

March  
2011



## MONTHLY NEWSLETTER

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

### Inside:

Johns Hopkins Cancer

Update 2

Free Foot Analysis

Safety Information for

Voltaren 3

The English Language

Jokes of the Month

Healthy Foods 4

Acupuncture

Vita-Lea Ocean

Wonders 5

Notices for the Month

6

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

### Patient Quotes:

"I thought the pain would go away on its own..."  
"...I should have come to see you sooner!"

### 10 General Tips for a Healthy Back:

1. Exercise regularly.
2. Follow a healthy diet.
3. Maintain good posture as much as possible.
4. Do an active warm-up before activity and stretch after.
5. Don't overload your backpack or shoulder bag.
6. Stretch your legs and back after each hour of sitting.
7. Never cradle the phone between your neck and shoulder.
8. Sleep on your back or side, not on your stomach.
9. Invest in a good chair, pillow and mattress. It's worth it!
10. Have regular spinal check-ups.

### Back Problem Warning Signs

- Leg pain with numbness, tingling, and/or weakness.
- Back or leg pain with coughing or sneezing.
- Difficulty standing up after sitting for any period of time.
- Stiffness in the morning that decreases when you move around.
- Pain in your hip, buttock, thigh, knee, or foot.
- Inability to turn or bend to each side equally.
- Unbalanced posture, when your head, neck, or shoulder may be higher on one side than the other.
- Pain which prevents you from sleeping well.
- Pain that persists or worsens after 48 hours.

### Neurexan

Neurexan is an all-natural, doctor recommended homeopathic medication ideal for addressing the symptoms of sleep disturbances affecting an estimated 50 to 70 million individuals in the U.S. Unlike conventional treatments which primarily suppress symptoms (prescription medications), Neurexan works to restore the body's natural sleep cycle, therefore providing the body with renewed energy and mental clarity during the day, while allowing for gentle relaxation with a calm mind at night.

Neurexan can help put an end to a cycle of high stress, nervous restlessness and poor sleep patterns. The body inherently desires to be relaxed at all times and with the support of Neurexan during nighttime hours, you can better achieve this state naturally and without unwanted side effects or the risk of habituation commonly associated with many prescription products.

#### Benefits:

- Non-addictive formula
- Safe for use with other medications
- Improves physical & mental well-being
- Stabilize the sleep cycle
- Appropriate for all ages
- Convenient tablet dosage form

Neurexan is suitable for long-term use and is safe for the whole family, including children and seniors. As is the case with all Heel medicines, Neurexan is regulated by the FDA as a drug product and is therefore held to high industry standards for safety and efficacy.

**Please ask front desk staff for more details.**



**Try this sleep saying:**  
**"I sleep all night on my side or back with my arms down and I have the best sleep ever."**  
*(Repeat 5 times at bedtime)*

### An excerpt from Secrets of the World Class by Steve Siebold

Champions believe if you remove the adversity, you remove the victory. As a result, they tend to view adversity as a challenge through which learning and growing occurs. Their world view is evident in the way they describe the adversities they face. While average people choose the path of least resistance, world-class performers operate at a higher level of awareness. They understand that stress and struggle are the key factors in becoming mentally tough. While average people watch television and hang out at happy hour, the great ones continue to push themselves mentally and physically to the point of exhaustion. Only then will you see them in rest and recovery situations. Adversity, to average people, equals pain. Adversity, to world-class performers, is their mental training ground. It's how they become mentally tough. Average people scorn adversity. Those who are world class don't welcome adversity; yet they see it as the ultimate catalyst for mental growth, as well as the contrast needed to recognize the beauty of life.

#### Action Step for Today

List the three most difficult adversities you have faced and five good things that happened to you as a result of each one.

**Train yourself to see the good in adversity, and your fear of future challenges will dissipate**

## Cancer Update from Johns Hopkins University of Medicine:

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY ("TRY", BEING THE KEY WORD) TO ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY.

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has nutritional deficiencies. These could be due to genetic, but also to environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet to eat more adequately and healthy, 4-5 times per day and by including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve

the cancer cells by not feeding it with the foods it needs to multiply.

