



# Chiropractic Care & Longevity Center

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March 2018

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

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.

## World Kidney Day is Thursday, March 8<sup>th</sup>, 2018

### Did you know?

Your Kidneys:

- Make urine
- Remove waste and extra fluid from your blood
- Control your body's chemical balance
- Help control your blood pressure
- Help keep your bones healthy
- Help you make red blood cells

### Did you know?

A person can lose up to 90% of their kidney function before experiencing any symptoms.

### What can you do for your kidneys?

Kidney diseases are silent killers, which will largely affect your quality of life. There are, however, several easy ways to reduce the risk of developing kidney disease:

1. Keep fit and active.
2. Keep regular control of your blood sugar level.
3. Monitor your blood pressure.
4. Eat healthy and keep your weight in check.
5. Maintain a healthy fluid intake.
6. Do not smoke.
7. Do not take over-the-counter pills on a regular basis.

[www.worldkidneyday.org](http://www.worldkidneyday.org)



**The nerves control everything!**

A chiropractic adjustment may help kidney function.



## March is National Nutrition Month

Tips for Healthy Lifestyle

1. Eat well
  - Eat the colors of the rainbow
  - Avoid packaged & processed food
  - Shop around the perimeter of the grocery store
2. Get moving
  - Walk 30 minutes daily
3. Maintain a healthy weight
4. Reduce Stress
  - Meditate, laugh
  - Get a good night's sleep



Need help? Attend any of our upcoming talks! Stay tuned for dates!

# Bring out your Sparkle Ladies Night

Wear your SPARKLY outfit or accessory!

\$25 per ticket

FRIDAY | MARCH 23, 2018  
BUFFET DINNER 6:00 PM  
DANCE 7:00-11:00 PM  
LANARK CIVITAN  
2144 PINE GROVE RD. LANARK

Call Ashley at 613-264-0616 or  
email [chirocare@primus.ca](mailto:chirocare@primus.ca) to purchase tickets

Sponsored by Chiropractic Care & Longevity Center

Dance to the musical stylings of DJ Kevin Carnrite

Proceeds to Lanark County  
Interval House



## Shamrock Shake

### Ingredients:

- 2 scoops Vanilla Life Shake Mix
- 1 cup unsweetened almond milk
- 2 cups baby spinach
- ½ medium banana

### Instructions:

- Blend to desired consistency



Vanilla Life  
Shake Mix  
available for  
purchase here!



## Try this Diffuser Blend to welcome the Leprechauns

- 2 drops Rosemary
- 2 drops Lavender
- 2 drops Lemon

dōTERRA

The Chiropractic Care &  
Longevity Center

If you have any comments  
or suggestions about our  
Monthly Newsletter please  
email:

[chirocare@primus.ca](mailto:chirocare@primus.ca)

Thank you for reading our  
office newsletter!

We're on the Web!

See us at:

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

Also:



**What do you get when you cross poison ivy  
with a four-leaf clover?**

A rash of good luck

**Why can't you borrow money from a  
leprechaun?**

Because they're always a little short

**Why don't you iron 4-Leaf clovers?**

Because you don't want to press your luck

**What day does an Easter egg hate the most?**

Fry-day

**Why did the Easter egg hide?**

He was a little chicken!

**What do you call a rabbit with fleas?**

Bugs Bunny!

[www.jokes4us.com](http://www.jokes4us.com)

## HOW TO PREVENT AN ANXIETY ATTACK

- Breathe deeply in through your nose and out through your mouth
- Slowly look around you and find...
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell (or 2 smells you like)
- 1 emotion you feel

This is called GROUNDING - it can help when you feel like you've gone too far in your head and lost all control of your surroundings.

**Please share this, it could really help  
someone in need!**

\*\* Ask us about supplements and essential oils that may help with anxiety attacks. \*\*



The office will be **closed**  
Friday, March 30<sup>th</sup>, Saturday, March 31<sup>st</sup>  
and Monday, April 2<sup>nd</sup> for the Easter long weekend.

