

October
2013



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

Introducing Dr. Edgar Semph, D.C.



Dr. Semph is a 1986 graduate of Palmer Chiropractic College in Davenport, Iowa. A native of Kitchener and residing in Ottawa for the past 17 yrs, he brings a wealth of experience to the Wellness Centre.

Dr. Semph is trained in numerous gentle chiropractic techniques: Diversified, Thompson, Cranio-Sacral Therapy, instrument adjusting with Activator & Arthrostim, Extremity Adjusting, various modalities, Kinesio-Taping in the management of sports & work related injuries and MVA rehab.

His wellness philosophy: The relationship between joints, muscles and nerves is very interactive and interdependent. An injury to one has an immediate and direct effect on the other. Dr. Semph's multi-faceted approach speeds up the recovery and healing process.

He is available for adjustments at Chiropractic Care and Longevity Center:
Wednesdays: 3pm-7pm
Fridays: 9am-5pm
Saturdays: 9am-2pm

What Dietary Supplements Are Right For You? **Free Information Seminar By Dr. Kathy Wickens**

Topics for discussion:

- What supplements do you need for basic health?
- How do I choose the right brand of supplement?
- What are GMO's (Genetically Modified Organisms) and what are their relevance in supplements?
- What supplements are important for different age groups?
- Question and answer session

Hosted here at the office:

5 Gore St. W. Perth
Tuesday October 29th 7:15pm-8:15pm
Please RSVP with the front desk staff

Bring in your current supplements for quality testing!

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Healthy Halloween

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Visit our website at
www.chirolongevity.com

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.

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. In addition to natural sunlight, take a supplement.
- 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 found 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#ixzz27berXZ Og

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 keeping you healthy. 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!"

Ask us which of our wide variety of immune enhancing supplements would be right for you:

- Colostrum
- Vitamin D
- Engystol
- Oil of Oregano
- Garlic
- Chorella
- Nutriferon
- Lymphosot
- Grippheel
- Echinacea Composition
- Imu-gen
- Cleavers
- Inula
- Shaklee DR

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 activities

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 a great topic of discussion on 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

Halloween Green Bean Salad

Vinaigrette:

- 1/4 cup orange juice
- 1/4 cup white wine vinegar
- 2 tablespoons water
- 2 teaspoons vegetable oil
- 1 teaspoon prepared horseradish
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1/4 teaspoon black pepper

Salad:

- 1 1/2 pounds green beans, trimmed
- 1 cup vertically sliced red onion
- 1 cup orange slices
- 1 cup seedless red grapes, halved

Preparation

To prepare vinaigrette, combine first 8 ingredients in a jar; cover tightly, and shake vigorously. Chill.
To prepare salad, steam green beans, covered, 3 minutes or until tender, and chill. Combine green beans, onion slices, orange slices, and grape halves in a large bowl. Drizzle vinaigrette over salad, tossing gently to coat.

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

Gluten-Free Chocolate Cake

- 1 1/2 c semi sweet chocolate chips
 - 1 (19oz) can chick peas (rinsed and drained)
 - 4 eggs
 - 3/4 c white sugar (I used a little over 1/2 c honey)
 - 1/2 tsp baking powder
- Preheat oven to 350 f. Grease 9 in round cake pan
Melt chocolate chips. Combine beans and eggs in food processor until smooth. Add sugar and baking powder blend then add melted chocolate. Bake 30 40 mins until knife comes out clean. Cool 10 -15 min, then invert onto plate.
Dust with icing sugar (I suggest cream cheese icing) Best on 2nd - 3rd day.
Thank you to: Amy Boulrice, for submitting this recipe

Testimonials of the Month

CarotoMax

Six of the Most Beneficial Carotenoids

CAROTOMAX is a rare blend of alpha-carotene, astaxanthin, beta-carotene, lutein, lycopene, and zeaxanthin delivering a broad spectrum of carotenoids. You can't get this level of potency and purity from foods alone.

CAROTOMAX provides the natural carotenoids derived from fruits of oil palm tree and alga dunaliallasalina.

- Maintenance of good health. *
- Helps to maintain growth, vision and tissue development. *
- Aids in maintaining the health of the skin and mucous membrane. *

No artificial flavours, sweeteners, colours, or preservatives added.

Only \$30.74 tax incld.



30 caps, take one per day, bottle will last 1 month

Patients keep telling us how well and quickly CarotoMax improves their eyesight!

“I am presently on an inhaler for a lung affliction. One of the side effects is that the eyes will lose their strength. Carotomax was suggested to help with that loss. I'm finding that without the Carotomax, I'm requiring 1.0 cheater glasses. With it, I require no help at all.” – Ron McTavish, Perth, ON

Testimonials from our Facebook Page!

“Dr. Kathy Wickens Chiropractic Care has helped me immensely with a fractured spine and with a torn rotator cuff. My husband has benefited immensely as well. She is awesome. I love her method of treatment and would recommend her in a heartbeat!” – Jan Clegg, Ottawa, ON

Kathy Wickens is amazing! I've had neck problems and she gets things loosened up. If you have never been there, you should! Beautiful office, very clean, professional staff” - Sherri Barr, Perth, ON



For daily health tips, office updates and special offers!

In Office Testimonials

“I have to say I'm totally amazed at how quickly and effectively chiropractic has helped me. I have endured 21 years of incessant pain and didn't know how much longer I could take it. I thought the pain was going to be for a lifetime and only get worse as I got older. Thank you so much!” – Winnie Burke, Perth, ON

“I used to drool in my sleep, since receiving chiropractic care, it has stopped. Also used to have sweaty feet, even after showering, since having chiropractic care, my feet are dry!” M.M., Balderson, ON

Within weeks to a month of seeing Dr. Wickens I feel a lot better. Dr. Wickens and staff get a 15 out of 10! – J. Delle Palme

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.



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

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. 12th-14th 2013. Have a nice long weekend!



Experience the Benefits of Monthly Chiropractic!