



# Chiropractic Care & Longevity Center

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## November 2018

### Inside:

- Annual Gift Certificate Program
- Immune Boosting Supplements
- Testimonial Contest
- Extended Health Benefits
- OGX Chocolate Muffin Recipe

5 Gore Street West  
 Perth, ON K7H 2L5  
 613-264-0616  
[www.chirolongevity.com](http://www.chirolongevity.com)

Our mission at Chiropractic Care & Longevity Center is to be dedicated and successful health professionals serving the community of Perth and district by offering the finest health care services with professionalism, clinical expertise and compassion.

## It's that time of year!

Our once a year gift certificate program is back!

Do you know anyone who would benefit from chiropractic care and would like to come to our office?

Ask the front desk staff how you can give the gift of health to your family and friends at **NO** cost to you!

**November 1<sup>st</sup> – December 15<sup>th</sup>, 2018**

## Do You Need Help Boosting Your Immune System ??

We have supplements that may help you!

Your immune system creates, stores, and distributes the white blood cells that fight bacteria and viruses that enter your body, especially during cold and flu season.

If you find yourself under the weather this cold and flu season, please ask us about some products that may help you.



## Rich Chocolate Muffins

<https://blog.organogold.com/your-favorite-desserts-with-the-healthy-benefits-of-ganoderma/>

### Ingredients:

- ½ cup low-fat milk
- 1 cup all-purpose flour
- 1 scoop OGX Chocolate mix
- ¾ tsp baking powder
- Pinch of salt
- 3 tbsp unsalted butter
- 1 egg



### Directions:

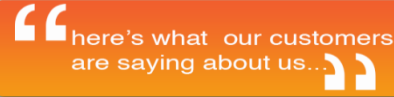
1. Preheat the oven to 350°F
2. Beat together the flour, the OGX Chocolate mix, the baking powder, the salt, and the butter with an electric mixer until you get a sandy consistency and everything is combined
3. Combine the milk with the egg, and pour mix slowly with the flour mixture. Make sure there are no lumps and that everything is combined.
4. Spoon the batter into paper cases lined in a muffin tin until each case is two-thirds full.
5. Bake for 20-25 minutes, or until a skewer inserted in the center of a cupcake comes out clean.

OGX Chocolate Shake available for purchase at CCLC!

## It's Contest Time at CCLC!

### How the contest works:

- Agree to a short video testimonial or submit a written version about how our services or supplements have changed your life.
- Your name will be entered into a draw to win a FREE chiropractic adjustment and a FREE box of Organo Gold beverage of choice.



Written submissions can be emailed to [emilyhcclc@gmail.com](mailto:emilyhcclc@gmail.com) or see Emily at the office to record a video.



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Contest will run October 1st - December 20th, 2018  
Winner will be announced on Thursday, December 20th on our FB page.



Remembrance  
Day is  
Sunday,  
November  
11<sup>th</sup>



## The Chiropractic Care & Longevity Center

If you have any comments or suggestions about our Monthly Newsletter please email: [manager.cclc@primus.ca](mailto:manager.cclc@primus.ca)

Thank you for reading our office newsletter!

We're on the Web!  
See us at:

[www.chirolongevity.com](http://www.chirolongevity.com)

Also:



## Remember to Use Your Extended Health Benefits and that we have direct billing for most companies.

Time is running short for you to be able to take advantage of your extended health benefits. These extended health benefits are going to expire within the next month. You may not realize of all of the various ways in which you can take advantage of your extended health benefits before they lapse for the year.

Participating group insurers:



## Types of Services Included within Extended Health Benefits

While still available, take a moment to examine the types of extended benefits you have available to you. Types of services within extended health benefits can include: Chiropractic, Massage Therapy, and Customized Orthotics. Acupuncture and Cold Laser Therapy may also be covered if you have chiropractic coverage. You may in fact be in need of one or another of these services and have put off seeking assistance because you were unsure about the health benefits you actually do have available to you.

Again, the key is taking advantage of your extended health benefits now – and before it is too late.