\*CANCER CELLS FEED ON:

- a. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts.
  - b. Table salt has a chemical added to make it white in color Better alternative is Bragg's aminos or sea salt.
  - c. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting out milk and substituting with unsweetened soy milk, cancer cells will be starved.
  - d. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a small amount of other meats, like chicken. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
  - e. Avoid coffee, tea, and chocolate, which have high caffeine Green tea is a better alternative and has cancer fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.
12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.
  13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.
  14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.
  15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily and deep breathing help get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

1. No plastic containers in micro.
2. No water bottles in freezer.
3. No plastic wrap in microwave.

Johns Hopkins University recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat he said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. Such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper, the dioxin problem is one of the reasons. Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

**Why wait** until pain or symptoms develop to get chiropractic care? Does it save you money and stress by neglecting oil changes and tire realignment? What about changing the vehicle's oil only after the engine blew up? Waiting until you have a problem, is the most expensive and stressful way to live. If you want to **STAY** healthy, get your spine checked regularly.

## Book a Complimentary Appointment to Have Your Feet Analyzed Today!

If you are experiencing pain or discomfort in your feet, ankles, knees, hips, or lower back, the cause may be a functional problem with your feet or ill-fitting shoes. When walking, the average person takes 8,000 to 10,000 steps each and every day. When running, the pressure on your feet can be 3-4 times your body weight. It is very important to understand that your feet support you with each step and can have a direct impact on the rest of your body. A seemingly small change in foot function can have a large impact on joints higher up in the body, causing pain and discomfort.

Just imagine, 25% of all the bones in your body are in your feet. Feet are a complex arrangement of 52 bones, 66 moveable joints, 214 ligaments that hold these joints together, and 38 muscles with tendons that move these joints.

Are you a candidate for custom orthotics or modified orthopedic footwear? Dr. Kathy Wickens is dedicated to helping you gain control of your health by directly dealing with any foot problems that may be causing you discomfort.

**Custom orthotics and orthopedic shoes are covered by most extended health care plans. Book in today with the front desk staff to have your feet analyzed at no charge at the time of your next appointment!**

### Common conditions and pain syndromes related to poor foot function or mechanics include:

- Overpronation or hyperpronation
- Supination
- Fallen longitudinal arch
- Fallen transverse arch
- Flat feet
- Plantar fasciitis
- Morton's neuroma
- Metatarsalgia
- Achilles tendonitis
- Shin splints
- Soleus syndrome
- Tibialis posterior syndrome
- Iliotibial band syndrome
- Runner's knee
- Sacroiliac joint syndrome
- Bunions
- Hammer toes
- Hallux rigidus
- Dropped metatarsal heads
- Diabetic feet
- Back pain

## IMPORTANT SAFETY INFORMATION for Voltaren Gel

What is the most important information you should know about medicines called Nonsteroidal Anti-Inflammatory Drugs (NSAIDs)? NSAID medicines, like Voltaren Gel, may increase the chance of a heart attack or stroke that can lead to death. This chance increases:

- with longer use of NSAID medicines
- in people who have heart disease

**NSAID medicines, like Voltaren Gel, can cause ulcers and bleeding in the stomach and intestines at any time during treatment.**

- Ulcers and bleeding can happen without warning symptoms and may cause death
- The chance of a person getting an ulcer or bleeding increases with older age

**NSAID medicines should only be used:**

- at the lowest dose possible for your treatment
- for the shortest time needed

Do not use Voltaren Gel if you are allergic to diclofenac (the active ingredient in Voltaren Gel) or if you have had asthma, hives, or other allergic-type reactions after taking aspirin or other NSAIDs.

Tell your healthcare provider:

- if you have a history of ulcers or bleeding in the stomach or intestines, or kidney or liver problems, or heart failure
- about all of your medical conditions
- about all of the medicines you take. NSAIDs and some other medicines can interact with each other and cause serious side effects
- if you are pregnant or breastfeeding. Voltaren Gel should not be used late in pregnancy

NSAIDs, including Voltaren Gel, can lead to high blood pressure or worsening of high blood pressure, which may add to the increased risk of heart attack and stroke.

Possible serious side effects include life-threatening skin and allergic reactions.

Get emergency help right away if you have any of the following symptoms: shortness of breath or trouble breathing, chest pain, weakness in one side of your body, slurred speech, or swelling of the face or throat. Stop using Voltaren Gel and call your healthcare provider right away if you have: skin rash or fever with blisters.

Do not use Voltaren Gel on the same skin site that was treated with other topical products, such as sunscreens, cosmetics, lotions, moisturizers, or insect repellants.

