



# Chiropractic Care & Longevity Center

Dr. Kathy Wickens B.Sc. (Hon.), D.C. & Associates



June 2020

## Inside:

Get in the Game without the Pain

Do you have a Healthy Gut?

BaxMax Back Support

Greek Turkey Burger Recipe



5 Gore Street West  
Perth, ON K7H 2L5  
613-264-0616

[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.

## Get in the Game without the Pain

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

One key to success on the golf course can't be found at the pro shop. It's your physical condition as a golfer. Pain shouldn't be par for the course. Get in golf shape to protect your back and improve your game, without the pain.

When you consider the spinal rotation that goes into a golf swing and the fact that the speed of the club can reach 160 km/h, it's easy to understand that golf puts significant stress on your body. Here are some tips to improve your game and help prevent the pain.

### Get in golf shape to improve your game, without the pain:

#### 1. Warm up and cool down

Take a few minutes to stretch before and after your game. Start with a brisk walk, 10 to 15 minutes is ideal but even a few minutes to get warmed up is better than not at all. Then do some dynamic stretching.

#### 2. Stay hydrated

Drink plenty of fluids before, during and after your golf game. Remember that once you are thirsty, you are already dehydrated.

#### 3. Push, don't carry, your golf bag

Walking the golf course is a good way to get exercise, but sometimes carrying your bag can be a pain. To prevent back injury, push or pull your bag using a pull cart, and when possible take turns riding in a golf cart. If you prefer to walk, consider putting your clubs on the golf cart – even if someone else is driving.

If you prefer to carry your clubs, use a double-strap bag that evenly distributes the weight of your clubs across your body. If you bags get too heavy, put it down and take a break.

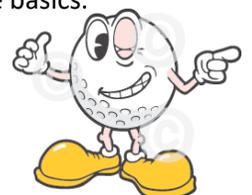
#### 4. Choose the right shoes

Wearing a golf shoe with good support and the proper fit can help prevent knee, hip and lower back pain.

#### 5. Take lessons

The right swing technique can do more than improve your game. It can also spare you unnecessary pain. Working with a professional is a great way to learn the basics.

If you're experiencing back pain, visit a chiropractor to assess your specific needs and identify a course of action that's right for you!



## Do You Have a Healthy Gut?

There are good and bad bacteria in your gut. A healthy supply of good bacteria can keep the bad bacteria in check. Too many bad bacteria may cause Crohn's, Ulcerative Colitis and Irritable Bowel Syndrome (IBS). Healthy bacteria not only help to digest food but help all over your body. A healthy gut may affect your heart, brain, digestion, immune system, sleep and mood; all in positive ways.

Up your intake of foods that naturally contain probiotics, such as kefir, but also fresh sauerkraut, Kombucha, tempeh, kimchi. Or if you are not inclined to dine on those foods then take a supplement. There are many different kinds, so if you are not sure which ones to take, you can fill out a **gut questionnaire** or ask any of the doctors or staff.

Some immunocompromised people may benefit from a probiotic whereas others may require a discussion with their MD.

We carry many different types of probiotics; the most popular being:

**Metagenics UltraFlora Acute Care – for when you have bowel distress or when you travel**  
**Metagenics UltraFlora Balance – for daily use**  
**Shaklee Opti-Flora – for daily use**

## Introducing the

# BAXMAX®

## The Ultimate Back Support

What's the difference between the BaxMax and any other back support?

The BaxMax has unique features that make it "The ULTIMATE Back Support", beginning with the 5:1 compound pulley system between the two halves of the belt. The pulley allows for a mechanical advantage over elastic or multi-pull back supports, so the BaxMax is able to get much tighter! The BaxMax is also made of a breathable mesh, making it the lightest and most comfortable back support on the market.

- Natural Back Pain Relief
- Lightweight Design
- Breathable Mesh
- 5x More Powerful
- Doctor Approved
- Instant Results
- Work, Sports and Active Life



**Why did the baby strawberry cry?**  
**Because his dad was in a jam!**

**What did baby corn say to mama corn?**  
**Where's popcorn?**

**What did daddy spider say to baby spider?**  
**You spend too much time on the web.**

Jokes4us.com

The office will be closed  
Wednesday, July 1<sup>st</sup> 🇨🇦  
Happy Canada Day!

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:



### Ingredients:

- 7 oz plain Greek yogurt
- 1 medium fresh lemon
- ¼ tsp minced garlic
- ¼ tsp dried dill
- 1.25 lb. ground turkey
- 6 halves sun dried tomatoes
- 1 medium red onion
- 2 oz spinach
- ¼ cup crumbled feta
- 1 tsp dried oregano
- ½ tsp minced garlic
- 1/3 cup breadcrumbs
- 1 large egg
- 1 medium cucumber
- salt and pepper to taste



## Greek Turkey Burgers

[www.pinterest.ca](http://www.pinterest.ca)

### Instructions:

1. Prepare the yogurt sauce by combining the yogurt, ¼ tsp minced garlic, dry dill, juice by half the lemon and a dash of salt. Stir everything to combine and then refrigerate to allow the flavors to blend while you make the burgers.
2. Roughly chop the spinach to prevent long stringy pieces. Also chop the sun dried tomatoes and ¼ of the red onion.
3. In a bowl, combine the ground turkey with the spinach, sun dried tomatoes, red onion, feta, ½ tsp minced garlic, dried oregano, egg, breadcrumbs, ½ tsp of salt and some freshly ground pepper. Stir everything until it is evenly combined. Shape the mixture into six patties.
4. Cook the burgers on a counter top grill, a non-stick skillet or over open flame. Spread the yogurt sauce on both sides of a bun, add a warm burger and top with thin slices of red onion and cucumber. Enjoy!