

February
2013



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

Inside:

Let us help you get
into a wellness program

2

Pregnancy and
Chiropractic

Office resources

Loyalty Club, Seniors
Day, Bottle Return

3

Vitamin B

Heart Facts

4

Hints for Healthier

Eating

Eat Tomato for Heart

Health

5

Everyday Heart Health

Tips

Chickpeas – Recipe

Valentine's Day Gift

Ideas

6

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Visit our website at
www.chirolongevity.com

February is Heart Month – Happy Valentine's Day!

Celebrate Valentine's Day by celebrating your heart. Wise Woman herbalist Susun Weed gives us a few simple, easy ways to nourish that vitally important little organ.

Here are ten easy steps to better heart health:

1. Stop smoking. Nourish yourself with a handful of sunflower seeds and a cup of nettle or oat straw infusion daily for 4 to 6 weeks before quitting. Sunflower seeds reduce the body's craving for nicotine by filling the nicotine receptor sites. The infusion strengthens blood vessels and nerves and cushions the impact of withdrawal. Also see details on the driven to quit contest on page 3 of this newsletter.

2. Touch and be touched. Many scientific studies have shown that people who were touched lovingly every day had significantly fewer heart problems.

3. Eat seaweed. They have been shown to stabilize blood pressure, regulate levels of triglycerides, phospholipids and cholesterol. They dissolve fatty build-ups in the blood vessels. They can restore cardiac efficiency and prolong the life of the heart muscle, and they encourage a steady

heart beat.

4. Eat foods rich in beta-carotene: they can cut your risk of a stroke by 40 percent. Foods rich in beta-carotene include carrots, cabbage, winter squash, sweet potatoes, dark leafy greens, apricots, and seaweed. Ask our staff about supplementing with CartoMax from Shaklee.

5. Eat garlic. Study after study has confirmed garlic's ability to lower blood pressure, reduce phospholipids and cholesterol, strengthen heart action, increase immune response, reduce platelet clumping and clotting (thus reducing strokes) and stabilize blood sugar levels. Eat garlic raw or lightly cooked, several cloves a day or ask front desk staff about supplementing with Garlic Complex from Shaklee.

6. Eat foods rich in essential fatty acids. Fresh pressed oils of wheat germ or flax seed are especially nourishing or ask us about supplementing with EPA DHA by Metagenics.

7. Drink lemon balm tea. It is so strengthening to the heart that there's an old saying

about it: "Those who drink lemon balm tea daily will live forever!" You can also make lemon balm vinegar to use on your salads.

1½ cups chopped lemon balm leaves
3 cups white vinegar
¼ cup honey

8. Move! Go for a walk, jump rope, swim, or do leg lifts and arm raises. Regular exercise is key.

9. Avoid restrictive diets. Frequent dieting, fasting, binging and purging imbalance your electrolyte levels, causing weakening of the heart muscle and damage to the heart. Ask about our 8 Weeks to Wellness program.

10. Eat as much as you want of vegetables, beans, greens, fruits, fish, seeds, and yogurt. Go easy on: nuts, cheese, and milk.

"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied." -Herophilus

Let us help you get into a wellness routine

Did you know that the Chiropractic Care and Longevity Center offers personal training sessions? Available on site in our gym!

We make customized one-on-one personal or couples training sessions for everyone! Our sessions help you learn an at home routine that is customized for your fitness needs!

Training sessions offered by:
Hanna Murphy – Personal Trainer

| | | |
|--------------------|-----------|-------------|
| 1 Person | \$40/hour | +Hst\$5.20 |
| 2 People same time | \$60/hour | +Hst \$7.80 |

Ask the front desk staff for more details and to have a look at our new gym the next time you are in the office!

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 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 to sign you up for the next information session.

Wellness Assessment Appointment

This appointment is designed for people who are looking for a more personalized, in depth, natural approach to meet their health care needs. The health plan developed for you will be customized, personal and very specific. Whether you're just tired and looking for more energy, or stressed, or dealing with hormonal imbalances, weight & blood sugar concerns, or just want a plan to maintain good health. The wellness assessment requires 2 appointments.

Appointment #1: We will provide you with 3 questionnaires to be completed and returned for our review. They are available by email, if you would prefer.

