

Celebrating 25 years



Chiropractic Care & Longevity Center

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June 2016

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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.

Allergies & Inflammation Talk



Do you suffer from Seasonal Allergies?
Or find you're sensitive all through the year?
What is an allergy, anyway?

Join us for a **FREE** talk about Allergies & Inflammation!
Learn about chronic allergies and the effects of Pharmaceuticals

- Are you sick of taking over the counter medications with no results?
 - What are the causes of hidden allergies and environmental sensitivities?
- What can you do to eliminate or decrease your allergy annoyances – take action now!

Wednesday, June 8th from 6:00-7:00 p.m. with Dr. Malisa Carullo, Naturopath, here in the office.



Register to save your seat at the front desk, by calling 613-264-0616 or by email at chirocare@primus.ca



Introduction to Essential Oils Kit

dōTERRA™

The perfect kit for beginners, the Intro to Essential Oils kit includes an introductory audio CD and booklet highlighting the uses of essential oils, and a 5 ml bottle of doTERRA's® Lavender, Lemon, and Peppermint essential oils.

The stunning presentation box also includes suggested uses of the included oils providing you with an immediate experience of the life-changing benefits of essential oils.



Available for purchase here!

\$ 38.42
tax included



**Perth's
World
Record
Kilt Run
June 25-
26th, 2016
presented by
the Running
Goat.**

Father's Day Jokes

What did baby corn say to
mama corn?
Where's popcorn?

Why did the baby
strawberry cry?

Because his dad was in a jam!

What did the daddy tomato
say to the baby tomato?
Catch up!

What did the Buffalo say to
his son?
Bye-son

How is the baby bird like its
dad?
He's a chirp off the old block

**Father's Day is
Sunday, June 19th, 2016**

**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:



What is Soy?

www.shaklee.ca

Soy is the perfect plant-based protein – it contains all 9 essential amino acids. The soybean is native to East Asia and is known mostly as an alternative to meat and dairy proteins. Soy has been a part of Asian diets for thousands of years – and for good reason. Today it is used worldwide because of its health benefits and many uses.

Did you know?

Soy has isoflavones

Soy is the richest source of isoflavones that may help protect against several chronic diseases, including osteoporosis, coronary heart disease, and certain forms of cancer.

Soy is not feminizing

There are rumors that soy makes men more “feminine,” but studies show that it has no effect on estrogen levels in males, and it certainly does not “feminize” them.

Soy doesn't cause breast cancer

In fact, several recent studies show that soy consumption may be associated with a reduced risk of breast cancer recurrence and improved survival.

<p>SOY IS NUTRITIOUS</p> <p>Soy is full of protein, calcium, iron, zinc, potassium, and other minerals that do the body good. It also has compounds that help your body absorb calcium, iron, and zinc.</p>	<p>IT'S MORE THAN 90% DIGESTIBLE</p> <p>Unfermented soy is more than 90% digestible – not too shabby! While fermented soy does take away a small portion of compounds that help you digest soy protein, both forms can make great contributions to your diet.</p>	<p>IT'S SAFE TO EAT OFTEN</p> <p>A little more doesn't hurt. While no food should dominate your diet, eating large amounts of soy isn't harmful, even if you were to have over four servings a day – which is a lot!</p>	<p>ALLERGIES ARE RARE</p> <p>Less than 10% of the population has an allergy to soy, so almost anyone can eat it. Plus, about 70% of children with soy allergies outgrow their intolerance by age 10.</p>
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NEW!! The Shaklee 180™ Smoothee Mix is now the new Shaklee Life Shake Mix!

The Life Shake is the new core of the Shaklee 180 Program and has everything you love about the Shaklee 180 Smoothees – but with even more benefits.

Clinically proven nutrients to help create the foundation for a healthier life

The Shaklee Life Shake Mix comes packed with all the goodness of the Shaklee 180 Smoothee Mix:

- 25 grams of protein per serving, including 16 grams of proprietary **ultrapure, plant-based, non-GMO protein**
- Added **leucine** to help preserve lean muscle and achieve a healthier weight
- Alpha-linolenic acid (ALA), an **essential omega-3 fatty acid** known to support cardiovascular health

PLUS

- A powerful, patent-pending combination of prebiotics and **one billion CFU of a patented probiotic** to support digestive and immune health; this probiotic is 780 times more viable than the probiotics found in yogurt
- It's available in a non-soy formula, as well as soy formula



15 servings per canister
\$49.61 tax included

Available in
Chocolate, Vanilla,
Strawberry and Café
Latte

