



Chiropractic Care & Longevity Center

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July 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.

dōTERRA Copaiba VS CBD Oil

CBD	The Difference	COPAIBA Essential Oil
A botanical, NOT an essential oil		An essential oil
Is an isolated molecule		Has a complete plant chemistry
Provides indirect activity to CB receptors		Provides direct activity to CB receptors
Has to go through a process of activity before it may or may not stimulate receptors		Not dependent on other activities happening within the body; and due to the direct response, activity happens quickly
Has Federal regulatory challenges, and a very low number of Published Studies have been done to date		Legal and has more than 1,000 Published Studies documenting Copaiba's influence on the body
PURITY: Because it is not a pure essential oil, but rather a botanical, it is often mixed with something else, which in some cases is synthetic		PURITY is 100%: dōTERRA's Copaiba has 4 species blended together
POTENCY: Typically has minimal amounts of CBD levels, that may not be substantial enough to accomplish what it is set out to do		POTENCY: Has high levels (up to 65%) of BCP (Beta-caryophyllene) making it very effective and less than one drop can have dramatic effects
PATHWAY: unknown since it interacts indirectly with the receptors		PATHWAY: because of its direct interaction scientists know where it is going in the body and its influence
PRICE: Costs upwards of \$100 per month	PRICE: Very cost effective. 1-2 drops per day means that the bottle will be less than \$20 per month	

Dr. David Hill, DC

Do you suffer from pain?

Join us to learn about natural solutions for pain control.

Wednesday, July 24th
2:30 pm

Presented by:
Ashley Finnigan

Chiropractic Care & Longevity Center
5 Gore Street West, Perth ON

Pre-registration required; limited seating.
RSVP by phone or email:
613-264-0616, chirocare@primus.ca

dōTERRA Copaiba
Available in softgel or liquid form



15 ml
\$67.80

Prices are tax included.

Price is less if you become a wholesale customer. Ask staff for details.



60 softgels
\$62.68

Citrus Coconut Popsicles

These popsicles are a fun and cooling recipe to make with the family on any hot summer day.

Ingredients

- 1 can full-fat coconut milk
- 1 cup orange juice
- 1/3 cup (or to taste) agave or sweetener of choice
- 1-2 drops Lime** Oil



Instructions

1. Blend coconut milk, agave, and Lime oil.
2. Pour mixture into popsicle mold, dividing evenly.
3. Place in freezer for 10 minutes, and then top with orange juice.
4. Freeze again for 30 minutes.
5. Insert popsicle sticks. Continue freezing until firm.

**Available for purchase at CCLC.

www.doterra.com

Five Positive Benefits of Sunshine

www.chiropracticmiracles.com

1. Better Night's Sleep
2. Better Mood
3. Better Blood Pressure
4. Less Incidence of Skin Cancer
5. Better Vitamin-D Levels

So, instead of staying out of the sun, get into it – just don't overdo it. Getting sunshine without sunscreen every day will help you be healthier and happier overall. While amounts vary with each skin type, the average person should get between 5-15 minutes of exposure to sunshine daily in order to get 1000 IU's of Vitamin-D.

If you can't be out in the sunshine, we have Vitamin-D supplements that may help.

Sweating with Susan

Keeping fit as we get older can be challenging at times. Our metabolism slows down and body parts can ache a bit more. This can play havoc with our motivation and desire to get up and move.

However, these are the very reasons that we need to keep moving. Incorporating some form of regular physical activity into one's weekly routine results in an increased metabolism, less aches and pains, and has the added benefit of increasing our mental health and wellness.

Keep it simple in the heat of the summer months. A walk in the early morning or evening when it is cooler can work wonders. Start with 15 to 20 minutes, 3 times a week. Walk at a pace that feels comfortable but also is faster than a stroll. Alternately, if you have access to a pool, get in the water and enjoy a few laps. The key is doing something you enjoy.

The saying "use it or lose it" isn't far from the truth. Get out there and enjoy the summer!



Happy Canada Day Everyone

The office will be closed on Saturday, August 3rd and Monday, August 5th. Enjoy the 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:



Are You "TICK"ED off?

We have an essential oil repellent that may help keep these pesky bugs away and is safe for your entire family including pets!



Pack includes:

- 4 oz. Glass Spray Bottle
- dōTERRA 15 ml Lemongrass
- dōTERRA 15 ml Eucalyptus

Recipe:

- 20 drops dT Lemongrass EO
- 20 drops dT Eucalyptus EO
- Fill bottle with distilled water
- Shake before each use.

\$65.54

Tax included

Makes up to 12 spray bottles!



SUMMER PROMO

Order One Pair of Orthotics Get Second Pair at **50% OFF**

The second pair can be selected from any orthotic style and must be:

- For the same patient
- Ordered at the same time as the initial order.

Offer valid:
June 3rd – August 30th/19



Friendly note to remind all patients that we have a 24hr cancellation policy. It is **your responsibility** to remember your scheduled appointments. The reminder calls, texts and emails are done by our front desk staff strictly as a courtesy. You are expected to do whatever is necessary to get to your appointment on time.