fridays: 9:00 a.m. – 3:00 p.m.

. Please book with the front desk staff.

Experience the Benefits of Monthly Chiropractic!