



Chiropractic Care & Longevity Center

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



April 2019

Inside:

Welcome Cassandra Ryan, RMT

Sesame Chopped Salad Recipe

Did you know??

Festival of the Maples

Earth Day & Earth Hour

Shaklee Cleaning Products

Office Closure Notice

5 Gore Street West
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www.chirolongevity.com

Welcome to CCLC Cassandra Ryan, Registered Massage Therapist



Kassandra Ryan is the newest addition to the team here at CCLC. She is 24 years old and grew up here in our beautiful town of Perth.

She graduated from Algonquin College in Ottawa in the spring of 2018 and has been registered with the CMTO since early 2019. She is eager to expand her studies in massage and cannot wait to continue her career with the Chiropractic Care & Longevity Center.

In her spare time, she enjoys spending her time outside at the lake or in her garden or with family and friends. She is thrilled to work alongside such a fantastic team whom inspired her passion for massage 4 years ago.

She can't wait to meet you all. Schedule an appointment with Cassandra or any of our RMTs today!

Our mission at the 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.

We have 4 talented Registered Massage Therapists here at CCLC, the hours are as follows:

Mondays

- Lindsey – 9:00-4:00
- Cassandra – 3:00-8:00
- Alanna – 5:30-8:00

Wednesdays

- Dillon – 8:30-12:30
- Cassandra – 2:00-7:00

Fridays

- Alanna – 9:00-4:00
- Dillon – 9:00-5:00

Tuesdays

- Alanna – 9:00-4:00
- Dillon – 10:00-8:00
- Cassandra – 2:00-7:00

Thursdays

- Cassandra – 8:00-1:00
- Dillon – 10:00-8:00

Saturdays

- Alanna – 9:00-2:00
- Lindsey – 9:00-2:00

We offer 30 min, 45 min, 60 min, 75 min, 90 min and 120 min massage options.

We offer direct billing to certain insurance companies. Schedule your massage today!

The Health Benefits of Massage

Massage can help you maintain physical, mental and emotional well-being, especially when it is part of your regular wellness routine.

- Calms the nervous system
- Promotes a sense of relaxation & well being
- Reduces tension & anxiety
- Improves blood circulation
- Stimulates the lymphatic system
- Prevents & relieves muscle spasms
- Helps with pain management in conditions such as arthritis, sciatica, and muscle pain

Sesame Chopped Salad

Chopped salads are a fun departure from ordinary salads and are quite simple to make. Optional to add a lean protein for a perfect meal.

Ingredients:

- 1 cup cabbage
- 1 carrot
- 1 green onion
- 1 tbsp sliced almonds
- 1 tbsp fresh cilantro
- 2 tsp sesame dressing
- ½ cup cooked chicken breast



Instructions:

1. Chop the cabbage, carrot, onion and cilantro into very small pieces.
Add the almonds and toss with dressing.
2. Top with chopped chicken breast.

Dressing:

- 3 tbsp white sesame seeds
- 2 – 3 tbsp rice vinegar
- 1 tbsp soy sauce
- 2 tsp sugar (brown or maple syrup)
- 1 tsp sesame oil
- 180 Degree Fitness

**Earth Hour 2019 is 8:30 pm – 9:30 pm
Saturday, March 30th**

Let's all help our planet by unplugging and turning off this Earth hour!



Earth Day is Monday, April 22nd, 2019

BE THE CHANGE

Shaklee offers amazing products that are safe you and your family as well as the environment.

Basic H2 Organic Super Cleaning Concentrate

Super-safe, powerful, all-purpose cleaning concentrate.

- One 16 oz. bottle makes: 48 gallons of super powerful cleaner, or 5,824 bottles of window cleaner
- Sustainably sourced ingredients derived from corn and coconuts
- Does not contain phosphates, dyes, toxic fumes, hazardous chemicals, fragrance or chlorine
- Packaging is recyclable

Clean credentials

- Nontoxic
- Natural
- Super concentrated
- Biodegradable surfactants



Available in 2 sizes - - - 473 ml \$12.48 & 1.89 L \$44.92



Mark your calendars!

The Festival of the Maples will take place Saturday, April 27th from 9:00 am-4:00 pm

Visit downtown Perth for everything Maple!



**Why did the leaf go to the doctor?
It was feeling green!**

**What is a tree's least favorite month?
Sep-timber!**

**How do trees get on the internet?
They log in.**

Jokes4us.com



Did you know??

Octopuses have copper-based blood instead of iron-based blood, which is why their blood is blue rather than red.

The Statue of Liberty was made with copper but due to oxidation, it changed to green.

About half of your body is bacteria.

There is a stress hormone called cortisol that is concentrated in tears. You literally cry out your stress.

Humans are born with two fears: falling and loud noises. Every other fear is learned.

You once held a world record when you were born for being "The Youngest Person on the Planet".

The office will be closed on Friday, April 19th, Saturday, April 20th and Monday, April 22nd for the Easter weekend. We hope you have a safe weekend with family and friends ☺

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:



Nature Bright Laundry Booster and Stain Remover

Ingredients

- Biodegradable surfactant
- Enzymes
- Safe Oxygen Bleach Source
- Surfactant Booster
- Whitening Agent

Recipe for whitening dull clothes

- 1 tbsp Nature Bright
- 1 tsp Basic H in container of hot water
- Soap items several hours or overnight
- Wash

Note: Can be used as an everyday brightener in all loads! (See bag for instructions)

Tip: Use on your sinks for a clean and bright look!

Got a tough stain?

These natural enzymes with active oxygen re-brighten laundry; remove stains from upholstery, and much more!



907G \$11.81

**SAFE CLEAN POWERFUL CLEAN
GREEN CLEAN SMART CLEAN**