Other information about NSAIDs:

- Aspirin, which is an NSAID, can cause bleeding in the brain, stomach, and intestines. Aspirin can also cause ulcers in the stomach and intestines

You should not use Voltaren Gel with oral NSAIDs.

The most common side effects reported in studies using Voltaren Gel were application site reactions, including dermatitis (reported in 7% of treated patients).

Do not get Voltaren Gel in your eyes, nose, and mouth

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

Seek medical attention right away if any of these common side effects occur when using Voltaren Gel: Severe allergic reactions (rash; hives; itching; trouble breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue); bloody or black, tarry stools; change in the amount of urine produced; chest pain; confusion; depression; fainting; fast or irregular heartbeat; fever, chills, or persistent sore throat; mental or mood changes; numbness of an arm or leg; one-sided weakness; red, swollen, blistered, or peeling skin; ringing in the ears; seizures; severe headache or dizziness; severe or persistent irritation at the application site; severe or persistent stomach pain or nausea; severe vomiting or diarrhea; shortness of breath; sudden or unexplained weight gain; swelling of the hands, legs, or feet; unusual bruising or bleeding; symptoms of liver problems (eg, dark urine, pale stools, persistent loss of appetite, yellowing of the skin or eyes); unusual joint or muscle pain; unusual tiredness or weakness; vision or speech changes; vomit that looks like coffee grounds.

### PLEASE ASK US ABOUT THE SAFE ALTERNATIVES:

**Traumeel:** for aches and pains. It is a homeopathic preparation — a significantly diluted medicine. It contains several herbs, but mostly [Arnica montana](#) — in fact, people often call it “Arnica cream.” The manufacturer says that Traumeel’s main benefits are “anti-inflammatory effects,” and the product enjoys a strong reputation for being good for muscular pain, joint pain, bruising, and sports injuries.

**MEDISTIK™:** provides soothing relief for stiff and sore muscles, strains and sprains, backaches, lumbago, tendonitis, arthritic and rheumatic pain. People suffering from chronic pain love MEDISTIK™ for its fast acting pain relief, easy application, and because it can be used repeatedly without side effects common to other pain relief products.

## You think English is easy???

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present
- 8) A bass was painted on the head of the bass drum...
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) There was a row among the oarsmen about how to row ...
- 13) They were too close to the door to close it.
- 14) The buck does funny things when the does are present.
- 15) A seamstress and a sewer fell down into a sewer line.
- 16) To help with planting, the farmer taught his sow to sow.
- 17) The wind was too strong to wind the sail.
- 18) Upon seeing the tear in the painting, I shed a tear.
- 19) I had to subject the subject to a series of tests.
- 20) How can I intimate this to my most intimate friend?

Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese.. So one moose, 2 meese? One index, 2 indices? 'One Sheep Why Not Two (2) Sheeps?? Why A Mob of Sheep – Is A Mob of sheep as described on 'Word Web' "A loose affiliation of gangsters in charge of organized criminal activities"??..Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables what does a humanitarian eat? Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out, and in which, an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why when the stars are out, they are visible; but when the lights are out, they are invisible. Why doesn't 'Buick' rhyme with 'quick'?

### You lovers of the English language might enjoy this...

*There is a two-letter word that perhaps has more meanings than any other two-letter word, and that is 'UP'*

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election, and why is it UP to the secretary to write UP a report? We call UP our friends. And we use it to brighten UP a room, polish UP the silver; we warm UP the leftovers, and clean UP the kitchen. We lock UP the house and some guys fix UP the old car. At other times the little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing, but to be dressed UP is special. And this UP is confusing: A drain must be opened UP because it is stopped UP. We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP! To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4th of the page and can add UP to about thirty definitions. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more. When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP... When it rains, it wets the earth and often messes things UP. When it doesn't rain for awhile, things dry UP. One could go on and on, but I'll wrap it UP, for now my time is UP, so.....it is time to shut UP! Oh . . . one more thing:

*What is the first thing you do in the morning & the last thing you do at night? U-P*

**Are you afraid that trying to eat healthily will drain your wallet? Not to worry -- some of the healthiest foods in the world are actually very, very cheap. Planet Green lists a number of foods that are great for your body but won't break the budget:**

**Kale:** It's loaded with vitamin C, vitamin B, and calcium, and costs just over a dollar a bunch.

**Broccoli and Cabbage:** These low-cost cruciferous vegetables neutralize toxins in your liver.

**Winter Squash:** It's just a few dollars a pound, it's a good source of vitamin B6 and folate.

**Sweet Potatoes:** They're full of fiber, protein, vitamin A, and vitamin C.

**Adzuki Beans:** Adzuki beans contain some of the highest levels of protein of any variety of beans, and they also contain high levels of potassium, fiber, B vitamins, iron, zinc, and manganese.

