

Celebrating 25 years



Chiropractic Care & Longevity Center

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Phone: (613) 264-0616 • www.chirolongevity.com

November 2016

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Give the Gift of Health to your friends & family at NO Cost to you!

Our once a year gift certificate program is back!

Do you know anyone who you would like to benefit from chiropractic care and would like to come to our office?

Just in time for Christmas we are offering to give any of your friends or family a gift certificate for an initial appointment* at no cost to you.

This gift certificate has a value of \$85.00.

If you know anyone that you would like us to help, please give us their name and address and we will send them their gift certificate in the mail right before Christmas.

Recipient must be new to Chiropractic at our office.



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.

Essential Oils Workshops

Presented by: Vickie Dickson, RHN



Join me at
Chiropractic Care & Longevity Center
5 Gore St. W Perth, ON

Call 613-264-0616 or email chirocare@primus.ca to reserve your space

- Nov. 3rd - Essential Oils to Support Detox - 12:00-1:00 pm
- Nov. 3rd - New oils! Come and learn about the new oils! - 6:00-7:00 pm
- Nov. 10th - Managing Digestive Disturbances - 12:00-1:00 pm
- Nov. 10th - Attn. Hunting Widows! EO's for the bedroom!! - 6:00-7:00 pm
- Nov. 24th - Make & Take Cleaning Products \$10.00 - Take home 2 cleaners! - 12:00-1:00 pm
- Nov. 30th - The Gift of Health - 6:00-7:00 pm

Join my Facebook Group!

Essential Matters with Vickie Dickson, RHN

For full class details www.chirolongevity.com

Nature always bats last. - Wayne Dyer



New Products to CCLC!

L-Theanine by Pure Lab Vitamins

L-Theanine is a unique amino acid found in Green Tea. It helps reduce nervousness and restlessness – and promotes relaxation, without causing drowsiness. L-Theanine has been found to be beneficial for those who suffer from stress and stress-induced anxiety, and can help increase focus during times of stress. It helps regulate calming neurotransmitters, dopamine, serotonin and GABA – and norepinephrine. L-Theanine helps improve mood, sleep & learning capacity, while reducing the feeling of being stressed.



Ask for a sample!

SpectraZyme™ Gluten Digest

Gluten has finally met its match!

- Features Tolerase® G, which has been clinically shown to break down gluten
- Helps to support gluten digestion and healthy digestive function
- Provides digestive support for individuals avoiding dietary gluten

SpectraZyme Gluten Digest is a targeted protease enzyme supplement formulated to promote the breakdown of gluten proteins in the stomach.

Ask for a sample!



Remembrance Day is Friday, November 11th, 2016



Our 25 year Anniversary Walk/Run was a huge success, raising over \$4,000.00 for our charities: Alzheimer Society Lanark Leeds Grenville and Habitat for Humanity Greater Ottawa Perth Chapter.

Congratulations go to our prize winners:

Sandra Lackey, winner of the Shaklee Get Clean Kit and the customized pair of orthotics from The Orthotic Group.

Llonny Hoffman, winner of the nutritional consultation with Vickie Dickson, RHN

Dora Church, winner of the bbq utensil set and the PureLab Vitamin gift basket

Bonnie King, winner of the women's Maple View golf vest, donated by David Papke

Heading south this winter? Travelling?

Be prepared naturally. We have products to help!

- Prevent digestive issues
- Be prepared for emergencies and travel sickness

Ask us for our travel handout!



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:



Peppermint Chocolates

www.doterra.com

Ingredients:

- 1 ½ cup organic coconut oil
- ¼ cup raw honey
- 3 drops Peppermint essential oil – ask for a sample!
- 1 cup dark or semi-sweet chocolate chips
- 1 candy cane, crushed

Directions:

1. Whip solid coconut oil, raw honey, and Peppermint essential oil together with hand mixer. The whipped filling should be white and fluffy when complete.
2. Refrigerate whipped filling for about five minutes.
3. Use a small scoop or measuring spoon to make small mounds of mint filling. Press down with spoon of finger to make a flat shape.
4. Place each piece on sheet of parchment paper on top of cookie sheet. Return mints to freezer until ready to coat with chocolate.
5. In small saucepan or double boiler, gently melt chocolate chips over low heat.
6. Take mints out of freezer. Use fork to dip each piece in melted chocolate. Place on top of cooling rack.
7. For holiday fun, sprinkle with crushed candy cane immediately after coating.
8. Put chocolates back in freezer to cool until hardened. Serve chocolates immediately or store in refrigerator until you are ready to eat them.

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