



Chiropractic Care & Longevity Center

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September 2020

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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.

Happy 125th Birthday Chiropractic!

Chiropractic's first adjustment is recognized each year as Chiropractic Founder's Day. On September, 18th 1985, Dr. Daniel David Palmer gave the first chiropractic adjustment. Chiropractic focuses on the relationship between the body's main structures – the skeleton, the muscles and the nerves – and the patient's health.

Here are a few testimonials from patients about how chiropractic has enhanced their quality of life:

I was very pleased by the focused individualized alternative treatment that I received. R.W

Great experience! I now have a better understanding of my back pain and feel very comfortable with the plan to correct it. S.P

I have had chiropractic care for 40 years now; and this is such a refreshing change. New and improved techniques and treatment; it will definitely help! G.B

It feels good to finally walk around without so much pain. L.D-V

It has allowed me to function pain free in my day to day activities.

It has been an enjoyable treatment process. J.L



It's Contest Time Again!

While celebrating 125 Years of Chiropractic, we will be running a contest from September 1st – September 30th, 2020.

There are 3 ways to get entries into the contest:

1. Schedule any service in the office (Chiropractic, Massage Therapy, Laser Therapy, Hydromassage Bed, Orthotics, Acupuncture) = **1 ballot per service.**
2. Purchase Product/Supplements = **1 ballot for entire product purchase (not item based).**
3. Complete a Google, Facebook or Video review = **5 ballots.**

What are you entering to win?!

1st prize – Gift Basket: includes: A Gift Certificate for a chiropractic adjustment, a multi-vitamin, ice pack, cryoderm and an Organo Hot Chocolate. (Approx. value \$150.00)

2nd prize – Coop Queen Pillow (Valued at \$107.35).

3rd prize – BaxMax Back Support (Valued at \$96.05).

Draw will take place Thursday, October 1st, 2020.

Good luck to all!



Energy Ball Recipe

- 2 cups Rolled Oats
- 1 cup Peanut Butter (natural is better if possible)
- 1 cup Dried Cranberries and or Chocolate Chips
- 3 tsp Chia seeds
- ½ cup Honey
- 2-4 drops of doTERRA Essential Oil (Wild Orange, Tangerine or Peppermint)

Mix everything together well and roll into balls. Refrigerate. Can freeze as well.



Benefits of Massage Therapy

Submitted By: Lindsey Crain

As a registered massage therapist, I always strive to educate my clients on the numerous benefits of their massage. It's not only relaxing and important for maintaining your overall health but there are multiple benefits of massage therapy.

Massage therapy may help reduce muscle tension, decrease or eliminate pain, relieve stress, alleviate repetitive strain injuries and improve joint mobility. We also treat many acute and chronic conditions including: headaches/migraines, arthritis, fibromyalgia, tendinitis, whiplash, just to name a few. Massage therapy may also help women during pregnancy and following delivery.

Overall, massage therapy can benefit everyone in many different ways. Your massage therapist will focus on a treatment plan that will meet your individual needs.

What is Low-Light Laser Therapy and it's Benefits?

Emily Hamilton, Clinical Assistant

Low Light Laser Therapy (LLLT) is a painless, non-invasive service we offer at CCLC. The LLLT is classified as a **COLD** laser which is not like **HOT** laser used in surgery.

Low-Level laser is a very safe treatment that is FDA approved. We provide patients with filtering glasses to protect their eyes.

Since our laser treatment is cold, patients generally don't feel anything during their treatment. Each laser session takes less than 15 minutes.

LLLT works by stimulating the body's cells and infusing them with energy.

The main benefits of LLLT may include:

- Reduced inflammation and swelling
- Increased blood flow and circulation
- Improved cell function
- Activation of the healing process and reduction of pain

We have two cold lasers in the office: the **PL Touch**, and the **RX-1**, which have delivered amazing improvements for our patients.

The Chiropractic Care & Longevity Center

If you have any comments or suggestions about our monthly newsletter please email:

manager.cclc@primus.ca

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We're on the Web!

See us at:

www.chirolongevity.com

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