**Black Beans:** These are a good source of folate, dietary fiber, manganese, protein, magnesium, vitamin B1 (thiamin), phosphorus, and iron.

**Sunflower Seeds:** Raw sunflower seeds contain 76 percent of the RDA for vitamin E.

**Almonds:** Almonds are good for heart health and loaded with vitamin E.

## Digging a Hole

**A passer-by watched two Irishmen in a park. One was digging holes and the other was immediately filling them in again. 'Tell me,' said the passer-by, 'What on earth are you doing?'**

**'Well,' said the digger, 'Usually there are three of us. I dig, Fergal plants the tree and Sean fills in the hole.'**

**Today Fergal is away unwell, but that doesn't mean Sean and I have to take the day off, does it?'**

## Happy St. Patrick's Day!



## Contemporary Acupuncture

**Erin Dillon, RMT**

**Acupuncture is an ancient Chinese system of healing whereby insertion of fine needles into the body at specific points is demonstrated to be effective in the treatment of many common health problems...**

- Common conditions
- Back pain
- Headache/migraine
- Sprains and strains
- Sports injuries
- Sports performance
- Frozen shoulder
- Muscle spasms and trigger points
- Tendonitis and bursitis
- Repetitive strain injuries
- Carpal tunnel syndrome
- Lateral epicondylitis: tennis elbow
- Medial epicondylitis: golfer's elbow
- Shoulder pain
- Neck pain
- Stiffness
- Arthritis and joint problems
- Hip and Knee pain
- Osteoarthritis affected joints
- Ankle pain
- Plantar fasciitis and foot pain
- Fatigue
- Pain control: acute and chronic
- Stress and Anxiety
- Sciatica

*Ask front desk staff for Erin Dillon, RMT's brochure on Contemporary Acupuncture for more details.*

## Shaklee Vita-Lea Ocean Wonders – Children's Multi Vitamin

Make taking your vitamin fun! These great-tasting, mixed berry, orange, and grape flavoured chewable tablets are naturally sweetened. Ideal for children and teens, this comprehensive supplement provides 23 essential nutrients including 100% of the daily value of B vitamins and trace minerals.

Vita-Lea Ocean Wonders from Shaklee is "the most comprehensive, tooth-friendly multivitamin and mineral supplement available today." Vita-Lea Ocean Wonders claims the following:

- Provides 23 essential nutrients, including 100% of B vitamins, trace minerals, vitamin K, and much, much more
- Natural base of phytonutrients
- Keeps children strong and healthy
- The sugar alcohols (xylitol and mannitol) may reduce the risk of tooth decay.
- No artificial flavors, sweeteners, colors or preservatives added.

Vita-Lea Ocean Wonders, with chewable tablets in dolphin, sea horse, and fish shapes, comes in three flavors: orange, grape and berry.

It is well-accepted in nutrition and medical circles that kids require a constant supply of essential vitamins and minerals to support optimal growth, development, and energy levels – and that a balanced multivitamin/mineral supplement is a prudent way to meet those nutrient needs in kids who may not be consuming adequate levels from their diets. Experts agree that children should get better nutrition from their diets.

Based on SupplementWatch's recommendation for a children's multivitamin, Vita-Lea does a good job at providing meaningful nutrients in all four categories. Vita-Lea provides several antioxidant nutrients for children, including vitamins C and E and selenium, along with several phytonutrients that provide additional antioxidants.

The product supplies good levels of all B-vitamin and contains all essential minerals needed by children. The product contains calcium and magnesium, both needed for growing and developing bones.

Vita-Lea Ocean Wonders is a safe formula, with all nutrients provided at safe levels. The product contains iron, so there is a warning to be careful of iron overdose in children.

Growing bodies need good nutrition. It is important for children to obtain the bulk of their nutrition from their diet, including a wide variety of fruit and vegetables. Experts recommend that children achieve healthy eating and physical activity patterns that reduce the risk of chronic long-term health problems.

