

July  
2012



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

**The office is pleased to welcome  
Connie Burke, Certified Esthetician,  
Specializing in Basic, Advanced & Diabetic Foot Care  
Services now available on Thursdays!**

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[www.chirolongevity.com](http://www.chirolongevity.com)

ESTHETICS			WAXING		
60 minutes	Pedicure	\$45.00	15 minutes	Underarm	\$15.00
45 minutes	Manicure	\$25.00	15 minutes	Eye brows	\$12.00
60 minutes	Spa Facial	\$50.00	10 minutes	Upper Lip	\$8.00
60 minutes	Gel Pedicure	\$47.00	"Best foot care services in the area!" – H.M. Perth		
60 minutes	Shellac Nails	\$35.00			
30 minutes	Foot Care	\$30.00			
45 minutes	Reflexology	\$65.00			

## 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.

### Indoor vs. Outdoor Tanning

Although many tanning salons advertise that their tanning beds will give you a "safe" tan, getting a salon tan can actually be deadlier than tanning outside. When you sit outside in the sun, you're getting a combination of ultraviolet A and B (UVA and UVB rays). UVB (burning) rays cause sunburns, while UVA (aging) rays stimulate your skin's pigment cells to produce a tan. UVA rays have also been linked to melanoma, the most deadly type of skin cancer.

When you go to the beach and after you've gotten a certain amount of sun exposure, your skin will start to burn, and you'll either cover up or go indoors. The problem with so-called "safe" tanning beds is that they typically bombard your skin with UVA rays alone. While you usually won't get sunburn in these beds, your skin is being invisibly damaged because these rays penetrate even deeper in the skin than the UVB rays. You may not even be aware of the extent of the damage until years later, when you develop signs of UVA damage. These can include brown spots, rough blotchy skin, precancers, and skin cancers.

And remember it's Vitamin D season and remember that sunscreens block 100% of your Vitamin D production. First go outside for 20 minutes with no sunscreen and then apply it, this way you will naturally produce your Vitamin D for the day. Happy Sunshine!

**Ask us for info about the high quality Vitamin D we carry at the office.**

## 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. If you have lots of moles, take a picture of them and compare them every 6 months. Sit down and examine your lower legs and feet, including nails, heels, and soles. Use a small mirror to check your genitals.

**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:

<b>Asymmetry</b>	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.
<b>Border irregularity</b>	Common moles have fairly smooth and even borders. Most early melanomas have borders that are often uneven and may have rough edges.
<b>Color change</b>	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.
<b>Diameter &gt;5mm</b>	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.

<b>Evolving</b>	The lesion is evolving or changing.
<b>In addition to checking out the ABCDs, you should watch for these changes:</b>	
<b>Size</b>	The mole suddenly or continuously gets larger.
<b>Color in Surrounding Skin</b>	The skin around a mole becomes red or develops coloured blemishes or swellings.
<b>Elevation</b>	A mole that was flat or slightly elevated increases in height rapidly.
<b>Surface</b>	A smooth mole develops scaliness, erosion or oozing. Crusting, ulceration or bleeding are signs of more advanced disease.
<b>Sensation</b>	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. **\*See first page of newsletter for information about tanning\***



**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 meal shake that provides you with your entire daily vitamins and a separate 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 completed our program.

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

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

**Available on site in our gym!**

We make customized one-on-one personal or couples 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!*

**8 Weeks to Wellness Information Session**  
**Chiropractic Care & Longevity Center**  
**5 Gore Street West, Perth**

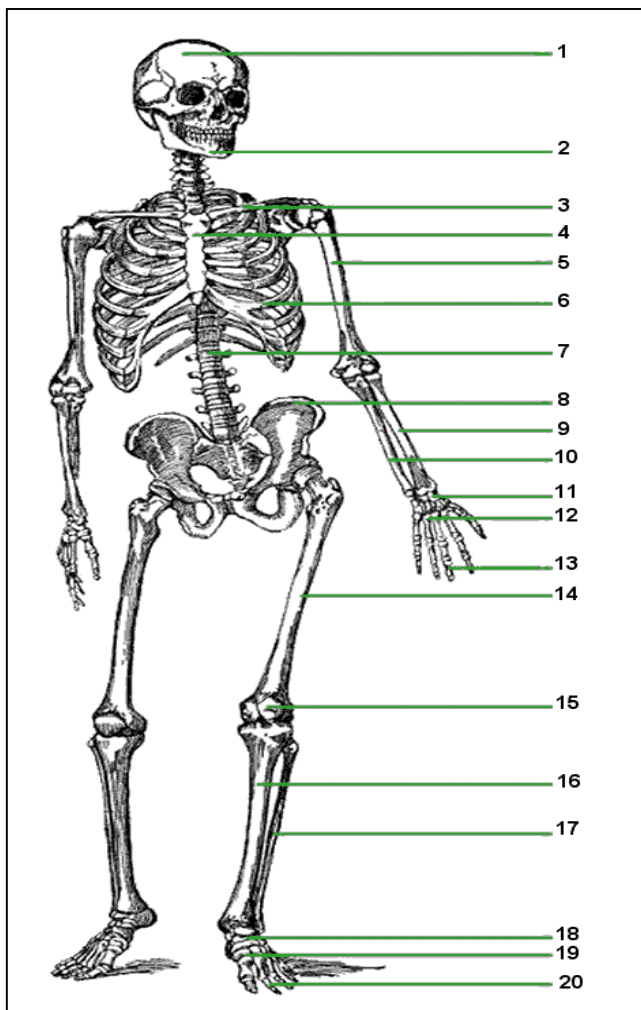
**8 Weeks to Wellness®** effectively blends *chiropractic, diet, exercise, massage, meditation and education* with personal accountability. Over the 8-week program, we teach our patients ideal habits to reach lifelong optimal health and give them an achievable timeframe in which to get it done. We've 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!**

