



# Chiropractic Care & Longevity Center

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



March 2020

### Inside:

Bring Out Your Sparkle Ladies Night

NEW Coop Pillows!

March Laser Promotion

FDA Opioid Facts

Sweat with Sue

Collagentex Rx-1

doTERRA Essential Oil Class

Tissue Salt #4

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.



We are proud to partner with the Great War Memorial Hospital Foundation to bring you this amazing event to support the purchase of a mammograph machine.

This event is great for ladies to get out and enjoy a night of laughter and dancing for a great cause.

**Saturday, March 21<sup>st</sup>, 2020**

**Doors will open at 5:30 pm**

**Buffet Dinner at 6:00 pm**

**Dance 7:00-11:00 pm**

**\$30 per ticket or 2 or \$50**

Tickets can be purchased in **advance only** at the Chiropractic Care & Longevity Center  
5 Gore Street West, Perth, ON



**Wear your SPARKLY outfit or accessory!**

### NEW!! Introducing the Coop Pillow

- Adjustable Fill
- Breathable
- Dust Mite Resistant
- Cruelty-Free
- Machine Washable
- Hypoallergenic
- Super soft!

\$94.90  
tax included



Take the pillow quiz at <https://coophomegoods.com/pages/which-pillow-is-right-for-you> to see which pillow is right for you!

# Introducing the Collagentex RX-1 Laser

Collagentex Rx deliver near infrared, non ionising Low Level Light Therapy light energy, lymphatic drainage and subsequent Cytochrome-C oxidase stimulation for increased ATP production, enhanced cell proliferation, anti-inflammatory effects of prostaglandin, interleukin, interferon at cell level to complement chiropractic and massage therapy for a Natural Healing process.



## March Madness Laser Promotion

**For the month of March, purchase a laser package of 10 sessions for \$200.00 (Saving \$200.00 if purchased individually.)**

Did you know that FDA Guidelines now recommends chiropractic care before opioids?

Between 1991 and 2011, the number of opioid prescriptions scripted per year jumped from 76 million to 219 million!

In 2015 alone, 52, 000 people died from drug overdoses – and 2/3rds of those were opioid users!

The worst part is that a majority of those prescriptions were given for spine and musculoskeletal related pain.

The Evidence Based Chiropractor

## Sweat with Sue – Personal Trainer

March is National Nutrition Month so it's a good time to think about our own nutrition. Is it good, bad or ugly?

If you feel it can do with some tweaking, here are a few tips to hopefully help you with any shortfalls.

Think about what your plate looks like. 50% of your plate should be made up of complex carbohydrates, ideally non-starchy vegetables. A quarter of your plate should be dedicated to healthy fats and the other quarter dedicated to lean protein sources. Aim to get approximately 800 grams of vegetables and fruit a day, heavy on the vegetables.

Practice mindful eating that is, be aware of what you are putting in your mouth. If you're really struggling with your eating habits, it may be beneficial to do a Food Journal. Write down everything you are eating...be honest with yourself, you are the only person looking at it. Until you know what you are doing wrong and what you are really eating, you can't fix it.

Use the Power of Pause and Distraction: When you have a craving for cake or chips or whatever your weakness is at that moment, PAUSE. Drink a glass of water. Make yourself do something else for 15 minutes. Disconnect from the food trigger. This is a great tool to help correct unhealthy eating habits.

Happy Healthy March everyone!

dōTERRA

Come join Ashley Finnigan on Wednesday, March 25<sup>th</sup> @ 5:30 pm for an essential oil class

**All about Kids!**

Discover which oils you can be adding to your daily routines to help your kids with daily stressors.

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:



## Schuessler Tissue Salts

#4 Ferrum Phosphoricum

Ferrum Phos may help with the following symptoms:

- Redness
- Heat
- Throbbing or fever
- Acute inflammation
- Common colds
- Bronchitis
- Rheumatism
- Anemia
- Skin eruptions



125 tab \$7.91  
500 tab \$16.95

Ferrum Phos helps the blood do its job to fix the problem quickly.

A Little Irish Humor ☺

**Q. What's Irish and stays out all night?**  
**A. Patty O'furniture!**

**Q. When is an Irish Potato not an Irish Potato?**  
**A. When it's a French fry!**

**Q. How can you tell an Irishman is having a good time?**  
**A. He's DUBLIN over with laughter!**

**Q. What does a leprechaun call a happy man wearing green?**  
**A. A lot of small talk.**

**Q. Why do people wear shamrocks on St. Patrick's Day?**  
**A. Because regular rocks are too heavy!**