Bio Impedance Analysis (B.I.A.) with Hanna Murphy, CFT, RNSA

You will be hooked up to a computer with cables attached to your hand and your foot. The cables send a non-painful electrical pulse to each other to analyze what your body is made up of. This test will tell you things like lean body mass, fat percentage, possible hormonal imbalances, hydration level, BMI (Body Mass Index), resting metabolic rate, and whether you are eating enough and so much more. This test is the best way of tracking health improvements.

Instructions for the B.I.A.:

Approx. 30 minutes in length

No alcohol within 24 hours prior

No exercise for 4 hours

Avoid caffeine or food for 4 hours prior

Consume 2-4 glasses of water within 2 hours prior.

You will wait for a phone call from this office to let you know when to book appt. #2.

Appointment #2: Dr. Kathy Wickens and Hanna Murphy will have reviewed your results together to form a personal plan for you. The appointment will be approximately 30-45 minutes with Hanna. This appt. will be an explanation of the recommendations based on the results of your completed health questionnaires and B.I.A. The recommendations and explanation may include cleanse(s), nutritional supplements, meal replacements, home and/or on site exercise programs as well as food / diet suggestions. The professional product lines we carry at the office have all been studied and researched. All of the brands we carry have studies to back up their effectiveness and quality to ensure you get the best products on the market.

Cost is \$100.00 + HST for appt.'s 1 & 2. Products are extra and prices will be provided during appt. #2 for your consideration.

Pregnancy and Chiropractic

Pregnancy is a life-altering experience that is shared by women. It is an amazing time filled with activities like reading books on pregnancy and labour, watching birth stories, shopping for maternity clothes and choosing baby names. In addition to all the excitement and joy it brings, pregnancy puts a great deal of stress on your spine. The body goes through a period of rapid physiological and endocrinological changes. The spine must adapt to postural, hormonal and weight changes—all of which may contribute to the back pain some women experience. Many women decide pregnancy is a time to make healthy choices such as improving

their diets, cutting out coffee and alcohol and quitting smoking. It is also a time to consider chiropractic care as a complementary component of prenatal care.

Chiropractors are doctors with over seven years of education at the university level. They have studied the art and science of hands-on healing and therapy. 50% of pregnant women complain of low-back pain—often a result of ligament laxity and the protruding abdomen. Chiropractors are trained to locate and relieve the discomfort many women experience during

pregnancy. Patients often report that labour is shorter and more comfortable after receiving chiropractic care during pregnancy.

Dr. Kathy Wickens is a chiropractor, a mother of two children, and grandmother of two. She has the personal and professional experience to help women in any stage of pregnancy feel more relaxed and comfortable about the new and exciting changes taking place at this special time. All Chiropractors are trained to help pregnant women.

Tips for Pregnancy

♥Be sure to get adjusted regularly. Chiropractic care is important to help maintain a healthy skeletal structure and nervous system function throughout a pregnancy and childbirth.

♥Do some gentle exercise each day. Walking, swimming, or stationary cycling are relatively safe cardiovascular exercises for pregnant women.

♥Avoid any activities that involve jerking or bouncing movements. Stop exercise immediately if you notice any unusual symptom, such as nausea, dizziness or weakness.

♥Wear flat shoes with arch supports/orthotics. Your feet become more susceptible to injury during pregnancy, partially due to a rapidly increasing body weight, but also because the ligaments that support the feet become more lax.

♥When picking up children, bend from the knees, not the waist. Your low back is much more prone to injury during pregnancy.

♥When sleeping, lay on your side with a pillow between your knees to take pressure off your lower back. Full-length "body pillows" or "pregnancy wedges" are very popular and can be helpful.

♥Eat several small meals or snacks every few hours, rather than three large meals per day. This will help alleviate nausea, stabilize blood sugar and allow your body to extract the maximum amount of nutrients from the foods that you eat.

♥Take vitamins with at least 400 micrograms of folic acid every day; 800 micrograms is even better. Folic acid has been shown to dramatically reduce the risk of neural tube defects in a developing fetus. **(critical in first few weeks)** Be sure to check with your doctor before taking any vitamin or herbal supplement to make sure it's safe for you and the baby.

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

Pre-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!

Reminder that the first Tuesday of every month is senior's Day at the office. All senior's 65+ receive 10% off all products.

Bottle Return Discount:
If you bring your empty bottle back to us at the time of purchase of the same product, you will receive 10% off the new bottle.