**Please ask the front desk staff for information for the next session.**



## 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

**In a criminal justice system based on 12 individuals not smart enough to get out of jury duty, here is a jury to be proud of.**

A defendant was on trial for murder. There was strong evidence indicating guilt, but there was no corpse.

In the defense's closing statement, the lawyer, knowing that his client would probably be convicted, resorted to a trick. "Ladies and gentlemen of the jury, I have a surprise for you all," the lawyer said as he looked at his watch. "Within one minute, the person presumed dead in this case will walk into this courtroom." He looked toward the courtroom door.

The jurors, somewhat stunned, all looked on eagerly. A minute passed, Nothing happened.

Finally the lawyer said, "Actually, I made up the previous statement. But you all looked on with anticipation. I therefore, put it to you that you have a reasonable doubt in this case as to whether anyone was killed, and I advise you return a verdict of not guilty."

The jury retired to deliberate. A few minutes later, the jury returned and pronounced a verdict of guilty.

"But how?" inquired the lawyer. "You must have had some doubt; I saw all of you stare at the door."

The jury foreman replied, "Yes, we all did look, but your client didn't."

## Watermelon Gazpacho

This (mildly) spicy soup is delicious and always a mega-hit.

Fun Factoid: Watermelon is approximately 92% water.

Ingredients:

8 cups cubed seeded watermelon

1 apple, diced

1/2 cup finely chopped Vidalia onion

1/2 cup finely chopped green pepper

2 teaspoons fresh basil

1 teaspoon salt

1/4 teaspoon coarsely ground pepper

1/2 teaspoon chili powder

1 tablespoon cider vinegar

Instructions: In a blender, puree watermelon with the apple and 1/4 cup each of the onion and green pepper; pour into a large mixing bowl. Stir in the remaining ingredients (including the other 1/4 cup of onion and green pepper). Refrigerate, covered, for at least an hour to blend flavors.

Serves 4-6

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

## How to Set Up Your Computer Correctly

1. Set your chair height so that your forearms are at the right angle to the upper arm and your wrist is straight (neutral position) when your fingers are on your keyboard. Your upper arm should hang comfortably at the side of your body. This will help decrease strain in the hands, wrists and shoulders. Never use wrists rests or arm rests while typing. A wrist rest should be used to rest the heel of your palm, not your wrists itself.
2. Adjust the backrest of your chair to support your lumbar spine. Relaxed muscles will not fatigue over time.
3. Place a footrest under your desk so that you are leaning back into your chair- this prevents tension in the mid to upper back. This is very important because these are the nerves that control your heart, lung and stomach function. Old envelope boxes make great footrests!
4. Your knees should be level or slightly higher than your hips, so you may adjust your seat tilt. Lean back slightly. Leaning the trunk back somewhere between 100-130 degrees from parallel to the floor will open up the hips and ease the pressure on the pelvis. This helps prevent swelling in the feet and calves and reduces pressure on your sciatic nerves.
5. Be sure to use a glare-reducing screen and have no bright lights behind you or in front of you. Also if your screen faces a window and the view is filled with sunlight at certain times of day, close your blinds or draw the curtains to decrease eye strain.
6. Your eye level should be at the top or within the top half of your screen. Most people have their screen height to low, so grab some old telephone books and prop yours up if you need to.
7. Use a vertical copy stand to reduce tension in the neck and place it directly beside the screen. If your keyboard is lower than the desk surface, tilt the back edge of the keyboard slightly down (known as "negative keyboard tilt"). Using a slightly negative keyboard tilt will help you keep your wrists in the proper (neutral) position. Try to avoid positive keyboard tilt (i.e., where the top of the row of keys is noticeably higher than the bottom row of keys). Also, make sure that if there are "legs" attached to the bottom front of your keyboard, they are left un-extended.
8. Your mouse should be right beside the keyboard. If you have a keyboard tray and the mouse doesn't fit, extensions are available. This is a good investment because if you are reaching for your mouse all day, you're subluxated.
9. Place the monitor as far away from you as possible while maintaining the ability to read without consciously focusing. Keep a minimum distance of 20 inches. Place the center of the screen at 15 degree angle from your eyes with your neck only slightly bent holding your head perpendicular to the floor. Don't sit too close and don't sit too far away.
11. Take stretching breaks throughout the day- stretching will decrease muscle tension. If possible, go to the gym or for a 20-30 minute walk at lunch.
12. If you also use a telephone, set it close to the keyboard so you are not reaching for it, placing it on the opposite side of your computer to your writing hand. Never cradle the telephone between your shoulder and your neck.
13. Have regular adjustments- an ounce of prevention is worth a pound of cure!

