



Chiropractic Care & Longevity Center

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June 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.

Schussler Tissue Salts

What are tissue salts?

Tissue salts are specially prepared microdoses of the body's 12 essential minerals.

What are the benefits of tissue salts?

Tissue salts are great for your skin, bones, and teeth. If your goal is to get glowing skin and stronger teeth and bones, then consider using a calcium tissue salts which are also known for helping with aches and pains due to poor bone health.

#1 – Calcarea Fluorica (Calcium fluoride)

This cell salt is found in most, if not all, of our bone, joint, muscle, teeth and vascular cells. Its primary function is to give tissues elasticity. This remedy, Calc fluor, aids conditions resulting from inflexible tissue or tissue that cannot bounce back from injury, pregnancy, or illness, problems like:

- Hemorrhoids
- Varicose veins
- Backache
- Lumbago
- Gouty joints
- Loose or decaying teeth
- Muscular weakness
- Enlarged glands

Useful for arthritic joints and back pain that must be moved often.



Ask Dr. Wickens or Dr. Carter which tissue salt would be best for you!

Available in 6x and 12x in two sizes.

125 tab – \$7.91

500 tab – \$16.95

Tax included pricing.

NEW! Limited time promo!!

Island Mint essential oil and diffuser clip.

This summertime blend is made up of **Lemon, Lime, Peppermint & Spruce** oils.

A perfect Father's day gift idea 😊



\$50.33 +
HST

What is an adjustment? – Dr. Elizabeth Carter, DC

Imagine you're standing in your kitchen, and the light goes out. What do you do? First, you check the light bulb to see if it is burnt out and it's fine. What do you do next? You go the light switch, but after testing it a few times, the light still doesn't turn on. Finally, you decide to check the circuit breaker. In this entire situation, you are searching to find out *why* the light went out, and trying to find a way to *fix* the problem.

Now imagine you woke up one morning after a restful night's sleep, and your arm is numb and aching. As you lay there, you start to think about *why* it hurts – were you sleeping in a “funny” position? Do you need to replace your pillow? Was the five hours you spent outside doing yard work yesterday maybe too much? You decide to call your chiropractor for help.

Now thinking about our first example, imagine that your arm is the light bulb, your neck is the light switch, and your brain is the circuit breaker. Your brain tells the rest of your body what to do, with the help of many nerves. When you are healthy and functioning properly, the nerves send clear messages to and from the brain throughout the body, and you are able to do your daily tasks, pain free. However, when the nerve messages become distorted or blocked, we stop functioning properly and may experience pain. **An adjustment is the process of restoring the nerve communication between the brain and the body.** Chiropractors do this by sending **high speed, low force thrusts** to specific joints at specific angles, either by the use of their hands, or instruments (like Sigma and Activator devices). The adjustment helps restore the nerve messages, so that the brain and body can communicate again, allowing the body to heal, naturally. Not only does chiropractic help *fix* the problem, but it figures out *why* the problem occurred in the first place. With adjustments and lifestyle changes you will improve your quality of life.

The office will be closed
Saturday, June 29th &
Monday, July 1st. 
Happy Canada Day!

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:



Perth BIA Event Coming up in June:



STEWART PARK FESTIVAL PRESENTS
Welcome To
MARGARITAVILLE
KICK OFF TO SUMMER PARTY
SATURDAY JUNE 22
CRYSTAL PALACE **\$30**
5:00 PM PRE - PARTY HOSTED BY
NORTHERN LANDSHARKS PARROT HEAD CLUB
8:00 PM DANCE FEATURING
BRIAN NEALE & NORTHERN HARBOUR
TICKETS AVAILABLE AT SHADONFAX 67 FOSTER ST. PERTH
CALL: 613-267-6811 | ONLINE: WWW.SHADONFAX.ON.CA

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 make your appointment on time.

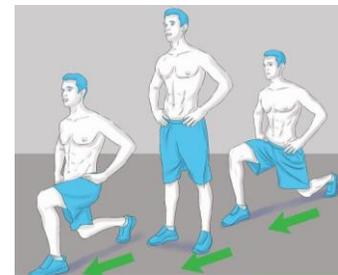
Sweating with Susan

The warm weather is here (most days) and that means getting outdoors for our exercise is looking more attractive. Walking is a great way to get the body working. **Walk at a moderate pace, roughly 5 km an hour, for at least 30 minutes, 3 times a week.** You can break up the walks if time is an issue, for example, 15 minutes during a morning break and 15 minutes after dinner.

Along with the warm weather comes gardening. Gardening involves a lot of bending, reaching, lunging, and other movements that aren't necessarily part of our regular everyday activities. Incorporating some dynamic stretching into your routine before getting the rakes and shovels out will go a long way towards minimizing the soreness after the hard work is done.

A dynamic stretch is one that is done with movement. You do not want to hold a stretch (static), before you do hard work; it may result in an injury.

Examples of dynamic stretches include arm circles, leg swings, squats, and walking lunges.



Stretches should not hurt, but you should feel **comfortable tension**.

Get outside and enjoy the sunshine!

Dr. Kathy Wickens and Dr. Elizabeth Carter will be traveling to Toronto to enhance their training with Sigma on June 8th and 9th. On Saturday, June 8th, the office will remain open offering massage therapy only; chiropractic will not be available.