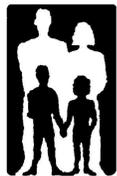


October
2012



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

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Experience the Benefits of Monthly Chiropractic!

Ask us about becoming a member of our: **New - 'Loyalty Club'**

Pre-book and pay for your next 12 chiropractic adjustments and you will receive:

- A small Cryoderm **FREE**
- **20% off** all products (for the duration of your 12 visits)

A savings account at a bank only gives you 2-5% in interest.

Our loyalty program gives you much more in savings!

Plus helps you keep your health a priority in your life.

Speak to the front desk staff about joining and start instantly reaping the benefits of our new Loyalty Club!

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 individual one on one 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.

"The "Wellness Program" is still very much a part of my life. I thought I was eating for good health, but realized that I was eating too many carbs at the wrong time. I have been promoting the program to my friends, some of whom said "it was too expensive" and yet they wouldn't blink an eye spending the same amount on a cruise.

Good health doesn't seem to be a priority to some people." - EJB, Perth, ON

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How to Protect Yourself Against Influenza

So the question is, why do we continue doing something that has been proven ineffective and risky? As Einstein said, "Insanity is doing the same thing over and over again and expecting different results." This certainly could be said to apply to the practice of getting a flu shot every year and expecting to be protected against the flu without taking a health risk.

While the media is sure to continue hyping potential pandemic influenzas, remember that a healthy immune system is your best and primary defense against any viral threat. The following simple guidelines will help you keep your immune system in optimal working order so that you're far less likely to acquire influenza or other respiratory infections to begin with or, if you do, your immune system will deal with it without complications:

- Optimize your vitamin D levels. Optimizing your vitamin D levels is one of the absolute best strategies for avoiding infections of ALL kinds. This is probably the single most important and least expensive action you can take.
- Avoid Sugar, Fructose and Processed Foods. Sugar decreases

the function of your immune system almost immediately. Be aware that sugar is present in foods you may not suspect, like ketchup and fruit juice.

- Get Enough Rest. Just like it becomes harder for you to get your daily tasks done if you're tired, if your body is overly fatigued it will be harder for it to fight the flu.
- Have Effective Tools to Address Stress. We all face some stress every day, but if stress becomes overwhelming then your body will be less able to fight off the flu and other illness. If you feel that stress is taking a toll on your health, consider asking the front desk staff for doctor recommended tips on stress relief.
- Exercise. When you exercise, you increase your circulation and your blood flow throughout your body. The components of your immune system are also better circulated, which means your immune system has a better chance of finding an illness before it spreads.
- Take a Good Source of High Quality Fish-Based Omega-3 Fats. Increase your intake of healthy and essential fats like the omega-3 found in fish oil, which is crucial for maintaining health. It is also vitally important to

"The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease."
-Thomas A. Edison

avoid damaged omega-6 oils that are trans fats and in processed foods as it will seriously damage your immune response. Ask the front desk staff about our high quality EPA DHA.

- Wash Your Hands. Washing your hands will decrease your likelihood of spreading a virus to your nose, mouth or other people. Remember that antibacterial soaps are completely unnecessary and cause more harm than good. Instead, identify a simple chemical-free soap for your family.
- Use Natural Antibiotics. Examples include oil of oregano and garlic. These work like broad-spectrum antibiotics against bacteria, viruses, and protozoa in your body. Unlike pharmaceutical antibiotics, they do not appear to lead to resistance. Ask the front desk staff about the natural antibiotics and immune enhancers we carry.
- Avoid Hospitals. Avoid hospitals unless you're having an emergency, as hospitals are prime breeding grounds for infections of all kinds and could be one of the likeliest places you could be exposed to any new bug.

Regular chiropractic boosts immunity and should be used as preventative health care

The nervous system and immune system are hardwired and work together to create optimal responses for the body to adapt and heal appropriately. Neural dysfunctions due to spinal misalignments are stressful to the body and cause abnormal changes that lead to a poorly coordinated immune response.

Chiropractic adjustments have been shown to boost the coordinated responses of the nervous system and immune system. Learn more:

http://www.naturalnews.com/031206_chiropractic_immunity.html#ixzz27berXZOg

We often hear the comment when a patient comes into the office and we ask how they are, they say "well if I was good I wouldn't be here." We need to change our mind set about this. Monthly chiropractic or staying on the routine recommended to you by the doctor even when you do not have symptoms is imperative to prevent symptoms from returning in the future. So if you have said this to us before, next time you can respond "I'm doing great and I am here so that I can stay that way!"

