



# Chiropractic Care & Longevity Center

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

# Welcome Back!

We are beyond excited to welcome back all of our patients and clients back into the office. We have been working extremely hard to ensure all safety measures are in place to make you feel more comfortable during your visit with us, this includes:

- The exam rooms are sanitized between every patient/client.
- The front counter/debit machine are sanitized after each transaction.
  - The door handles are sanitized frequently throughout the day
  - All chair arms are sanitized frequently throughout the day
  - All surfaces of the washroom are sanitized throughout the day

## What to expect when you enter the office:

- A lovely smile from the ladies at the front desk 😊
- You will be asked to put on a face mask and sanitize or wash your hands
- You will be directed to a treatment room (if available) or directed to have a seat (make sure to distance in the waiting room from other patients)
  - All DC's and RMTS will be wearing a face mask while treating
    - Payment is done as usual
- Pre-booking your next appointment is IMPORTANT for two reasons:
  1. We are booking up quickly (especially massage therapy).
  2. You get to have the time you prefer.

Our goal is to make your visit in our office flow as smoothly as it did before Covid-19.



## Lemon-Blueberry Pops

### Ingredients:

- 1 cup frozen blueberries
- 1 banana, peeled
- ¼ cup orange juice
- ¼ cup plain Greek yogurt
- ½ cup spinach
- 1 apple, peeled, cored and sliced
- ¾ cup coconut milk
- 1 drop Lemon Essential Oil\*\*

### Instructions:

1. Blend all ingredients together like a smoothie.
2. Pour into popsicle molds, and freeze for at least 3 hours or until solid.

\*\*Available for purchase at CCLC.



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

## Five Positive Benefits of Sunshine

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

1. Better Night's Sleep
2. Better Mood
3. Better Blood Pressure
4. Less Incidence of Skin Cancer
5. Better Vitamin-D Levels

So, instead of staying out of the sun, get into it – just don't overdo it. Getting sunshine without sunscreen every day will help you be healthier and happier overall. While amounts vary with each skin type, the average person should get between 5-15 minutes of exposure to sunshine daily in order to get 1000 IU's of Vitamin-D.

If you have to be in direct sun for long periods, choose a mineral based sunscreen.

If you can't be out in the sunshine, we have Vitamin-D supplements that may help.

## Optimize Your Wellness with Proper Breathing Techniques

Foundation for Chiropractic Progress

### Belly Breathing

Belly breathing is an effective way to help relieve stress and relax. To try this simple exercise:

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly, just below your ribs, and the other hand on your chest.
3. Take a deep breathe in through your nose, and let you belly push your hand out. (your chest should not move)
4. Breathe out through pursed lips as if you were whistling (feel the hand on your belly go in, and use it to push all of the air out).
5. Do this breathing 3 to 10 times (take your time with each breath).

Notice how you feel at the end of the exercise.

## Happy Canada Day Everyone

The office will be closed on Saturday, August 1<sup>st</sup> and Monday, August 3<sup>rd</sup>. Enjoy the weekend with family and friends!

The Chiropractic Care & Longevity Center

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



Please note that it is now mandatory for all persons entering or remaining in these premises to wear a face covering or mask that securely covers the nose, mouth and chin.

Certain exceptions will be made for those that cannot wear a face mask. Including:

- Children under 2 years of age or under 5 years of age who refuse to wear a mask
- Individuals with medical conditions rendering them unable to safely wear a mask, including breathing difficulties or cognitive difficulties
- Individuals who are unable to apply or remove a mask without assistance

We appreciate everyone's cooperation during this difficult time.

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.

If you cancel same day or miss an appointment and are not able to reschedule within 24 hours, you **will** be charged a treatment fee.

## Staying Hydrated – Staying Healthy

[www.heart.org](http://www.heart.org)

When the temperatures rise, getting enough to drink is important whether you're playing sports, travelling or just sitting in the sun.

Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently.

**Water is best but when frequently sweating add "extra electrolytes".**

For most people, water is the best thing to drink to stay hydrated. Sources of water also include foods, such as fruits and vegetables which contain a high percentage of water.

**Not just for athletes or exercise.**

Hydration isn't just important during physical activity. Sitting in the sun on a hot or humid day, even if you aren't exercising, can also cause your body to need more fluids.

