

November  
2012



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

**Inside:**

Get Your Feet  
Analyzed – ½ price Sale  
on orthotics:  
only \$200 a pair 2

Gut Bacteria 3

Eat the Colours of the  
Rainbow

Food Signatures 4

Mood Boosters

B-Complex 5

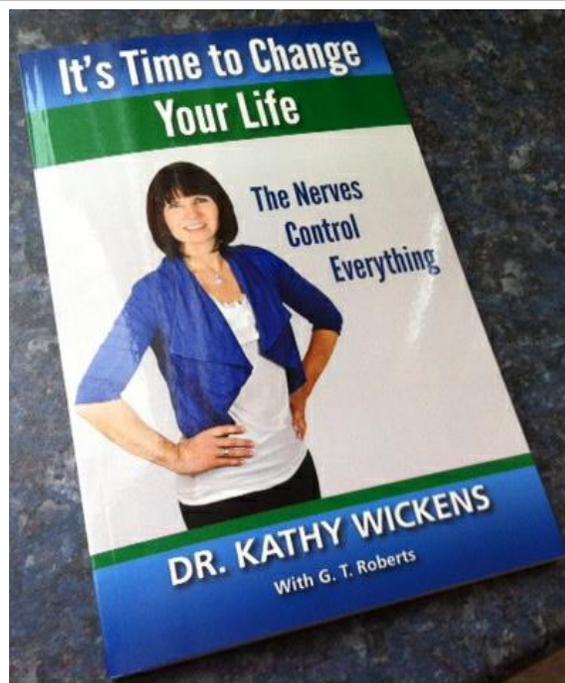
Notices for the  
Month

Medical Foot Care 6

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Visit our website at  
[www.chirolongevity.c](http://www.chirolongevity.c)

**Dr. Wickens Book Signing and Open House –  
Wednesday, December 5<sup>th</sup>, 6:00pm – 8:00pm**

At the Chiropractic Care and Longevity Center 5 Gore St. W. Perth, ON



Drop into our open house to get a free copy of "It's Time to Change Your Life" By Dr. Kathy Wickens

By attending you may receive any or all of the following (time permitting):

- Meet the author, Dr. Wickens
- A free signed copy of "It's Time to Change Your Life – The Nerves Control Everything"
- Complementary foot analysis
- Complementary Bio Impedance Analysis
- Complementary session in the infrared sauna (15 mins)
- Complementary hydro therapy massage bed session (15 mins)
- Complementary posture analysis
- A walk through and information session of our on-site gym
- Refreshments
- Product Samples
- Draws for prizes and more

**Ask front desk staff for more details. We look forward to seeing you!**

**Christmas is Fast Approaching!**

*Our once a year gift certificate program is back!*

Do you know anyone who you would like to benefit from chiropractic care and would like to come to our office?

Just in time for Christmas we are offering to give any of your friends or family a gift certificate for an **initial appointment** at **no cost to you.**

*This gift certificate has a value of \$70.00.*

If you know anyone that you would like us to help, please give us their name and address and we will send them their gift certificate in the mail.



**NOW UNTIL DECEMBER 22<sup>ND</sup> WE ARE OFFERING  
GATEWAY ORTHOTICS FOR ½ PRICE**

**NOW ONLY \$200 PER PAIR!**

**BOOK TODAY FOR YOUR GAIT SCAN AND FOOT  
ANALYSIS WITH THE FRONT DESK STAFF TODAY!**

**REMEMBER GAIT SCANS AND FOOT ANALYSIS ARE FREE FOR EXISTING  
PATIENTS OF THE OFFICE. (\$55 FOR OTHERS)**

## **Book 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. A foot is a complex arrangement of 26 bones, 33 moveable joints, 107 ligaments that hold these joints together, and 19 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.

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

- Overpronation
- 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

## Gut Bacteria Can Affect Fat Absorption, and Act in Accordance to “Social Structures” By Dr. Mercola

Much new research is now emerging on the importance of intestinal bacteria. These are commonly referred to as probiotics, and are the antithesis to antibiotics, both of which I'll discuss below. These microscopic critters are also known as your microbiome. Around 100 trillion of these beneficial bacterial cells populate your body, particularly your intestines and other parts of your digestive system.