Vitamin B-complex to help heart disease risk

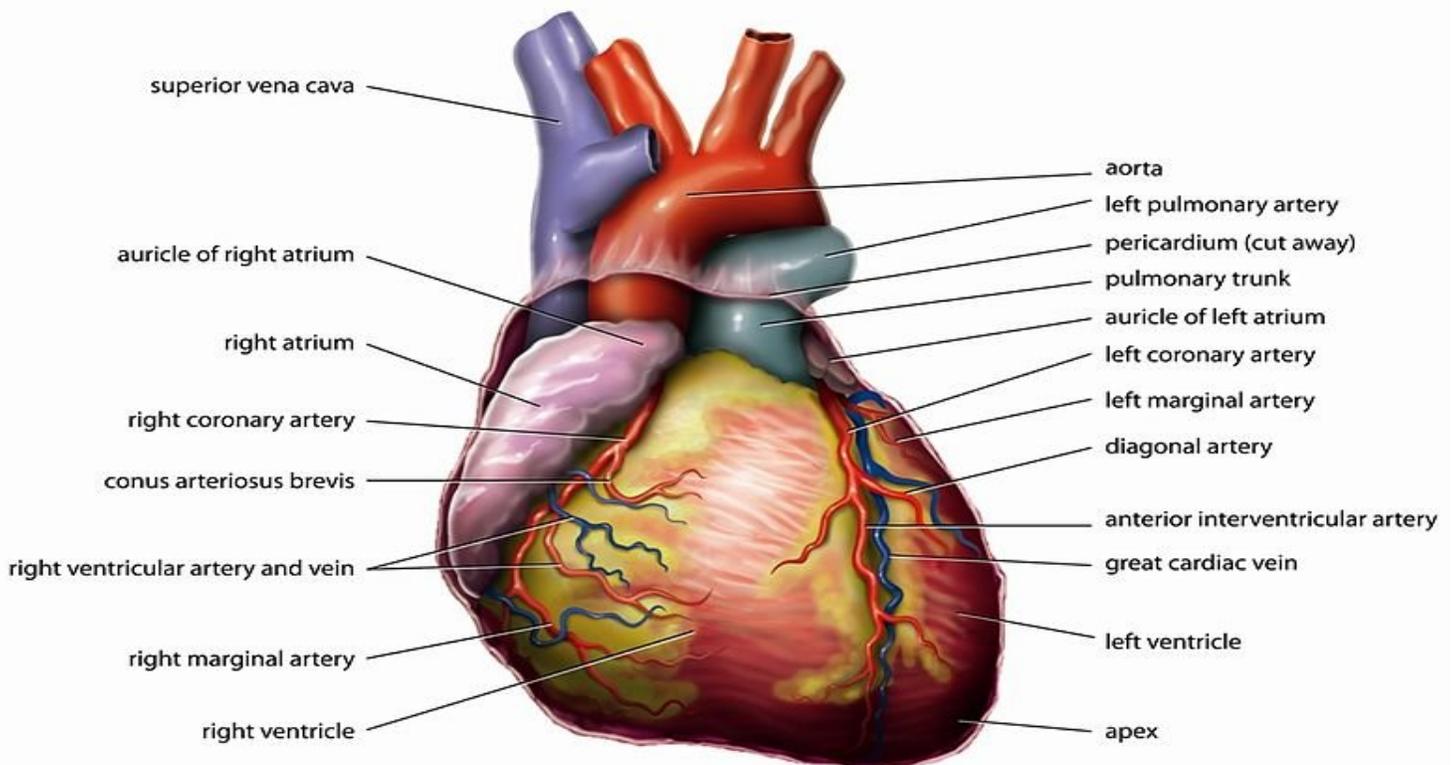
Increased intake of folic acid and B-12 through diet or supplements may help reduce the "bad" amino acid homocysteine and help us live longer, recent research reveals. High homocysteine levels are suspected of contributing to 6 to 10 percent of all heart attack deaths in the United States.

Scientists at the University of Michigan used a computer model to investigate everything known about homocysteine's harmful effects and how folic acid and vitamin B-12 seem to regulate the amino acid's level in the blood. They worked under the assumption that reducing homocysteine levels would reduce the homocysteine-related heart-disease risk by 40 percent in any particular group. They found that with vitamin supplements, about eight years of life could collectively be gained for every group of 1,000 men and four years for every group of 1,000 women. This came about no matter whether the vitamins were given to all at-risk people or just those whose blood test showed elevated homocysteine levels. Full findings are published this week in the US journal ,Archives of Internal Medicine.

* It is important to take a B-complex rather than iust individual B vitamins.