However, it is also good insurance to have your child take a multivitamin/mineral supplement.

Vita-Lea Ocean Wonders theory is to provide the essential nutrients needed by children during growth and development. They provide a variety of flavors and fun shapes to make supplementing fun for kids as well.

Shaklee recommends children 4-12 years of age to take two tablets daily. For children 2-4 years of age, 1 tablet. Vita-Lea Ocean Wonders sells for \$28.61 for 120 tablets, making it either a 2 or 4 month supply depending on the age of the child. They have added sugar alcohols which have been researched to inhibit the growth of certain bacteria, especially *Streptococcus mutans*, significantly reducing plaque volume in teeth and ultimately reducing tooth decay. Vita-Lea also contains no artificial flavors, sweeteners, colors or preservatives added.

## When you cut your finger,

put a Band-Aid on, what gives the new skin? The Band-Aid? The antibiotics? No. Your body does. Do you have to tell your heart how fast to pump or your bladder how much to hold? Nope. Do you have to tell your body how to turn the snicker bars and pizzas into skin cells, heart muscle, bone, teeth, hair, etc.? No. These are the two fundamental truths to health: **Your body is self-healing and self-regulating.** Which system of the body controls these two vital functions? Your nervous system (brain, spinal cord, spinal nerves).

Misalignments of the spinal vertebrae from poor posture, falls, accidents, repetitive activities at work, or even the tugging and pulling of the newborn's neck at birth, impinges, irritate, and choke the nerves that control the flow of communication from the brain to the organs/tissues. This nerve interference is called subluxation. As a result, organs, systems, tissues and cells are not functioning at 100% optimally. Subluxation may exist in your body without pain or symptoms (silent), just like you can have heart disease, cancer or tooth decay without pain or symptoms for the first few months or years.



*To earn a Doctor of Chiropractic degree the candidate must complete a four year program consisting of 4800 hours of classroom, laboratory, and clinical study, including anatomy, physiology, chiropractic technique, radiology, biochemistry, toxicology, biomechanics, nutrition, diagnosis and physical examination, and a clinical internship consisting of one year of hands on clinical experience and training in a professional clinical setting.*

## Chiropractic Monthly Newsletter

### 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](mailto:hmurphy@primus.ca)

Thank you for reading our  
office newsletter!

We're on the Web!

See us at:

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



### *Everybody Needs a Coach!*

*Meet your team of personal health coaches at  
8 Weeks to Wellness! Now Offered at  
the Chiropractic Care and Longevity Center!*

*If you could have done it on your own, you would have done it by now.*  
Getting healthy and in shape by yourself is nearly impossible. That's where we come in.  
8 Weeks to Wellness provides you with a whole team of personal health coaches  
to keep you working toward your goal.

*Call to register today for a no-obligation orientation in our office.*  
It's the coach you've been missing!

#### *The 8WW program includes:*

- Total Health & Fitness Assessment
  - Complete Blood Workup
  - Body Composition Analysis
  - Personalized Diet Program
    - Wellness Education
    - Chiropractic Adjustments
  - On-Site Personal Fitness Training
  - Massage & Meditation Instruction

#### *Call today for next orientation*

*Give us 8 weeks and we'll change the rest of your life.*  
[www.8ww.com](http://www.8ww.com)

**The Chiropractic Care & Longevity Center**  
**(613) 264-0616**

The Chiropractic Care  
and Longevity Center  
would like to introduce  
you to:

**Dan Deacon**  
**Registered Massage  
Therapist**

He will be joining us  
March 14th and will be  
available every  
Monday:  
11:00 am – 6:00 pm



#### **Lifetime chiropractic care**

How many cars would continue to work right if the oil is not changed on a regular basis? How many of us would have teeth if they were not checked on a regular basis. Why brush your teeth after you have cavities? Why wait to have chiropractic care when pain and symptoms arise and when dysfunction has been present for so long that many times it is too late to rely on your body's healing abilities. Maintain proper integrity within your nervous system by having a Chiropractor check your spine for "nerve interference" for a lifetime. . . . What is so "Quackery" about letting the body function the way it was designed to work. When the nervous system is free of interface and able to communicate the possibilities are infinite. Chiropractic is for everyone from the womb to the tomb. *Jeremy D. Maxwell, D.C.*

*Experience the Benefits of Monthly Chiropractic!*