



# Chiropractic Care & Longevity Center

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## March 2016

### Inside:

• Healthy Tips for Knitting

• Stress Talk

• Shaklee 180™ Smoothie Recipe

• Joke

• Easter Closure



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[www.chirolongevity.com](http://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.

## Stressed? We can help!

Join Dr. Malissa Carullo, Naturopath, here in the office on Wednesday, April 6<sup>th</sup> from 6-7pm for a **FREE** information talk about *Stress*.

### Learn about:

- Different types of Stress
- How stress affects your sleep cycles, thyroid, hormones and more!



RSVP @ the Front desk!

Our office fees are increasing May 2<sup>nd</sup>, 2016. Thank you for your continued support.

## Fitness Classes

I Hate Exercise Class



Strengthening & Balance Class



Pre & Post Natal



New classes starting in April for 12 weeks. Ask front staff for schedule and fees, or visit our website at [www.chirolongevity.com](http://www.chirolongevity.com)

**TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.**

## Happy St. Patrick's Day

Healthy Shamrock Smoothie Recipe



### Ingredients:

- 2 Scoops Vanilla Shaklee 180™
- 8 oz non fat/light Almond Milk or Soy Milk
- ¼ tsp Mint Extract
- ½ tsp Pure Vanilla
- ½ cup (small handful) fresh Spinach
- ½ Frozen Banana
- 3-5 Ice Cubes
- 1-2 Strawberries (garnish)

### Directions:

Blend to desired consistency. Enjoy!

Nutrition Facts: McDonald's Shamrock Shake compared to my Healthy Shamrock Smoothie:  
McDonald's Shamrock Shake: (16oz Cup - Med.) - 660 Calories | 14g Protein | 19g Fat | 12g Saturated Fat | 109g Carbs | 210mg Sodium | 93g Sugar  
Healthy Shamrock Smoothie: - 170 Calories | 16g Protein | 3g Fat | 0g Saturated Fat | 18g Carbs | 240mg Sodium | 10g Sugar | 6g Fiber



The office will be closed Friday, March 25<sup>th</sup>, Saturday, March 26<sup>th</sup> & Monday, March 28<sup>th</sup> for the Easter Long Weekend!



off the mark.com by Mark Parisi



## Tips To Enjoy Healthy Knitting

[www.chiropractic.on.ca](http://www.chiropractic.on.ca)

Many of us turn to knitting to pass the time and it can be a great exercise for those with hand pain. However, knitting is a repetitive motion and can lead to a variety of injuries, much like typing, sewing and other repetitive tasks. Knitting can cause strain not only on the hands and wrists, but also on the neck and upper back due to the extended length of time knitters are looking down at their work in a sitting position. Knitting can also lead to carpal tunnel syndrome related to improper wrist positioning and grip technique in serious cases.

The Ontario Chiropractic Association has compiled a few tips and techniques to help knitters enjoy their hobby free of pain and discomfort:

- The single most important thing a knitter can do to prevent injury is take frequent, regular breaks. Change the position of your body and look up often from your work into the distance.
- Sit in a chair with your feet on the floor and try not to hunch. Try to engage your abdomen when adjusting your posture.
- Stretch your fingers by clenching your hands and then spreading your fingers as far as you can. Stretch and strengthen your wrists with simple curls. Lay your forearm on a flat surface with your wrist at the edge. While holding a small hand weight, let your wrist fall over the edge and then lift the weight up towards you only bending your wrist. The rest of your arm should remain flat on the table.
- Sit in a comfortable but supportive chair and consider placing a small cushion, rolled up towel or sweater between your chair and the curve in the small of your low back.
- The tools you use matter. Consider smooth, lightweight needles. Circular needles are best for large projects.
- Make small, efficient movements. Practice how small you can make your movements. Keep the working yarn close to the tip of the needles.
- Plan your knitting projects in advance and try to space them out over time.



The Chiropractic Care & Longevity Center

If you have any comments or suggestions about our Monthly Newsletter please email: [chirocare@primus.ca](mailto:chirocare@primus.ca)  
Thank you for reading our office newsletter!

We're on the Web!  
See us at:

[www.chirolongevity.com](http://www.chirolongevity.com)

Also:



Any pain of stiffness resulting from knitting should not be ignored. Knitting should be a fun, relaxing hobby. Make sure that knitting is contributing to your wellbeing and health, not more injuries.

### Buy your yarn locally at:

- Unraveled – Located at 9 Wilson St., E  
[www.unraveled.ca](http://www.unraveled.ca)
- Perth Fabrics – Located at 14 Gore St., E  
[www.perthfabrics.ca](http://www.perthfabrics.ca)
- Perth Fashion Mill – Located at 41 Foster St.