Heart Facts

- ♥Your system of blood vessels – arteries, veins and capillaries – is over 60,000 miles long. That's long enough to go around the world more than twice!
- ♥The adult heart pumps about 5 quarts of blood each minute – approximately 2,000 gallons of blood each day – throughout the body.
- ♥When attempting to locate their heart, most people place their hand on their left chest. Actually, your heart is located in the center of your chest between your lungs. The bottom of the heart is tipped to the left, so you feel more of your heart on your left side of your chest.
- ♥The heart beats about 100,000 times each day.
- ♥In a 70-year lifetime, the average human heart beats more than 2.5 billion times.
- ♥An adult woman's heart weighs about 8 ounces, a man's about 10 ounces.
- ♥Blood is about 78 percent water.
- ♥Blood takes about 20 seconds to circulate throughout the entire vascular system.
- ♥The structure of the heart was first described in 1706, by Raymond de Viessens, a French anatomy professor.
- ♥The electrocardiograph (ECG) was invented in 1902 by Dutch physiologist Willem Einthoven. This test is still used to evaluate the heart's rate and rhythm.
- ♥The first heart specialists emerged after World War I.



*“There is more hunger for love and appreciation in this world than for bread.”
Mother Teresa*

Hints for Healthier Eating

1. Plan your meals. You should be eating five little meals every day. This will rev your metabolism and you will have more energy.

2. Every meal should be a balance of carbohydrates, fats and proteins; in other words, if you have an apple for a snack you should also have some protein such as a small piece of cheese. However, it is more important to have the apple than nothing. What to avoid are meals or snacks that are simple carbohydrates as these will stimulate insulin and then will drop your blood sugar. In other words avoid bagels and muffins on their own

3. Make an effort to plan five little meals, maybe six, especially if you are extremely active. Eat roughly every 3 hours; you will feel great and as a result you will look terrific.

4. If you desire a fat burning body rather than a sugar burning one, for one week you should eat five meals a day but only protein, fat and low glycemic vegetables in a ratio of 20-30 grams of protein, 10 grams of fat and 30 grams of carbohydrates. (Proteins equivalent to the size of your palm, carbohydrates the size of your fist and fat the size of your thumb bearing in mind that with animal protein there is already enough fat.)

What does this mean- for the first seven days as you strive to make your body a fat burning machine rather than sugar burning from having eaten too many simple carbohydrates such as bread and pasta, the goal will be to eat no breads, pastas, rice nor vegetables like potatoes, carrots, parsnips. (high glycemic index)

5. Buy around the perimeter of the store. That is where the most natural foods are. Plan ahead so that you can plan your vegetables around what is on sale for the week. For instance eggs and red peppers make a great breakfast if the red peppers are priced right. If you have a grain cereal for breakfast you cannot put sweetener on it but you can use cinnamon. The first week you can also have cottage cheese and vegetables but no fruit. There are protein shakes and meal replacement bars that you can use when you are in a really big hurry or if you have nothing else to grab. Speak to staff about the best types as they are not all created equal. For example anyone on Carnation Breakfast for a long time may develop a thyroid condition.

6. You can eat lentils and beans. They are a wonderful source of protein and carbohydrates, inexpensive and you can use them in many ways. You can cook up a huge crockpot full of chili and then freeze it in small containers for grabbing

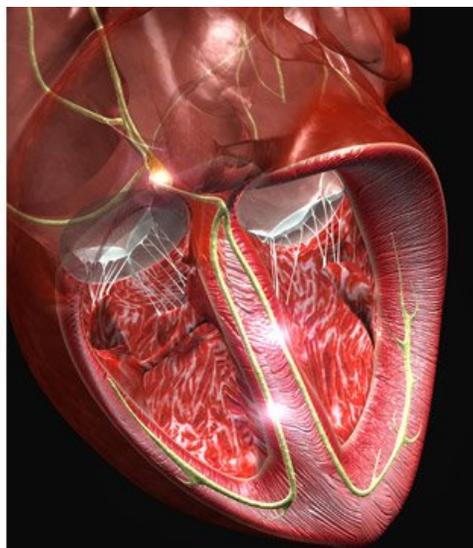
on the way out the door for lunch or for a quick supper when you are in a hurry. That combined with a salad is delicious and healthy.

