

Celebrating 25 years



Chiropractic Care & Longevity Center

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

October 2016

Let's Talk about Vagina!

It's important to keep your lady parts strong and healthy!

Don't miss this important class that every woman of any age can benefit from!

Join us Wednesday, October 26th from 6:00-7:00 p.m., here at the office for discussions on the following topics:

- Exercises to strengthen your pelvic floor to prevent prolapsing, incontinence, healthy delivery & aid in post-partum recovery
- Learn about proper vaginal health & hygiene
- Do you suffer from vaginal dryness, itching or burning?
- Incontinence (leaking bladder) Do you pee when you sneeze or jump?
- Frequent UTI's? Yeast infections?
- Hormonal concerns including: irregular menstrual cycles & menopausal symptoms
- Do you have no vaginal health concerns but want to keep it that way?



Hear from professional women on this topic:

Dr. Malisa Carullo, Dr. Kathy Wickens, Dr. Elizabeth Carter and Sarah Salisbury

Please register at the front desk, by phone or by email at chirocare@primus.ca



Inside:

- Let's Talk about Vagina!
- UltraFlora® Women's
- Thank-You!
- Lunch and Learns with Vickie Dickson, RHN
- New Diagnostic Testing Offered!
- Info about Lyme disease
- Alternatives to Halloween Candy

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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.

UltraFlora® Women's Probiotic

Targeted Support for Feminine Health

UltraFlora Women's is a unique blend of probiotics to help maintain a healthy vaginal microflora and support urogenital health when taken orally.

Benefits:

- Helps maintain a healthy vaginal microflora by increasing the number of beneficial lactobacilli
- Supports urogenital health
- Backed by clinical trials that demonstrate support of healthy vaginal microbiota
- Effective dose in just 1 capsule taken orally daily
- Potency and viability are guaranteed through date of expiration
- Can also be used for men with any urinary concerns



30 capsules – \$39.55
tax included



THANK-YOU!!

Thank-you to all the participants, volunteers, donors and sponsors that made our 25th Anniversary Walk/Run event such a success!

Curious about Essential Oils?

Chiropractic Care and Longevity Center is now offering:

Essential Oils Lunch and Learn Workshops

Thursdays
12pm - 1pm
Topics Vary
Please pre-register
chirocare@primus.ca
613-264-0616



Presented by:
Vickie Dickson, RHN



** CCLC is NOW OFFERING the following tests for men & woman **

- Food Sensitivity Testing
- Vitamin D Levels
- Heavy Metal Analysis
- Complete Hormone Panel

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:



Lyme Disease

www.canlyme.com

Lyme disease is preventable. By taking the right precautions and spreading the word, you can effectively protect your family from Lyme.

Top 5 tick habitat precautions:

1. Wear long pants and long-sleeved shirts. Tuck your pants into your socks to prevent ticks from getting inside your pants.
2. Check your clothes for ticks often. Ticks will climb upwards until they find an area of exposed skin.
3. Wear light coloured clothing to make it easier to spot ticks.
4. Walk on pathways or trails when possible staying in the middle. Avoid low-lying brush or long grass.
5. Apply natural insect repellent to your skin and clothing, especially at the openings such as ankle, wrist and neck.

Transmission:

Lyme disease is known as a "tick-borne illness". This means that Lyme-infected ticks spread the disease to people by biting them. While tick transmission is most common, new studies indicate that there may be other ways to contract Lyme.

Other potential transmission methods:

- Contaminated blood transfusions
- Mosquito bites
- In utero (during pregnancy) or while breast feeding
- Fluid exchange during intercourse
- Exposure to feces from animals/people infected with Lyme



High-risk areas include:

- Wooded areas
- Nature parks
- Grassy fields
- Beaches



Fitness Classes Returning this Fall!

Join Sarah Salisbury, CFT for our popular fitness classes returning Tuesday, October 11th, 2016.

Tuesdays

– I Hate Exercise Class 5:30-6:30 pm

Thursdays

– Strength & Balance Class 2:00-3:00 pm

– I Hate Exercise Class (Regular)
4:30-5:30 pm

– I Hate Exercise Class (Advanced)
5:30-6:30 pm

First Class is FREE!

\$110.00 + HST for the remaining 11 classes!

For a full list of class dates and to sign-up for these classes, please see the front desk staff or call the office at 613-264-0616 or email at chirocare@primus.ca

HALLOWEEN CANDY ALTERNATIVES

- Stickers
- Halloween-Themed School Supplies
- Temporary Tattoos
- Glow Sticks and Necklaces
- Spider and Bat Rings
- Play Dough or Bubbles
- Fruit snacks
- Coloring Books



The office will be closed Saturday, October 8th and Monday, October 10th for the Thanksgiving long weekend!

