



# Chiropractic Care & Longevity Center

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## October 2020

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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.

## World Spine Day is October 16<sup>th</sup>, 2020

[www.worldspineday.org](http://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.

## #BACKONTRACK



### **NEW** – Postural Ergonomic Assessments

Dr. Elizabeth Carter

### **Taking a Stand against Sitting Disease – American Posture Institute**

Do you sit all day busily working, only to spend your evenings sitting on your couch, watching TV and checking social media? Do you feel tired after a busy day at work? Do you feel like you keep gaining weight, but not sure how you can squeeze in time to be physically active?

Are you a college or university student virtually learning? Are you homeschooling your child this year? Has your child had more neck and back pain, headaches, or feeling tired lately? Have you noticed slouched posture while your child sits for hours in front of a screen learning?

Sitting disease is a modern day health epidemic associated with prolonged sitting in poor posture. According to Biswas et al. (2015), more than half of the average person's waking hours are spent sitting. From learning or working at our desk, daily commutes, watching TV or checking social media, most of us sit a lot more than we realize. Research has shown that prolonged sitting in a poor posture can lead to chronic diseases including diabetes and heart disease (Wilmot et al., 2012).

### **The Postural Ergonomic Solution**

A postural ergonomic assessment looks at the functional, postural, brain based and environmental aspects of the everyday student and working. An active workspace, that is person focused first, and equipment focused second, is imperative to feel better and function higher.

Chiropractic Care & Longevity Center is excited to offer ergonomic assessments to help both students and workers in our community reduce sitting disease and prevent postural decline.

Call to learn more about our complete (in office) and virtual assessments.

**When does a skeleton laugh?**  
**When something tickles his funny bone**

**Which ghost is the best dancer?**  
**The Boogie Man!**

**When do ghouls and goblins cook their victims?**  
**On Fry Day**

**What does a vampire never order at a restaurant?**  
**A stake sandwich**

**What do you get when you cross a vampire and a snow man?**  
**Frostbite**

**Why is a ghost such a messy eater?**  
**Because he is always a goblin.**

Jokes4us.com

## 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  
 Boo  
 Broom  
 Candy  
 Costume  
 Ghost  
 Halloween  
 Moon  
 Orange  
 Pumpkin  
 Scarecrow  
 Spider  
 Trickortreat  
 Vampire  
 Witch



### 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.

### The Chiropractic Care & Longevity Center

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



### A Colostrum a Day May Keep The Doctor Away

Prior to giving birth, all female mammals produce a pre-milk fluid that protects newborns against disease called, colostrum.

Promoting our body's natural defense, colostrum is rich in growth factors that support cellular repair and kill threatening bacteria.

This supplement is also high in Fiber, Vitamin-C and Folate.

The lozenges are a delicious strawberry and cream flavour that you simply let melt away in your mouth.

90 lozenges  
 \$38.42  
 tax included



### Butternut Squash and Pear Soup

½ cup chopped onion  
 1-2 tbsp of butter  
 ▪ Mix in a saucepan and cook onions until transparent.

Mix:  
 1 tsp (or more) of curry  
 ½ cup pear juice (or apple will do)  
 1-1 ½ cups of pears  
 1 squash (medium size) – remove seeds  
 1 ½ cups of chicken broth  
 ▪ Bring to a boil and let simmer for 10-15 minutes (until squash is soft).  
 ▪ Put in a blender until smooth

Can be served topped with cheddar or sour cream.



### This Thanksgiving, remember to have an Attitude of Gratitude!



#### Please Note

The office will be closed Saturday, October 10<sup>th</sup> & Monday, October 12<sup>th</sup>  
 We hope you are able to have a wonderful, safe celebration with your family and friends.

#### Are You Taking Full Advantage of Your Extended Health Care Insurance Benefits?

The year end is approaching and most health care benefits re-start at the beginning of the year.  
 Have you looked into how much coverage you have and what you are entitled to?