We're now discovering that the composition of this microflora has a *profound* impact on your health. For example, we now know that your intestinal bacteria influence your genetic expression, immune system, brain development, mental health, and memory, weight, and risk of numerous chronic and acute diseases, from diabetes to cancer.

### Certain Gut Microbes Affect Absorption of Dietary Fats

Most recently, research has revealed that certain gut microbes increase the absorption of dietary fats.<sup>1</sup> *Medical News Today*<sup>2</sup> recently reported on the findings, stating: "Previous studies showed gut microbes aid in the breakdown of complex carbohydrates, but now 'This study is the first to demonstrate that microbes can promote the absorption of dietary fats in the intestine and their subsequent metabolism in the body, the results underscore the complex relationship between microbes, diet and host physiology.'"

The bacteria identified in increasing fat absorption are called Firmicutes, which, have previously been linked to obesity, as they're found in greater numbers in the guts of obese subjects. The researchers also found that the abundance of Firmicutes was influenced by diet. This adds weight to previous research postulating that gut bacteria can increase your body's ability to absorb fat, and therefore extract more calories from your food compared to others who have a different composition of bacteria in their intestines – even when consuming the same amount of food. More recent research published in the journal *Science*<sup>3</sup> reveals certain bacteria have the ability to produce chemical compounds that inhibit the growth of other bacteria, while not harming their own kind or "close relatives." These chemical compounds or natural antibiotics act as a type of chemical warfare, allowing the bacteria in question to gain a competitive edge by killing off the competition. Meanwhile, other "allies" are spared, as they are resistant to the antibiotic chemicals produced.

As reported by *Medical News Today*:<sup>4</sup> "We use antibiotics to kill pathogenic microbes, which cause harm to humans and animals, as an unfortunate side

*effect, this has led to the widespread buildup of resistance, particularly in hospitals where pathogens and humans encounter each other often.' The results help scientists make sense of why closely related bacteria are so diverse in their gene content. The diversity allows the bacteria to play different social roles. Social differentiation, for example, could mitigate the negative effects of two species competing for the same limiting resource – food or habitat, for instance – and generate population level behavior that emerges from the interaction between close relatives."*

### Beware of Fluoridated Antibiotics that Can Ruin Your Gut Flora and Your Health

Researchers are now increasingly looking at ill effects of antibiotic drugs in particular. Your gut bacteria are extremely sensitive to antibiotics, chlorinated water, antibacterial soap, agricultural chemicals and pollution. Antibiotics are severely overused – not just in medicine, but also in food production. In fact, about 80 percent of all the antibiotics produced are used in agriculture – not only to fight infection, but to *promote unhealthy (though profitable) weight gain in the animals.* Certain antibiotics prescribed such as Avelox, Cipro, and Levaquin have been named in over 2,000 drug injury lawsuits.<sup>5</sup> These are all *fluoroquinolones*, a class of fluoridated antibiotics associated with a number of serious side effects, such as potentially blinding retinal detachment, kidney failure, tendonitis, ruptured tendons, detrimental effect on neuromuscular activity, injury to central nervous system, injury to your heart, liver problems, gastrointestinal problems, injury to musculoskeletal system, injury to renal system, injury to visual and/or auditory system, altered blood sugar metabolism, depression, psychotic reactions and hallucinations, phototoxicity, disfiguring rashes, staphylococcus aureus infection and severe diarrhea, but many patients simply do not read the warning labels before taking the drug.

Despite all these risks, fluoroquinolones are one of the most commonly prescribed classes of antibiotics in the world they are associated with over 2,500 deaths. According to a recent article in *The New York Times*:<sup>6</sup> "A half-dozen fluoroquinolones have been taken off the market because of unjustifiable risks of adverse effects. Those that remain are undeniably important drugs, when used appropriately. But doctors at the Centers for Disease Control and Prevention have expressed concern that too often fluoroquinolones are prescribed unnecessarily as a 'one size fits all' remedy without considering their suitability for different patients. When an antibiotic is prescribed, it is wise to ask what the drug is and whether it is necessary, what side effects to be alert for, whether there are effective alternatives, when to expect the diagnosed condition to resolve, and when to call if something unexpected happens or recovery seems delayed."

