



# 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.

# PACK IT LIGHT. WEAR IT RIGHT.

[www.chiropractic.on.ca](http://www.chiropractic.on.ca)

Kids think it's "cool" to strap on their backpacks and head out to school. But if they don't know exactly how to choose, load, lift and wear them – these all-important accessories can be a pain in the back; literally, not to mention the neck, head, and shoulders.

For example, a heavy backpack carried on one shoulder, forces the muscles and spine to compensate for the uneven weight. This places stress on the mid and lower back, and may increase the likelihood of back problems later in life.

## Backpacks can affect your children's health

Carrying a heavy load that is uneven or improperly distributed can result in poor posture and even distort the spinal column, throwing it out of alignment. This can cause muscle strain, neck and arm pain, and even nerve damage.

### Prevention is Key

Here are a few pointers to help you help your school age children carry their load comfortably and safely.

### Choose the right backpack:

Forget leather! It looks great, but it's far too heavy. Go for vinyl or canvas. Pick a pack that has two wide, adjustable, padded shoulder straps, along with a hip or waist strap, padded back and plenty of pockets. Make sure the pack fits properly, is not too snug around the arms and under the armpits, and that its size is proportionate to the wearer's body.

### Packing it properly:

They're not moving out! Make sure your children's packs contain only what is needed for that day, and that the weight is distributed evenly. It's a good idea to know roughly what each item weighs. The total weight of the filled pack should be no more than 10 to 15 per cent of the wearer's own body weight. Pack heaviest objects close to the body, and place bumpy or odd shaped ones on the outside, away from the back.

### Putting the backpack on:

It's a good idea to help young children with this, at least the first few times. Put the pack on a flat surface, at waist height. Slip on the pack, one shoulder at a time, and then adjust the straps to fit comfortably. Remember when lifting the backpack, or anything, to lift using the arms and legs and to bend at the knees.

### The right way to wear a backpack:

Both shoulder straps should be used, and adjusted so that the pack fits snugly to the body, without dangling to the side. Backpacks should never be worn over just one shoulder. You should be able to slip your hand between the backpack and your child's back. The waist strap should also be worn for added stability.

### Did you know?

More than 50 per cent of young people experience at least one episode of lower back pain by their teenage years. Research indicates that this could be caused, to a great extent, by improper use of backpacks.

If your child does complain of back pain, numbness or weakness in his or her arms and legs, get chiropractic help to prevent future problems.

## Top 5 Back To School Essentials from the Chiropractors

1. Maintain your child's nervous system by getting regular adjustments
2. Ensure your child is getting all their daily nutrients with our kids multivitamins (Metakids Mutisoft Chews)
3. Help fight off colds and flu's with doTERRA's OnGuard essential oil
4. Help your child focus at school (doTERRA In Tune essential oil) and at home (Organo Hot Chocolate)
5. Ensure your child gets a restful night sleep (doTERRA Lavender, Serenity, Balance)



## Energy Ball Recipe

- 2 cups Rolled Oats
- 1 cup Peanut Butter (natural is better if possible)
- 1 cup Dried Cranberries and or Chocolate Chips
- 3 tsp Chia seeds
- ½ cup Honey
- 2-4 drops of doTERRA Essential Oil (Wild Orange or Tangerine)



Mix everything together well and roll into balls. Refrigerate. Can freeze as well.

## Sweating with Susan

Summer is flying by: I hope you are having a great one and are able to get outside and enjoy the beautiful summer and autumn weather before winter comes upon us.

Did you know that along with your regular Chiropractic care, exercise has been proven to have many health benefits and can reduce the risk for many diseases??

Incorporating regular exercise into your daily life can help fight conditions such as Depression, Anxiety, Dementia, MS, Type 1 and Type 2 Diabetes, Coronary Heart Disease, Obesity, Asthma, Osteoarthritis, as well as many others. This fact alone should inspire everyone to stay active or become active. It is never too late to start; programs can be designed for all levels of fitness.

Our fall fitness programs will be starting the week of Monday, September 10<sup>th</sup>.

Classes will be as follows:

### Tuesday – 5:15-6:15 pm

Sweat with Sue (suitable for beginners/intermediate) – 12 week program

### Wednesday – 5:15-6:15 pm

Boot Camp – 6 week program

### Thursday – 5:15-6:15 pm

Sweat with Sue (suitable for beginners/intermediate)

### Thursday – 6:30-7:30 pm

Core Class (suitable for all levels)

Just a reminder, one-on-one Personal Training is also available. Please enquire at the front desk about appointment availability.

“Persistence is probably the single most common quality of high achievers. They simply refuse to give up. The longer you hang in there, the greater the chance that something will happen in your favour. No matter how hard it seems, the longer you persist, the more likely your success.”

- Jack Canfield

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:



With any recommendation, it is always best to do everything in moderation. le: Too much Kale, drinking too much water, etc. can be harmful to you.

Join Dr. Kathy Wickens, Dr. Elizabeth Carter and Ashley Finnigan on **Wednesday, September 18<sup>th</sup> 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.