



Chiropractic Care & Longevity Center

Dr. Kathy Wickens B.Sc. (Hon.), D.C. & Associates



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5 Gore Street West
Perth, ON K7H 2L5
613-264-0616

www.chirolongevity.com

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.

Five Positive Benefits of Sunshine

www.chiropracticmiracles.com

In recent years, going out in the sun has gotten some bad press. While it's true that overexposure to the sun can be harmful, for most people, some sunshine is necessary for good health.

At www.medicaldaily.com, Lizette Borrelli tells us of five positive health benefits of sunshine.

1. A Better Night's Sleep
2. A Better Mood
3. Better Blood Pressure
4. Less Incidence of Skin Cancer
5. Better Vitamin-D Levels

So, instead of staying out of the sun, get into it – just don't overdo it. Getting sunshine without sunscreen every day will help you be healthier and happier overall. While amounts vary with each skin type, the average person should get between 5-15 minutes of exposure to sunshine daily in order to get 1000 IU's of vitamin-D.

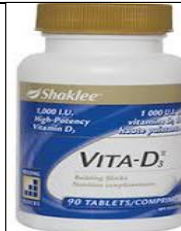
Vita-D3 from Shaklee®

Vitamin-D has been shown in recent studies to:

- Help support healthy heart function
- Help promote immune health
- Facilitate healthy cell development
- Aid in calcium absorption for maintaining strong bones and teeth

Plus, Shaklee's Vita-D3 is subjected to over 300 tests to guarantee product purity.

90 tablets
\$11.25 tax included



D-Mulsion 1000 from Seroyal

D-Mulsion 1000 is emulsified vitamin-D. It uses lanolin as a precursor and has an olive oil base. Vitamin-D helps in the development and maintenance of bones and teeth.

30 mL
\$22.12 tax included

PEACH Life Shake® NOW AVAILABLE!

Life shakes are a delicious meal shake mix that contains nutrients clinically proven to help create the foundation for a healthier life. It's designed to help keep you refreshed and satisfied, help you achieve a healthier weight, and provide digestive and immune support.

Life Shakes:

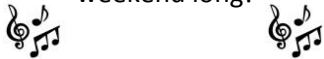
- Gluten free, lactose free, low glycemic, and kosher
- Contains no added artificial flavors, sweeteners, colors, or preservatives.



\$51.87
tax included
Available while supplies last

Upcoming Events in Perth

The 27th Annual Stewart Park Festival takes place from **July 13– July 15th**. Three days of music under the majestic maples in beautiful Stewart Park. With music, artisan vendors, workshops, activities, and after hours musical events to keep you entertained all weekend long!



The Rotary Club of Perth is hosting the 4th Annual Perth Ribfest Music Festival and Car Shows at Last Duel Park. Come for the Ribs, stay for the music! 3 days of live local entertainment; kids activities; multiple vendors; Car shows starting at 11:00 am both Saturday and Sunday. **July 27-29th**
Admission is by donation.



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:



Telus Health Direct Billing is now available at CCLC!

Bike Safety

www.caa.ca/bike/choosing-a-helmet



Why is it important to wear helmets?

Properly fitted helmets:

- Save lives
- Decrease severity of injury
- Reduce risk of brain injury by over 85%

How to Safely Wear a Helmet

Step 1:

Save, read, and follow the manufacturer's instructions that come with your helmet.

Step 2:

Put on your helmet and make sure it fits snugly. With the helmet on your head, try to move it gently from side to side and back and forth. The helmet should be snug enough to move your skin.

Step 3:

If needed, use the thicker foam padding provided with the helmet to make it snugger.

Step 4:

Check that the helmet covers your head properly. The front edge of the helmet should be positioned two fingers above the eyebrows to protect the forehead.

Step 5:

Adjust the straps to meet in a V shape just below your ears.

Step 6:

Tighten or loosen the straps to ensure that only one finger fits between your chin and chinstrap.

Did you know that 8 out of 10 provinces have helmet laws? Check the link below to see what Ontario's laws are.

<http://www.mto.gov.on.ca/english/safety/bicycle-safety.shtml>

A Little Laughter...☺

Why was it so hot in the stadium after the baseball game? All the fans left!

What did the pig say at the beach on a hot summer's day? I'm bacon!

What do you call a snowman in July? A puddle

How do you prevent a summer cold? Catch it in the winter!

www.onlinefun.com



HAPPY CANADA DAY EVERYONE!



LEMON-BLUEBERRY POPS

Using doTERRA® Lemon Essential Oil

Ingredients:

- 1 cup frozen blueberries
- 1 banana, peeled
- ¼ cup orange juice
- ¼ cup plain Greek yogurt
- ½ cup spinach
- 1 apple, peeled, cored, and sliced
- ¾ cup coconut milk
- 1 drop Lemon essential oil (Available for purchase at CCLC)



Instructions:

1. Blend all ingredients together like a smoothie.
2. Pour into popsicle molds, and freeze for at least 3 hours or until solid.