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light from within.
- Elisabeth Kubler-Ross

Attention Deficit Hyper Disorder (ADHD)

ADHD is often a very difficult diagnosis to make. It is widely believed to be overly diagnosed and medicated. Incidence is reported to be 9.5% of children in North America diagnosed. Some children only present attention deficit problems, others only hyperactivity, but often a mix of the two is present. The following can help differentiate either condition.

Lack of Concentration:

- At least six months with the following symptoms:
- Often no attention to details-mistakes during activities
- Cannot hold concentration during homework and play
- Apparently doesn't hear what is said to him/her
- Cannot follow instructions
- Cannot organize homework tasks
- Easily distracted
- Forgetfulness during day to day

Hyperactivity:

- At least six months of the following symptoms:
- (Severity is not in keeping with the age of the child)
- Frequent fidgeting with hands and feet, cannot sit still on a chair
- Cannot stay in his/her seat (e.g. at school)
- Excessive running around or climbing
- Excessive noise during playing or climbing
- Excessive talking often interrupts others
- Cannot wait his or her turn

Natural ways to help calm children with ADHD:

Food for thought - Coffee: For those who suffer from ADHD, they may find that drinking coffee could help them be calm and help them focus. There have been no known intense medical studies to confirm this, but parents who have hyperactive children have noticed the benefits on them. The effectiveness of coffee in calming ADHD children has become great topic of discussion among web sites and forums. Children with ADHD are usually given drugs like Ritalin and Concerta that increase a dopamine levels in the body. Higher levels tend to calm and help overactive minds focus. Coffee can also increase dopamine without the risks associated with prescriptions. The only side effect coffee has may be a headache from withdrawal. They should also avoid sweetening their coffee because sugar aggravates the symptoms of ADHD. (Children should restrict caffeine to less than 100 mg per day.)

Healthy Diet: Make sure your child has a healthy well rounded diet. First strategy is to pile up on fruits and vegetables. Get rid of all the processed food which is full of additives, colourings and pesticides and all sorts of toxins. There is enough evidence out there, which says that this rubbish ruins concentration and hypes up kids so that they are hyperactive. Especially avoid artificial sugars such as Aspartame and Splenda.

Regular Exercise: It is important to exercise daily. ADHD is a brain-based disorder in which the chemistry of the brain (neurotransmitters) is not functioning normally. Exercise helps in normalizing the brain chemistry.

Cranial Adjusting Turner Style: Effective to assist with ADHD and learning disabilities. Speak with the front desk staff for more information about booking in for a C.A.T.S. treatment with Dr. Wickens.

Natural supplements and homeopathic products we recommend:

Spascupreel: Can help children with concentration loss, also with aggression and hyperactivity. It contains Agaricus (which acts on involuntary movements as well as on being spaced out), Phosphor (indicated for hyperactive and flighty behavior) as well as Belladonna and Vertrum (acts on anger).

Nervoheel: Therapeutically it is used to regulate hyperactivity and lack of concentration usually a resultant of anxiety. It is a symptomatic treatment that has an affinity for the nervous system. As all Heel products they are auto-regulatory in nature, meaning that they help to rebalance and regulate the body's functions naturally.

EPA DHA: There is considerable evidence that ADHD is linked to a fatty acid deficiency and imbalance, specifically a lack of the omega-3 long chain fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), and an excess of the omega-6 fatty acid, arachidonic acid (AA). Clinicians at the University of Milan now report that supplementation with fish oils is effective in correcting the fatty acid imbalance and improves the symptoms of ADHD. (Please ask front desk staff for details on any of the above products available here)

Try This Exam, you only need
4 correct out of 10 questions to pass.

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What color is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the color of the black box in a commercial airplane?

Check your answers on page 6 of the newsletter.

