



Chiropractic Care & Longevity Center

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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.

Chiropractic and Children

By: Dr. Kathy Wickens, B.Sc. (Hon.), D.C.

Chiropractors who provide chiropractic to children, and to the families who bring their children to chiropractors, can vouch to the many benefits of a healthy spine in a growing child.

I remember adjusting a two week old baby who was failing to thrive; he was having difficulty breathing and eating on his own due to a fast delivery. The parents were told that if he lived, that he would have challenges. Within an hour of adjusting him in the neonate unit at the Children's Hospital (with the full approval of the pediatrician), he was breathing and eating on his own. Today he is a healthy, functioning teenager.

We may see a baby who keeps turning their head in one direction. This may not seem to be a big deal but if we can correct a postural abnormality or muscular imbalance early, it may make a difference in every aspect of a child's life.

Until the age of six, children's spines are mostly cartilaginous; therefore the adjustments that children receive are even more gentle than those for adults. Because children do not perceive pain the way an adult does, as their nervous system does not fully develop until they are sixteen, we use our extensive training to assess and determine the areas that need to be adjusted.

The subluxations (the areas of the spine that are misaligned causing nerve interference) in a child may show up as a tummy ache instead of a headache. Children who have been potty trained may start wetting the bed. They may complain of leg pains. Chiropractors are skilled in determining the cause of the problem and correcting it. They also know when to refer to a pediatrician as they monitor closely for the normal healing patterns.

Children fall and hit their heads frequently. Part of our ongoing training at this office is in the area of the skull and the dura (the tissue that surrounds the brain and spinal cord). We recommend that after a fall that children have their skulls checked as well their spines just like we would for an adult. I remember doing a skull adjustment (CATS/CRT technique) on a six year old who had been put in a special reading program. The parents were told that he would most likely need help until at least grade 5. Within a month of having his skull adjusted, he was put in a regular stream for reading. These results make us so excited as chiropractors; knowing that we impact the quality of life of that entire family by helping that child.



Kale Salad with Fresh Lemon Dressing

This easy kale salad features fresh veggies and a super simple homemade lemon dressing, making it perfect as a healthy side or light lunch!

It's fresh, delicious, and totally make-ahead so feel free to prep this bad boy the night before and pack it along in lunches the next day!

Ingredients:

- 1 head of Kale
- 1 cup finely chopped feta
- ½ cup dried cranberries
- ½ cup sunflower seeds
- 3 garlic cloves, chopped fine

Lemon Dressing:

- 1/6 cup of lemon juice
- 1/3 cup of olive oil
- Add more if desirable



Instructions:

1. Cut off kale spines and soak in water and a little vinegar.
2. Rinse and dry
3. Cut fine (takes about 15-30 minutes).
4. Sprinkle with salt and massage for a couple of minutes.
5. Add ingredients, mix.
6. Cover with lemon dressing.
7. Enjoy!

Submitted by:
Dr. Kathy Wickens

Join Dr. Kathy Wickens on **Wednesday, August 28th** at **2:30 pm or 7:00 pm** for a presentation on BeU Skincare, now carried in our office.

A new skincare routine for a new, younger you!



RSVP today!

Sweating with Susan

September is just around the corner and that means back to school for the children. This can mean a lot of sitting for children.

It's important to include exercise in your child's life. It doesn't necessarily have to be in the form of organized sports. Getting outside for a game of Tag or Hide and Seek, kicking the ball around with friends, skipping rope, going for a bike ride, or just playing in the playground can have huge benefits for your child.

Benefits of exercise for your children include, but are not limited to:

- Strengthening of bones
- Strengthening of lungs and heart
- Improves mood and self-confidence
- Reduce stress
- Improves brain performance and function

All of these are great reasons to get your child moving!



Organo XT & DX Promo for August!



\$52.00
plus tax
15 servings



Organo XT – helps support energy, stamina and performance. Enjoy this Peach Mango flavour drink as a pre-workout energy boost.

Organo DX – nourish your body's natural detoxification system with this delicious pink lemonade flavoured, caffeine free drink. Take daily action in defending your health and supporting your natural detox process.

Purchase a box of either Organo Fenix XT or Organo Fenix DX and receive \$5 off!

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:



The office will be closed on **Saturday, August 31st** and **Monday, September 2nd** for the Labour Day Long Weekend!

Join Dr. Kathy Wickens on **Wednesday, September 18th** at **7:00 pm** to learn how to help your child perform their best this school year, both academically and physically.

We will be having a special offer for those who attend. All those who RSVP will be entered into a draw!



RSVP today!

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.