



Chiropractic Care & Longevity Center

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January 2021

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www.chirolongevity.com

Our mission at 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.

Quality Products to Jump Start Your Healthy Lifestyle in the New Year!

- Shaklee Vitamin-C
- Shaklee Vitamin-D
- Shaklee Nutriferon
- Shaklee Defend & Resist
- Sequel Colostrum
- Seroyal Vitamin-D
- doTERRA OnGuard line



If you are interested in any other health products, please ask the front desk staff or the chiropractors.



Canadian Maple Hot Chocolate

- 1 sachet ORGANO™ Hot Chocolate
 - 3 tbsp Maple Syrup
 - 1 cup water
 - ¼ tsp Himalayan sea salt (optional)
1. Pour maple syrup on the bottom of an empty mug and empty the sachet of hot chocolate.
 2. Warm water up and pour in the cup. Stir until well mixed.
 3. Sprinkle with salt and enjoy.

www.organogold.com



Mimosa Pudica

Now available in office!



\$30.70
including
tax

- Powerful Gut Scrubber
- May Kill Parasites
- May Support Mental Health
- Rich in Antioxidants
- May Help Regenerate the Sciatic Nerve
- May Prevent Liver Damage
- May Kill Harmful Microbes
- Used in Wound Healing
- Has Antidiarrheal Properties
- May Protect Against Ulcers

www.microbiformulas.com/blogs/microbiformulas/10-health-benefits-of-mimosa-pudica

We are continuing to offer curbside pickup for all products. If you would like to do this service with your next order, please call the office to pay by phone using a credit card and we will bring your items out to you. We are also open for full services with Public Health parameters in place.

Snow Shoveling

www.chiropractic.ca



Winter weather can pack a punch and, with the season's heavy snowfalls, injuries often result. Improper snow shoveling is often to blame.

But shoveling out after a storm doesn't have to leave you stiff and sore. With a little know-how, you can clear your driveway without the all-too-common back, neck and shoulder pain cramping your style. Here's how:

PUSH, DON'T THROW.

Push the snow to one side and avoid throwing it. If you must throw it, avoid twisting and turning – position yourself to throw straight at the snow pile.

BEND YOUR KNEES.

Use your knees, leg and arm muscles to do the pushing and lifting while keeping your back straight.

WATCH FOR ICE.

Be careful on icy walkways and slippery surfaces. Intermittent thaws and subsequent freezing can lead to ice building up underfoot, resulting in nasty slips and falls. Throw down some salt, sand or LAVA grips (available at Canadian Tire or Home Hardware) to ensure you have a good footing.

Once you've mastered safe snow shoveling techniques, you'll be free to have fun and stay fit all winter.

Remember to do knee to chest exercises every night and to use ice for aches and heat for stiffness.

**** Always remember to get adjusted regularly!**

Have You Tried The Happify App?

Happify is the single destination for effective, evidence-based solutions for better mental health.

We all face daily challenges. But no matter what you're going through, there are skills you can learn that can profoundly improve your mental state.

Ready to change the way you feel? Start your journey at www.happify.com

The Chiropractic Care & Longevity Center

If you have any comments or suggestions about our Monthly Newsletter please email: chirocare@primus.ca
Thank you for reading our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

Also:



Posture Cushion

Sitting on a posture cushion creates an unstable surface, causing your core muscles to engage throughout the day to stay upright. By engaging your core musculature, you are strengthening your postural muscles, supporting the natural alignment of your spine, and helping to create healthy posture habits. It also has an added bonus of enhancing your balance and proprioception.



\$30.05
including
tax

Contact CCLC to see if a posture cushion would be the right fit for your work or learning space!

Source: American Posture Institute

Do you find you spend most of your day sitting?

Please join Dr. Carter for a virtual talk on ways to reduce sitting disease.

Tues. Jan. 12th 7:00 pm

Wed. Jan. 27th 9:00 am

Call the office to register!

BioFreeze

Powered by Menthol

Menthol stimulates cold receptors that create a cooling sensation on and under your skin, helping to relieve pain.

Now available for purchase at our office!



\$22.59
including
tax