



Chiropractic Care & Longevity Center

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February 2019

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www.chirolongevity.com

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.

PREVENT WINTER SLIP UPS!

www.chiropractic.on.ca

Stay Standing This Winter!

Falling on ice can leave you red-faced with embarrassment, or far more seriously, hurt badly from taking a knee to the ice or falling awkwardly on icy snow. Slippery sidewalks, driveways and icy parking lots can be risk factors for falls in winter. Avoid a bad fall with these top tips.

Walk like a penguin

- The penguin waddle helps you keep a center of gravity over the front leg as you step, instead of split between the legs. Short strides also help keep your center of gravity, which help avoid falls. When walking, extend your arms out from your sides to increase your centre of gravity. Don't keep your hands in your pockets! Walk slowly, with short strides and try to land your steps with a flat foot.

Keep walkways clear

- Shovel snow and scrape ice as soon as possible. Liberally sprinkle ice melt product or sand onto walkways to provide foot traction and to make sure surfaces don't turn to ice. This not only protects you and your family, but also postal carriers and others when they're walking around your property. Where possible install or use handrails for extra support.

Take all precautions

- Be extra cautious walking after a storm. Tap your foot on potentially icy areas to see if it is slippery. Hold a railing while walking on icy steps. Stay steady by wearing proper winter footwear. Lightweight boots with a thick, non-slip tread sole will provide good traction on ice. If a sidewalk is icy down the middle, walk on the snow beside it to avoid slips.

Lighten your load

- Carry fewer bags on snow days, since excess baggage can throw off your balance and make it tougher to regain your balance once you lose it. Keep your hands free by putting away your phone while walking – you may need to catch yourself!

Boost balance with exercise

- You can't control the weather, but you can improve your balance through regular exercise. Exercise is an ideal way to help you stay safely on your feet balance it helps improve balance, flexibility and strength. **Talk to a chiropractor about ways to improve your balance and strength in order to prevent falls.**

Visit your chiropractor

- Don't let a fall get you down. If you do take a tumble, visit your chiropractor. They'll get you back to doing the things you love to do and will work with the rest of your care team to help prevent future falls.

* Bring out your Sparkle Ladies Night *

Wear your SPARKLY outfit or accessory!

\$30 per ticket
or 2 for \$50

SATURDAY MARCH 30, 2019
BUFFET DINNER 6:00-8:00 PM
DANCE 7:00-11:00 PM
PERTH CIVITAN

Sponsored by Chiropractic Care & Longevity Center

Call the office at 613-264-0616 or email chirocare@primus.ca to purchase tickets

Dance to the musical stylings of DJ Kevin Carrite

Proceeds of this year's event to benefit the Great War Memorial Hospital Foundation

Did you know?

Massage therapy is also good for the brain. Researchers have found massages can help decrease depression, anxiety and stress, causing a domino effect, helping to improve symptoms from some physical ailments, such as migraines and high blood pressure. "A massage has a lovely secondary effect that happens by shutting down the sympathetic nervous system, which is the flight-or-fight response." "They don't necessarily address the reason why a person is stressed, but, by providing the massage, we're able to decrease the person's anxiety." Massages often just feel good.

Schedule a massage today with one of our Registered Massage Therapists. We have openings Monday-Saturday, morning, afternoon and evening!

What better way to say "I Love You" to yourself, spouse, parents or children than with a gift certificate for massage therapy, with one of our registered massage therapists – Alanna Dyer, RMT, Dillon Lowry, RMT and Lindsey Crain, RMT.

A gift for the body, from the heart this Valentine's Day ♥

OG Fenix™ Energy Bites

Yields: 15-17 servings Calories per serving: 100

Ingredients:

- 1 scoop OGFenix™ Chocolate
- 1 cup instant oats
- ½ cup crunchy peanut butter
- 1/3 cup honey
- 1 tbsp chia seeds



Directions:

1. Add all the ingredients in a bowl and mix until they are all combined.
2. Refrigerate for 30 mins, or until the mixture is firm enough to take small pieces and give them a round shape.

Tip: For added flavor, consider adding 1-2 drops of doTERRA Wild Orange or Tangerine.

"Enhance Your Adjustments"

Please join our doctors as they talk about chiropractic and health concerns. For all new patients and current patients in our office; this session will allow you to learn what chiropractic is and how it will help you in your life. If you attend this session, you will **receive an adjustment at no charge.**

Call or email and register for our next session today!

613-264-0616 or chirocare@primus.ca

February Dates:

Wednesday, February 6th – 6:30 pm with Dr. Kathy Wickens

Thursday, February 14th – 11:00 am with Dr. Elizabeth Carter

Tuesday, February 19th – 2:30 pm with Dr. Kathy Wickens

Wednesday, February 27th – 12:00 pm with Dr. Elizabeth Carter

The office will be closed on Saturday, February 16th and Monday, February 18th for Family Day weekend ☺



February is Heart Health Month

A time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

Products that may help with heart health:

Purelab Magnesium Glycinate

- Helps with proper heart function
- Controls the contraction and relaxation of the heart



Magnesium Glycinate
120 caps – \$25.94
300 caps – \$62.10

Metagenics OmegaGenics EPA-DHA

- Supports good heart health and reduces inflammation



OmegaGenics EPA-DHA
60 caps – \$32.44
120 caps – \$62.10
240 caps – \$114.08

Shaklee B-Complex

- Stress causes bad buildup of homocysteine (this is the silent killer) in the blood. B-Complex converts homocysteine to prevent damage of the heart.



B-Complex
120 tabs – \$25.71

All prices are tax included.

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:



Please Note:

Saturday, February 2nd Dr. Carter will be treating from 9:00-11:00 am. Dr. Wickens and Dr. Carter will be attending a Radiology course in Ottawa that afternoon to continue to learn and grow to better serve you.

PLEASE NOTE:

Starting January 1st, 2019 if you cancel same day or miss your appointment, there will be a full charge applied to your account.