



Chiropractic Care & Longevity Center

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April 2020

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www.chirolongevity.com

Did you know magnesium is involved in over 600 reactions in your body?

Magnesium is one of seven essential macrominerals that must be consumed daily in large amounts – 100 milligrams or more. We store about 25 grams of magnesium in our body with more than 50 % of this being stored in the skeletal system. The rest goes in the muscles, soft tissues and bodily fluids.

Good Sources of Magnesium

- Spinach
- Seeds
- Cocoa and cacao
- Almonds
- Bananas
- Coffee
- Good quality Magnesium supplement

www.thenutritionwatchdog.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.

Purelab Vitamins – Magnesium Glycinate

- Magnesium is one of the most under-utilized macronutrients in our diets.
- Around 80% of North Americans are deficient in Magnesium.
- Magnesium Glycinate has a greater absorption rate than other magnesium's such as citrate, malate and oxide.
- Chronic migraines or headaches can be a sign of magnesium deficiency.
- Magnesium Glycinate taken before and after exercise may help relieve sore muscles.

Magnesium Glycinate

- 120 caps \$25.94
- 300 caps \$62.10

Magnesium Glycinate + Melatonin

- 90 caps \$25.99

Prices are tax included.



Coping with Stress

Stress is a fact of daily life and is the result of both the poor food choices and bad things that happen to us. Too much negative stress can cause serious health concerns, but there are many ways of dealing with the stress you may be feeling right now to reduce your risk.

Self-Care and Resilience

When it comes to self-care, physical and mental health go hand-in-hand. It starts with the basics:

- Healthy eating
- Physical activity
- Getting enough sleep

May help you protect and maintain your mental health.

Our office carries a range of products that may help you cope with stress better on a daily basis.

- Shaklee B-Complex
- Shaklee Stress Relief Complex
- Homeocan D-Stress tablets



\$29.09



\$49.47



\$16.05

Prices are tax included.

Earth Day is Wednesday, April 22nd

BE THE CHANGE

Shaklee offers amazing products that are safe you and your family as well as the environment.

Basic H2 Organic Super Cleaning Concentrate

Super-safe, powerful, all-purpose cleaning concentrate.

- One 16 oz. bottle makes: 48 gallons of super powerful cleaner, or 5,824 bottles of window cleaner
- Sustainably sourced ingredients derived from corn and coconuts
- Does not contain phosphates, dyes, toxic fumes, hazardous chemicals, fragrance or chlorine
- Packaging is recyclable

Clean credentials

- Nontoxic
- Natural
- Super concentrated
- Biodegradable surfactants



Available in 2 sizes - - - 473 ml \$ & 1.89 L \$



Nature Bright Laundry Booster and Stain Remover

Ingredients

- Biodegradable surfactant
- Enzymes
- Safe Oxygen Bleach Source
- Surfactant Booster
- Whitening Agent

Recipe for whitening dull clothes

- 1 tbsp Nature Bright
- 1 tsp Basic H in container of hot water
- Soap items several hours or overnight
- Wash

Note: Can be used as an everyday brightener in all loads! (See bag for instructions)

Tip: Use on your sinks for a clean and bright look!

Got a tough stain?

These natural enzymes with active oxygen re-brighten laundry; remove stains from upholstery, and much more!



907G \$

**SAFE CLEAN POWERFUL CLEAN
GREEN CLEAN SMART CLEAN**

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:



**Why did the leaf go to the doctor?
It was feeling green!**

**What is a tree's least favorite month?
Sep-timber!**

**How do trees get on the internet?
They log in.**

**Why won't Easter eggs go out at night?
They don't want to get "beat up".**

Why didn't the Easter egg cross the road?

Because he wasn't a chicken yet!

**What Kind of jewelry do rabbits wear?
14 carrot gold.**

Jokes4us.com

Your Mind is a Garden,
Your Thoughts are the Seeds
You Can Grow Flowers **OR**
You Can Grow Weeds.