### How to Optimize Your Gut Flora

Positively influencing the bacteria growing in your body is relatively easy. Aside from reserving antibiotics for serious cases of infection only, one of the most important steps you can take is to stop consuming sugary foods. When you eat a healthy diet that is low in sugars and processed foods, one of the major benefits is that it causes the good bacteria in your gut to build up a major defense against the bad bacteria. Regularly consuming traditionally fermented or cultured foods is the easiest way to ensure optimal gut flora. Healthy options include fermented vegetables of all kinds (cabbage, carrots, kale, collards, celery spiced with herbs like ginger and garlic), lassi (an Indian yogurt drink, traditionally enjoyed before dinner), tempeh, fermented raw milk such as kefir or yogurt, but NOT commercial versions, which typically do not have live cultures and are loaded with sugars that feed pathogenic bacteria, natto and kimchee. Just make sure to steer clear of pasteurized versions, as pasteurization will destroy many of the naturally-occurring probiotics. Consuming traditionally fermented foods will also provide you with the following added benefits:

**Important nutrients:** Some fermented foods are excellent sources of essential nutrients such as vitamin K2, which is important for preventing arterial plaque buildup and heart disease. Cheese curd, for example, is an excellent source of both probiotics and vitamin K2. You can also obtain all the K2 you'll need (about 200 micrograms) by eating 15 grams, or half an ounce, of natto daily. They are also a potent producer of many B vitamins

**Optimizing your immune system:** Probiotics have been shown to modulate immune responses via your gut's mucosal immune system, and have anti-inflammatory potential. Eighty percent of your immune system is located in your digestive system, making a healthy gut a major focal point if you want to maintain optimal health, as a robust immune system is your number one defense system against ALL disease

**Detoxification:** Fermented foods are some of the best chelators available. The beneficial bacteria in these foods are very potent detoxifiers, capable of drawing out a wide range of toxins and heavy metals

**Cost effective:** Fermented foods can contain 100 times more probiotics than a supplement.

**Natural variety of microflora:** As long as you vary the fermented and cultured foods you eat, you'll get a much wider variety of beneficial bacteria than you could ever get from a supplement. When you first start out, you'll want to start small, adding as little as half a tablespoon of fermented vegetables to each meal, and gradually work your way up to about a quarter to half a cup (2 to 4 oz) of fermented vegetables or other cultured food with one to three meals per day. Since cultured foods are efficient detoxifiers, you may experience detox symptoms, or a "healing crisis," if you introduce too many at once.

### [ - ] Sources and References

<sup>1</sup> Cell Host & Microbe 2012 Sep 13;12(3):277-88

<sup>2</sup> Medical News Today September 14, 2012

<sup>3</sup> Science 2012 Sep 7;337(6099):1228-31.

<sup>4</sup> Medical News Today September 11, 2012

<sup>5</sup> Drug Injury Lawyers blog September 13, 2012

<sup>6</sup> New York Times September 10, 2012

<sup>7</sup> PBS NewsHour June 16, 2011

Check out more info on making your own fermented foods:  
Methods of fermenting:

<http://www.thenourishinggourmet.com/2009/04/comparison-of-vegetable-fermentation-methods.html>

Fermenting for beginners: <http://www.nourishingdays.com/2009/07/the-benefits-of-fermented-food-lacto-fermented-vegetables/>

Cookbook fermentation: <http://en.wikibooks.org/wiki/Cookbook:Fermentation>

## Eat the colours of the rainbow to stay healthy

[Dec 13 2010](#) By Samantha Booth

EATING fruit and vegetables of every colour is vital for good health and well-being, according to nutritionists. Scientists have long known fruit and vegetables of different colours have particular health-giving properties. So ideally, everyone should eat at least one food of every hue each day in order to gain optimum levels of vitamins, minerals and nutrients. Here, is a look at the healthy qualities of every colour of the food rainbow.

**GREEN:** Children have long been urged to eat their greens to grow up fit and strong - and there are plenty of good scientific reasons. Leafy green vegetables such as spinach and kale are rich in iron, calcium and a range of antioxidants thought to help prevent cancer, as is broccoli, which is also a good source of folic acid and riboflavin. Avocados are also packed with vitamin C, fibre, potassium and vitamin E.

**RED:** There are not many people who don't like strawberries and raspberries but other red fruits and vegetables including tomatoes, red peppers and red onions also have a huge amount of nutritional value.