## Reasons to Do This Misunderstood Exercise - Squats

This exercise has been criticized for years, but if you do it correctly, it can be one of the best exercises ever. It can help you burn off calories faster, build whole body muscle, and help pump waste out of your body, too.

### Hanna Murphy, Certified Fitness Trainer

will be hosting a information short session,  
*highlighting the proper posture of squats.*

Discussion will be held here at  
the Chiropractic Care and Longevity Center  
**Wed. July 11<sup>th</sup> 2012 from 5:00pm-5:30pm.**

We will also have a short question and answer session about what a training session here at the office entails.

**If you are interested in learning more about our gym  
Please sign up to attend at the front desk.**



## PRACTICE THESE TIPS FOR A BETTER LIFE ALWAYS

1. Take a 10-30 minute walk every day and while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. Buy a DVR and tape your late night shows and get more sleep.
4. When you wake up in the morning complete the Following statement, 'My purpose is to \_\_\_\_\_ today.'
5. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
6. Play more games and read more books than you did in 20011.
7. Make time to practice meditation, yoga, tai chi, and prayer. They provide us with daily fuel for our busy lives.
8. Spend time with people over the age of 70 and under the age of 6.
9. Dream more while you are awake.
10. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
12. Try to make at least three people smile each day.
13. Clear clutter from your house, your car, your desk and let new and flowing energy into your life.
14. Don't waste your precious energy on gossip, energy Vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
15. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
16. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
17. Smile and laugh more. It will keep the energy vampires away.
18. Life isn't fair, but it's still good.
19. Life is too short to waste time hating anyone.
20. Don't take yourself so seriously. No one else does.
21. You don't have to win every argument. Agree to disagree.
22. Make peace with your past so it won't spoil the present.
23. Don't compare your life to others'. You have no idea what their journey is all about.
24. No one is in charge of your happiness except you.
25. Frame every so-called disaster with these words: 'In five years, will this matter?'
26. Forgive everyone for everything.
27. What other people think of you is none of your business.
28. GOD heals almost everything.
29. However good or bad a situation is, it will change.
30. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
31. Get rid of anything that isn't useful, beautiful or joyful.
32. Envy is a waste of time. You already have all you need.
33. The best is yet to come.
34. No matter how you feel, get up, dress up and show up.
35. Do the right thing!
36. Call your family often. (Or email them to death!!!) Hey I'm thinking of you!
37. Each night before you go to bed complete the following statements: I am thankful for \_\_\_\_\_. Today I accomplished \_\_\_\_\_.
38. Remember that you're too blessed to be stressed.
39. Enjoy the ride. Remember this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.

## The Chiropractic Care & Longevity Center

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**If you have any  
comments or  
suggestions about our  
Monthly Newsletter  
please email them to  
Hanna Murphy at:**

E-MAIL:  
[hmurphy@primus.ca](mailto:hmurphy@primus.ca)

**Thank you for reading our  
office newsletter!**

**Also:**



**We're on the Web!**

See us at:

[www.chirolongevity.com](http://www.chirolongevity.com)

### Olive Oil Cooking Tip:

We have always recommended cooking with a good quality olive oil. Olive oil has been associated with improvement in cholesterol, blood pressure, diabetes, age-related dementia, blood clots, cancer, and living longer (to name a few!). There are, however, a few things to remember while cooking food with oil.

First is, never use a Teflon pan. Teflon is a chemical which is used to coat non-stick cookware. It contains C8, which has carcinogenic potential in humans and some studies have shown that with use can cause cancer. Titanium cookware is a much better choice.

Secondly, we have to be cautious of an oil's smoking point. When you heat oil to its smoke point, the beneficial compounds in oil start to degrade, and potentially health-harming compounds form. Olive oil has a smoke point of between 365° and 420°F. If using to cook in a frying pan always make sure to cook bellow the medium-high Which in a frying pan is 375-400°. Never cook olive oil on the high setting.



**Experience the Benefits of Monthly Chiropractic!**