- Did you know** dreamt is the only word that ends in mt
- Did you know** honey is the only natural food which never goes bad
- Did you know** the only continent with no active volcanoes is Australia
- Did you know** elephants are the only mammal that can't jump
- Did you know** hummingbirds are the only bird that can fly backwards
- Did you know** a strawberry is the only fruit which seeds grow on the outside
- Did you know** in a deck of cards the king of hearts is the only king without a moustache
- Did you know** the hyoid bone in your throat is the only bone in your body not attached to any other
- Did you know** there are only 4 words in the English language which end in 'dous' (they are: hazardous, horrendous, stupendous and tremendous)
- Did you know** 'Bookkeeper' and 'bookkeeping' are the only 2 words in the English language with three consecutive double letters
- Did you know** the only animals that purr are cats
- Did you know** only female mosquitoes bite
- Did you know** the word 'uncopyrightable' is the only 15 letter word that can be spelled without repeating any letter
- Did you know** the word typewriter is the longest word that can be typed using only the top row of a keyboard
- Did you know** Hawaii is the only US state that grows coffee
- Did you know** the word 'underground' is the only word that begins and ends with the letters 'und'
- Did you know** Earth is the only planet not named after a god
- Did you know** African elephants only have 4 teeth
- Did you know** bats are the only mammals that fly

LEMONY RED PEPPER & ASPARAGUS PASTA SALAD

The acidity of the lemon dressing mellows as it stands in the fridge, so this dish is actually better the next day.

- 1 LB {450 g} whole wheat farfalle pasta
- 1 bunch {1 LB/450 g} asparagus, cut in 1 1/2-inch pieces
- 1 {370 ML} jar roasted red peppers, drained and sliced or roast your own=3 red peppers
- 1/2 cup chopped fresh chives or fine sliced green onion

LEMON DRESSING

- 1 TBSP grated lemon zest
- 1/4 cup lemon juice.....I use only fresh squeezed
- 2 tsp liquid honey
- 1 clove garlic, grated or pressed
- 1 tsp Dijon mustard
- 3/4 tsp salt
- 1/4 tsp pepper
- 1/3 cup Olive oil

Boil pasta in large pot of lightly salted water until al dente. Approx 9-12 minutes adding asparagus for last two minutes. Drain and rinse with cold water; drain again. Set aside. Make lemon dressing in a small jar and shake to blend. Pour over pasta and asparagus mixture. Add red peppers and chives; toss to combine. Cover and refrigerate 6 hours or up to 24 hours. ENJOY!

No wonder you're tired – In 24 hours as an adult...

- ? Your heart beats 103,689 times.
- ? Your blood travels 168,000 miles.
- ? You breathe 23,040 times.
- ? You inhale 438 cubic feet of air.
- ? You eat 3 1/4 pounds of food.
- ? You drink 2.9 pounds of liquids.
- ? You lose in weight 7.8 pounds of waste
- ? You perspire 1.43 pints.
- ? You give off 85.6 degrees F.
- ? You turn in your sleep 25-30 times.
- ? You speak 48,000 words.
- ? You move 750 major muscles.
- ? Your nails grow .000046 inch.
- ? Your hair grows .01717 inch.
- ? You exercise 7,000,000 brain cells.

Drinking water at a certain time maximizes its effectiveness on the body:

- 2 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed - avoids stroke or heart attack

Grandpa, What Is Couple Sex?

An 8-year-old girl went to her grandfather, who was working in the yard and asked him, "Grampa, what is couple sex?" The grandfather was surprised that she would ask such a question, but decided that if she's old enough to know to ask the question, then she's old enough to get a straight answer. Steeling himself to leave nothing out, he proceeded to tell her all about human reproduction and the joys and responsibilities of intercourse. When he finished explaining, the little girl was looking at him with her mouth hanging open, eyes wide in amazement. Seeing the look on her face, the grandfather asked her, "Why did you ask this question, honey?" The little girl replied, "Grandma says that dinner will be ready in just a couple secs."

Leading Energy Drink Makers Under Investigation for Misleading Consumers - By Dr. Mercola

They're marketed as the fast and easy way to get unparalleled energy.

Simply throw back an Energy Drink or 5-Hour Energy and instantly "give a swift kickstart" that allows you to "recapture the bright, alert feeling you need to power through your day."

But are these concoctions of caffeine, B vitamins and other ingredients like taurine really all they're cracked up to be?

The New York Attorney General has their suspicions, and as such has launched an investigation into energy drink manufacturers' marketing and advertising practices.

Are Inaccurate Energy Drink Labels Misleading Consumers?

The New York investigation is in its early stages, but so far the attorney general has issued subpoenas to PepsiCo, maker of AMP energy drink, Monster Beverage Corp., and Living Essentials, maker of 5-hour Energy drink, asking for information on their marketing and advertising practices.