Strawberries are rich in coumarins - which prevent the formation of cancer-causing nitrosamines in the body - vitamin C and phenols, which have strong antioxidant properties. Raspberries, too, are filled with antioxidants, while also being a great source of fibre. The red colour in tomatoes is caused by lycopene, which is a powerful antioxidant, while pomegranates are known as the "jewel of winter" for their disease-fighting antioxidant properties.

**ORANGE:** Oranges, carrots, sweet potatoes, mangos, pumpkin, squash and apricots are all rich in beta-carotene. This gives them their orange colour and makes them incredibly healthy as it can be converted into both vitamin A and C. It means orange foods help to protect the body against cancers and heart disease while maintaining good eye health, hence the reason why children are told that eating carrots will help them see in the dark. Papaya has a particularly high carotene content which is normally converted to vitamin A.

**YELLOW:** Bananas are probably the world's favourite yellow food, which is fantastic as they are good source of potassium and great for giving us an energy boost. Corn, yellow peppers, turmeric and mustard contain curcumin, a painkiller and anti-inflammatory. A mild anti-inflammatory effect can be created by eating the foods or condiments three times a day. Lemons and grapefruits are also yellow fruits with great health giving properties - in fact, with their high levels of vitamin C they contain powerful antioxidants. Soya beans are an excellent source of high-quality protein while also being low in saturated fat, cholesterol free and rich in several compounds that are thought to help prevent cancer.

### BLUE OR PURPLE

Compounds called polyphenols, which are what make blueberries and other fruits purple, are able to grab iron and keep it out of harm's way. That helps fight harmful effects of iron that can damage cells if it makes its way through the digestive system in the wrong form. New research has also shown that purple fruit can help ward off age-related diseases such as Alzheimer's, heart problems and cancer.

All blue and purple natural foods are rich in flavonoids, which can improve cardiovascular and heart health. They also play a big role in cancer prevention and slowing the progress of cancer in the early stages. Specially bred purple sweet potatoes hit the headlines earlier this year because their purple colouring increased their anti-cancer components.

## Whole Food Signatures

Or the "Law of Similarities" as it is now called by scientists, "Teleological Nutritional Targeting". Every whole food has a pattern that resembles a body organ or physiological function and that pattern acts as a signal or sign as to the benefit the food provides the eater.

**A Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuro-transmitters for brain function.

**Grapes** hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.

**Celery, Bok Choy, Rhubarb** look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.

**Bananas, Cucumber, Zucchini** target the size and strength of the male sexual organ.

**A Tomato** has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.

**A sliced Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye and science now shows that carrots greatly enhance blood flow to and function of the eyes.

**Figs** are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well help to overcome male sterility.

**Kidney Beans** actually heal and help maintain kidney function and yes, they look exactly like the human kidneys

**Olives** assist the health and function of the ovaries.

**Egg Plant, Avocados and Pears** target the health and function of the womb and cervix of the female; they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. Note that it takes exactly 9 months to grow an Avocado from blossom to ripened fruit.

**Onions** look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

**Grapefruits, Oranges, and other Citrus fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

## Seven Instant Mood Boosters

Feeling blue? There's plenty you can do without a prescription *By Deborah Kotz*

Some 3 million Americans have a mild form of depression called dysthymia. Recent research suggests that they may benefit more from lifestyle changes than from medication. So, too, will the vast majority of folks who suffer occasional doldrums. The best remedies for mild sadness - happy actions, not happy pills.

**1. Set your body in motion.** Getting active for 30 minutes a day five days a week can alleviate chronic sadness as effectively as antidepressants, according to a 2005 study in the *American Journal of Preventive Medicine*. Even a brisk, 15-minute walk "can improve your mood and increase your energy for up to two hours," says Robert Thayer, a professor of psychology at California State University.

**2. Know thyself.** When you're down in the dumps, your first impulse might be to reach for a candy bar or a cold beer rather than your sneakers. But you're likely to feel even more drained, and probably guilty, later. When you recognize "tense tiredness," advises Thayer, think about what truly makes you feel better over the long haul.

**3. Take a breathing break.** For 10 minutes,

focus on the flow moving in and out of your lungs. The idea is to reduce your breathing rate, heart rate, blood pressure—and tension. Sit in a comfortable position, and pick a meaningful word or phrase, like "love" or "peace on Earth." Close your eyes, relax your muscles, and breathe slowly and naturally. Each time you exhale, repeat your focus word or phrase.