7. Avoid junk food as they have many useless calories as do crackers.

8. Stay away from juices. Most are high in sugar that is hard on the pancreas. When you are playing sports use a good quality sports drink that will give you a nice slow release of energy. Remember to drink water. Take your body weight in pounds and divide it by 2 - that is the number of ounces of water to consume each day. It is a good idea when you first wake up in the morning to have a drink of water. Then if you haven't had any by the time you eat lunch you should drink a bottle before lunch and the same before supper. Try not to drink with meals as it will dilute the enzymes.

9. Remember input output. When you are eating a balanced amount of soluble (vegetables) and insoluble (grains and cellulose) fiber you should be having at least two to three bowel movements a day.

10. Keep a diary of what you are eating and how you feel. You may be surprised at the correlation and it will help you to know what is right for you.



Eat Tomato for Heart Health From: Foods That Look Like Body Parts They're Good For

Learn how you can stay healthy by eating 10 anatomically shaped eats

By Amanda Greene

Slice open a tomato and you'll notice the red veggie has multiple chambers that resemble the structure of a heart. Studies have found that because of the lycopene in tomatoes, there is a reduced risk for heart disease in men and women who eat them. If you mix them with a little fat, like olive oil or avocado, it will boost your body's lycopene absorption nearly tenfold.

<http://www.womansday.com/search/?SearchText=%22WomansDay.com%22&SourceLink=1>

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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

We're on the Web!

See us at:
www.chirolongevity.com

Also:



Everyday Heart Health Tips

If you're not convinced about the need to develop an exercise program for your life, you can at least try following some of these tips in your everyday routine. Take advantage of any opportunity for exercise. Try some today.

- Take the stairs instead of an elevator or escalator at school or the mall. Just start with one flight. Soon, you'll be ready for two.
- Park your car at the far end of the parking lot. The short walk to and from the store or school helps your heart.
- If you ride a bus or subway, get off a stop before your destination. Walk the rest of the way.
- If you can, spend a few minutes of your lunch break taking a stroll, it should help you stay awake after lunch.
- Think of housework as an extra chance to exercise. Vacuuming briskly can be a real workout.
- Mowing the lawn, shoveling, pulling weeds, and raking leaves are chores that can be done yourself as a chance to exercise.
- If you have a dog, think of the dog as an exercise machine with fur. A brisk walk with the dog is good for both of your hearts. Make it a part of your daily routine.
- If you have a family, schedule an after-dinner walk. Make it quality time.

Chickpeas (aka garbanzo beans) are a great source of fiber, protein, Folic acid and Vitamin B6; they are also heart-healthy and touted as a depression-fighting food.

This recipe, created by Myra Kornfeld and published in Experience Life, is fast but does not compromise flavor or nutrition. For more tips from Kornfeld and other chefs on quick and delicious food, click here.

Lemony Spiced Chickpeas With Spinach

Serves four

- 3 tbs. extra-virgin olive oil
- 2 cups thinly sliced onions (2 medium onions)
- 2 cloves garlic, minced
- 1 15-ounce can chickpeas, drained and rinsed (or 1 1/2 cups cooked chickpeas)
- 1 tsp. ground cumin
- 1 tsp. paprika
- 1/8 tsp. cayenne
- 3 tbs. fresh lemon juice
- 1 tsp. salt
- 3/4 pound baby spinach
- Freshly ground black pepper

Warm the oil over low heat in a large skillet. Add the onions and garlic and cook for 15 minutes, stirring occasionally until they are juicy and tender.

Add the chickpeas, spices, lemon juice and salt. Cook five minutes uncovered, stirring from time to time.

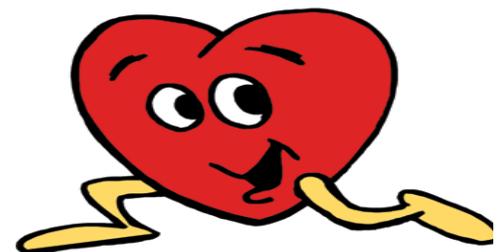
Stir in the spinach; cover and cook until the spinach has wilted, about four minutes. Uncover and sprinkle with black pepper. Taste and add a pinch more salt if necessary.

Valentine's Day Gift Ideas

From the Chiropractic Care and Longevity Center

- Gift certificate for a massage
- Gift certificate for the hydrotherapy massage bed
 - Crackle nail polish
- Xocai Healthy Chocolate
- Gift certificate for any esthetic services (pedicures or manicures are popular gifts)
 - Aromatherapy

Healthy Heart



Healthy You

Experience the Benefits of Monthly Chiropractic!