



Chiropractic Care & Longevity Center

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January 2018

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www.chirolongevity.com

Seasonal Affective Disorder (SAD)

www.mayoclinic.org

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons – SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, zapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Signs and symptoms of SAD may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide

Products that may help with SADS symptoms:

- Uplifting Essential Oils ie: Wild Orange, Grapefruit, Bergamot, Lime
- Vitamin-D
- B-Complex
- Vitamin-C
- Vita-lea Multivitamin



Remember to laugh. 😊

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.

Fitness Classes Returning in January 2019

I Hate Exercise Class 2.0 (experienced)
12-week program
Classes run Tuesday's & Thursdays 5:15-
6:15 pm
\$110.00 + HST

I Hate Exercise Class (beginner)
12-week program
Classes run Tuesday's 6:15-7:15 pm
\$110.00 + HST

Core Strengthening Class
8-week program
Classes run Thursday's 6:15-7:15 pm
\$90.00 + HST

**Classes fill up quickly, so register
today!**

*CHOOSE TO BE HAPPY
HAVE A GRATEFUL HEART
TRY EVERYTHING ONCE
LAUGH AT YOURSELF
DANCE YOUR HEART OUT
SAY I LOVE YOU
TRY NEW THINGS
DO YOUR BEST*

Snow Shovelling

www.chiropractic.ca

Winter weather can pack a punch and, with the season's heavy snowfalls, injuries often result. Improper snow shoveling is often to blame.

But shoveling out after a storm doesn't have to leave you stiff and sore. With a little know-how, you can clear your driveway without the all-too-common back, neck and shoulder pain cramping your style. Here's how:

PUSH, DON'T THROW.

Push the snow to one side and avoid throwing it. If you must throw it, avoid twisting and turning – position yourself to throw straight at the snow pile.

BEND YOUR KNEES.

Use your knees, leg and arm muscles to do the pushing and lifting while keeping your back straight.

WATCH FOR ICE.

Be careful on icy walkways and slippery surfaces. Intermittent thaws and subsequent freezing can lead to ice building up underfoot, resulting in nasty slips and falls. Throw down some salt or sand to ensure you have a good footing.

Once you've mastered safe snow shoveling techniques, you'll be free to have fun and stay fit all winter.

Remember to do knee to check exercises every night and to use ice for aches and heat for stiffness.

PLEASE NOTE:

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

Please Note: Shaklee Bifidus is no longer available; it has been discontinued from Shaklee. We have "MetaKid and Ultraflora Balance Probiotic from Metagenics" to replace.

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:



"Energy – How to Recover After the Holidays"

Join Dr. Kathy Wickens on Wednesday, January 30th
at 6:30 pm at the office to learn tips and tricks to help you
recover after the holidays.

From services to products, there are many ways we may be able to help you.
Sign up for this informative talk at the front desk!

Canadian Maple Hot Chocolate

- 1 sachet ORGANO™ Hot Chocolate
- 3 tbsp Maple Syrup
- 1 cup water
- ¼ tsp Himalayan sea salt (optional)

1. Pour maple syrup on the bottom of an empty mug and empty the sachet of hot chocolate.
2. Warm water up and pour in the cup. Stir until well mixed.
3. Sprinkle with salt and enjoy.

www.organogold.com