The probe is looking into whether the companies are overstating benefits from certain healthful-sounding ingredients while downplaying the role of caffeine. Another issue is whether manufacturers are adding multiple sources of caffeine, such as guarana, but not disclosing the full amount on the label. If found to be in violation of state laws, the companies could face fines and penalties, and be forced to change their labeling and marketing practices.

The U.S. Food and Drug Administration (FDA) typically regulates food and drinks, but state attorney generals can investigate and regulate products sold within their state boundaries.

Washington State, for instance, contemplated banning alcoholic energy drinks in 2010 after multiple college students were hospitalized after consuming the beverages at a party.

The Food and Safety Standards Authority of India earlier this summer already decided energy drink labels were misleading, and that warnings should be put on the labels regarding children, pregnant or lactating women and anyone sensitive to caffeine. Last year the Canadian Health Minister also tried to get energy drinks labeled as drugs, but settled for reclassifying them as food products.

After Tragic Death, FDA Called on to Regulate Energy Drinks

The FDA does not define the term "energy drink" by regulation, and, according to the Wall Street Journal, the drinks are actually more loosely regulated than traditional sodas, despite their higher content of caffeine and addition of other ingredients.¹

In December 2011, a 14-year-old girl suffered a fatal cardiac arrhythmia linked to caffeine toxicity after drinking two 24-ounce energy

drinks in a 24-hour period. The girl's mother as well as Senator Dick Durbin have since called on the FDA to regulate the caffeine content in the drinks. In a letter to FDA commissioner Margaret Hamburg, Durbin stated:²

"... 30 to 50 percent of adolescents report consuming energy drinks. However, a recent report by the Substance Abuse and Mental Health Services Administration (SAMHSA) shows that energy drinks pose potentially serious health risks. The report found that between 2005 – 2009, the number of emergency room (ER) visits due to energy drinks increased ten-fold from 1,128 to 13,114 visits.

A major factor contributing to these hospitalizations is the exceptionally high levels of caffeine in energy drinks. According to the American Academy of Pediatrics, adolescents should not consume more than 100mg of caffeine daily. One 16oz can of Monster contains 160mg of caffeine, which is equivalent to almost 5 cans of soda. However, this caffeine level does not account for caffeine from additives, like guarana, or ingredients with stimulating properties, like taurine and ginseng.

Consuming large quantities of caffeine can have serious health consequences, including caffeine toxicity, stroke, anxiety, arrhythmia, and in some cases death. Young people are especially susceptible to suffering adverse effects because energy drinks market to youth, their bodies are not accustomed to caffeine, and energy drinks contain high levels of caffeine and stimulating additives that may interact when used in combination."

Originally, athletes were the target market for energy drink makers, but that soon expanded to target teenagers and young adults. Now, the majority are marketed at 18- to 34-year-olds (although younger teens often drink them as well), and the marketing is working – despite reports of serious adverse effects linked to their consumption (the risks are especially severe in children, adolescents, and young adults with seizures, diabetes, cardiac abnormalities, or mood and behavioral disorders or those who take certain medications³).

The U.S. energy drink market is expected to reach nearly \$20 billion in 2013, which is close to a 160 percent increase from 2008. Among the functional beverage category, the energy drink segment has experienced the largest volume growth and increased annual sales abroad.⁴

There are Better Ways to Get Lasting Energy
Caffeine is also the most commonly used drug in the world for a good reason, as many seem to love to have a quick fix for energy that their typically bad health lifestyle is failing to provide them with. The allure of energy drinks is clear, especially in an era where our work hours are ever-expanding into our home lives, and we're

trying to "do it all," all the time.

But whether or not energy drink makers are indeed found to be violating marketing and advertising laws, you are seriously misleading yourself if you think an energy drink is the solution to getting your energy back.

There are the risks from over-consuming caffeine, of course (and other risks, like the fact that drinking energy drinks has been compared to "bathing" teeth in acid because of their impact on your tooth enamel⁵), but above and beyond is the plain and simple fact that this is artificial energy (often with other questionable artificial ingredients added, too). As soon as the boost from the caffeine wears off, you'll likely be more depleted than before you imbibed and you'll be looking for another fix. Wouldn't you rather just wake up fresh, ready to go, with the energy and enthusiasm for your day that perhaps you haven't felt since you were a teenager? (And if you are a teenager, and you're lacking energy already, the following applies to you, too – you don't need energy drinks to stay focused and alert, or to excel at sports!)

