



Chiropractic Care & Longevity Center

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In This Edition:

- World Spine Day
- Quinoa, Beet and Feta Salad Recipe
- Boosting Your Immune System?
- Taking Probiotics Properly
- Spooktacular Word Search
- Benefits of Exercise for those Facing Breast Cancer
- Humorous Jokes
- Pain Control Talk
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World Spine Day is October 16th, 2019

www.worldspineday.org

World Spine Day highlights the importance of spinal health and wellbeing.

With an estimated one billion people worldwide suffering from back pain, it affects all age groups, from children to the elderly. It is the biggest single cause of disability on the planet, with one in four adults estimated to suffer from back pain during their lives. Prevention is therefore key and this year's World Spine Day will be encouraging people to take steps to be kind to their spines.

#GETSPINEACTIVE



Quinoa, Beet and Feta Salad – Costco Connection

- 1 cup cooked quinoa
- 2 cups cooked beets, diced
- 1 cup feta cheese, diced
- ¼ cup walnut pieces
- 8 radishes, sliced
- Extra-virgin olive oil
- Good-quality balsamic vinegar
- 1/3 cup flat-leaf parsley, roughly chopped
- Aleppo or red pepper flakes

Toss together the quinoa, beets, feta, walnut pieces and radishes in a bowl.

Drizzle with a little olive oil and balsamic vinegar to taste, and toss again.

Garnish with the chopped parsley and a good pinch of pepper flakes.



Makes 2 to 3 servings

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.

This Thanksgiving, remember to have an Attitude of Gratitude!



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.



When is the Best Time to Take Probiotics?

Ecotrends Magazine

Unfortunately, there has been little research comparing the benefits of taking probiotics with or without meals, or at different times of day.

The Best Time

So when is the best time to take probiotics? It largely depends on the reason you started taking them in the first place. If you take probiotics to address digestive issues, you will gain the most benefits by taking them with meals.

Trouble sleeping? The best time to take probiotics could be before bed. A strong connection exists between the gut and the liver, and "quieting" the liver seems to help with sleep.

All probiotic users should avoid taking probiotics within two hours of consuming herbs, garlic, medications (especially antibiotics), or supplements with anti-bacterial properties – wait at least two hours and then take them.

Do you take over-the-counter medication that may be damaging your gut?

Worried what affect your painkillers may be having on your heart?

Do you struggle with pain?

Ready to learn about safe alternatives?

Please join Dr. Kathy Wickens for a FREE presentation on PAIN CONTROL Wednesday, October 9th at 7pm 5 Gore St West, Perth ON

Feel free to register your friends and family too! RSVP to 613-264-0616 or chirocare@primus.ca



Q: What do you use to mend a jack-o-lantern?
A: A pumpkin patch.

Q: What did the oak tree say when autumn came around?
A: Leaf me alone.

Q: How are you supposed to talk in the apple library?
A: With your incider voice.

Q: Why did the scarecrow win the Nobel Prize?
A: Because he was out-standing in his field.

Coming Soon!!!

Our Annual Christmas Gift Certificate Program is right around the corner in November.

If you know anyone that could benefit from chiropractic care and is new to the office, please speak to the front desk for more details.

Sweat with Sue

Benefits of Exercise for those Facing Breast Cancer

As many of you know, October is Breast Cancer Awareness Month. With this in mind, I would like to talk about the benefits of exercise for those battling breast cancer.

Regular exercise (about 4 hours a week) lowers the risk of breast cancer returning as well as reducing the risk of ever having an initial cancer diagnosis. It can also lower the risk of cancers of the colon, lung, and uterus.

Regular exercise helps maintain a healthy weight (BMI lower than 25). A BMI (Body Mass Index) over 25 puts one in the overweight category. Having a higher BMI increases the risk of breast cancer especially after menopause. This risk is due to the fact that fat cells make estrogen; extra fat cells mean more estrogen in the body. Estrogen can make the hormone-receptor positive breast cancers develop and grow.

Some of the benefits of exercise can include the easing of nausea, reduced fatigue caused by radiation and chemotherapy, improved sleep, and reduced stress. It has also been shown to improve blood flow to the legs, reducing the risk of blood clots, ease constipation by stimulating digestion and elimination systems. Weight bearing exercise such as walking and running also help keep bones stronger which is important as the cancer treatments themselves can lead to bone loss.

Although exercise is not the number one thing on people's mind when faced with a cancer diagnosis, it should be considered a weapon in our arsenal to fight the battle.

The Chiropractic Care & Longevity Center

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

Thank you for reading our office newsletter!

We're on the Web!

See us at: www.chirolongevity.com

Also:



Spooktacular Word Search

T K T E M U T S O C O H T K T
 N S Z R I F X J B Z Z A R Z M
 P I O O I H A R X D F L I A C
 B T K H C C O N C B N L T C F
 C L M P G O K O Z O Y O F F C
 E F A D M E P O F W C W B V L
 P H O C G U I M R S L E K U E
 F O Y N K O P Q C T X E K A R
 B B A P W O V A V U R N R Q I
 E R P X I F R W P C K E L V P
 O R E Z T E Y D N A C C A W M
 D R I E C D E R B C R D W T A
 F S C R H D I U R X O R R N V
 G L O J O Y I Z Z L D R C U K
 D W D R S S P I D E R I L J H

black
 broom
 costume
 halloween
 orange
 scarecrow
 trickortreat
 witch

boo
 candy
 ghost
 moon
 pumpkin
 spider
 vampire