**4. Wake up without an alarm.** Without enough sleep—most adults need seven to eight hours—even Pollyannas will feel cranky. What's more, prolonged sleep deprivation can actually lead to depression. Yet about 60 percent of American women say they get a good night's sleep only a few nights per week, according to a March 2007 poll conducted by the National Sleep Foundation; more than half the women polled said they had felt unhappy, sad, or depressed in the previous month. Maintain a regular sleep schedule, and try to make evenings as relaxing as possible—free of caffeine, work-related E-mail, and heavy-duty workouts.

**5. Eat fish oil.** Fatty fish like tuna, mackerel, salmon, and herring are rich in omega-3 fatty acids, which some studies suggest may protect against depression. Aim for several servings a

week of omega-3-rich fish. Fish oil supplements can also boost your intake of the good fat.

**6. Turn on the tunes.** In his research, Thayer has found that listening to music is the second-most-effective way—after exercise—to lift a bad mood. The kind of music? "We don't have a definitive answer," he says, "but I'd guess it would be songs with energizing, toe-tapping beats."

**7. Talk it out.** Having a strong network of family and friends to lean on can be crucial to processing anguished feelings. You might also benefit from talking to a professional. A form of psychotherapy called cognitive behavioral therapy teaches you to change thinking patterns that make you feel blue and to start seeking the avenues to joy.

*No one is guaranteed happiness. Life just gives each person time and space. It's up to us to fill it with joy.*

## Health Benefits of B-Complex

The Vitamin B Complex vitamins are a group of compounds similar in structure, which is why they are referred to as a complex. The complex of compounds in Vitamin B complex includes B1 or Thiamine, B2 or Riboflavin, folic acid, Vitamin B3, Vitamin B12, Vitamin B5, Vitamin B6, and Vitamin B7. Often included in this group of compounds is choline, PABA, and Inositol. The B grouping of vitamins provides a number of benefits including healthy skin, bones, muscles, and hair relief of neurological symptoms such as moodiness, irritability or stress, fatigue, and restlessness and relief from skin issues such as dry or itchy skin. They are also known to provide relief for pre-menstrual symptoms.

The most common nutritional deficiency in the world is a folic acid deficiency and this is characterized by low moods. This deficiency can also lead to neural tube defects in utero to an unborn child. If one is experiencing a deficiency in either Vitamin B12 or B6, this can cause an onset of low mood or depression which will effectively mask any possible folic acid deficiency. It has been shown that folic acid supplementation is a known treatment in many cases of depression. The B complex vitamins are inefficiently stored in the body, and in dieters, alcoholics, or caffeine users, this inefficiency is amplified. The Vitamin B complex then is used

in what is called methylation reactions and is extremely effective in decreasing depression, mood swings, muscle weakness, and fatigue.

**The Vitamin B complex provides:**

- Healthier skin, bones, hair, and muscles
- Healthier mucous membranes, especially in and around the mouth area
- Improved health and bowel function
- Relief of insomnia or fatigue, mood swings, restlessness, and irritability
- Significant liver health improvement
- Neurological cell function and health
- Relief of skin issues such as dry or itchy skin or rashes
- Relief of PMS

**Stress is estimated to account for 80% of all major illnesses.**

**The fact that you have a spine and live in this stressful world means that you can have vertebral subluxation complex and should have periodic chiropractic checkups.**

## Chiropractic Monthly Newsletter

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Also:



## *Experience the Benefits of Monthly Chiropractic!*

### Ask us about becoming a member of our: **New - '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!

**We often hear patients say, "I'm feeling better so I don't need to come back."**

**Remember it is important to have your nervous system checked regularly so you don't get symptoms again.**

**Sign up to attend one of Dr. Wickens workshops to find out more about the nerves.**

### **The Chiropractic Care and Longevity Center Offers:**

Medical Foot Care Services:  
Specializing in Basic, Advanced & Diabetic Foot Care

By: Connie Burke, Certified Esthetician

**Services available on Thursdays!**  
Basic foot care only \$25.00

**"Best foot care services in the area!" – H.M. Perth**

*Experience the Benefits of Monthly Chiropractic!*