You simply were never meant to be sluggish or constantly tired -- especially as a teenager or in the prime of your life!

The lack of energy and fatigue state is much more likely a result of certain lifestyle choices, such as not enough healthy food, too much processed foods and sugar, and not enough exercise and sleep, plus an overload of stress. Increasing your energy levels, then, is as easy as remedying these factors by:

- Eating a healthy diet with limited sugar, fructose and processed foods.
- Increasing your intake of fish-based omega-3 fats to support your energy levels
- Release draining emotional stress and negativity with meditation
- Sleep when you're tired, and make sure you're getting high-quality sleep while you're at it
- Exercise, and be sure to include high-intensity interval exercises for near endless energy
- If you need a supplement, do the above steps first and then try ones that are designed to increase your level of foundational energy at the mitochondrial level. Some of the best are vitamin B 12, B-Complex, Coenzymes Q10 and magnesium.

Sources and References

NewHope 360 August 31, 2012

The Wall Street Journal August 28, 2012

¹ *The Wall Street Journal August 28, 2012*

² *Dick Durbin letter to FDA Commissioner Margaret Hamburg April 3, 2012*

³ *Pediatrics February 14, 2011*

⁴ *Comprehensive Reviews in Food Science and Food Safety, Volume 9, Issue 3, pages 303–317, May 2010*

⁵ *Gen Dent. 2012 May-Jun;60(3):190-7; quiz 198-9.*



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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

Thank you for reading our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

Also:



A Healthy Halloween for Kids (and Adults)

Halloween is a fun time of year for everyone, young or old. Dressing up as your favourite character, lots of parties and trick-or-treating. The problem for parents is deciding what to do with those big trick-or-treat bags full of candy and sweet treats. With childhood obesity on the rise, loading up on all that sugar isn't a great idea.

Here are some tips to help control your children's consumption of treats:

- Serve your kids a healthy snack such as a peanut butter sandwich and some fruit before trick-or-treating. If they aren't hungry, your kids will be less likely to overeat candy when they get home.
- Cut down on the number of treats your child can collect by limiting their trick-or-treat route. Keep it to your own street only.
- Let your children enjoy some of their Halloween candy in moderation when they have finished trick-or-treating -- after you have inspected the treats for safety. Count out a number of pieces that they can consume and put the rest away.
- Put all of the extra treats into a high cabinet in your kitchen or pantry. Out of sight is out of mind, and you can control how many treats your kids get to eat over the next few days.
- Do not allow your kids to store bags of candy in their rooms.
- Don't buy Halloween candy early. You will tempt yourself and your kids to eat too much before the trick-or-treating even starts.
- Skip the Halloween candy sale on November 1. Cheap bags of candy sounds like a good buy, but you don't need the sugar and calories.
- Be a role model by eating Halloween candy in moderation yourself. To help avoid temptation, buy your candy at the last minute and get rid of any leftovers.
- Never use candy as a child's snack in their lunches. Most Halloween candy is made of simple sugar which provides no nutritional value, is quick digesting, will cause cravings for more sugar and is a poor source of sustaining fuel.
- Be aware of calories! Each Halloween treat contains approximately 50 calories. It may seem like a harmless number of calories but mindless munching can accumulate to hundreds of calories.

Alternatives to candy to give out to trick or treaters:

- String Cheese
- Pre-packaged bags of trail mix
- Small dollar store toys, like puzzles, yo-yos, playdoh
- Stickers
- Glow in the dark necklaces
- Pencils
- Pre-packaged pretzels
- Pre-packaged natural fruit leathers

ANSWERS TO THE QUIZ

- 1) 116 years
- 2) Ecuador
- 3) Sheep and Horses
- 4) November
- 5) Squirrel fur
- 6) Dogs
- 7) Albert
- 8) Crimson
- 9) New Zealand
- 10) Orange (of course)



The office will be closed for Thanksgiving on Oct. 6th-8th 2012.
Have a nice long weekend!

We would like to hear your **Chiropractic success stories!** If you have a testimonial that you would like to share with others please e-mail them to me, Hanna Murphy at: hmurphy@primus.ca or submit at front desk of the office.
For every success story you submit we will present you with a free-gift at the time of your next appointment.

Experience the Benefits of Monthly Chiropractic!