



Chiropractic Care & Longevity Center

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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

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 your golf cart – even if someone else is driving.

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!

Why did the baby strawberry cry?

Because his dad was in a jam!

What did the daddy spider say to baby spider?

You spend too much time on the web.

What did baby corn say to mama corn?

Where's Popcorn?

What did the daddy tomato say to the baby tomato?

Catch up!

www.jokes4us.com

SUPPLEMENTS FOR THE MAN IN YOUR LIFE



If you're a man over 40, Saw Palmetto Complex will help relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia (i.e., enlarged prostate gland) in a minimum of three months of daily use.

\$54.74 /1 month supply

Zinc is present in all cells in the body and works as a trigger for more than 200 different enzymes. Zinc is necessary for a normal growth rate, normal function of the prostate gland, and the healing of wounds and burns.

\$15.66/ 4 month supply



Vita-Lea is a high-potency formulation providing more than 20 essential vitamins and minerals at clinically proven levels for optimal health.

\$31.69/2 month supply

Tissue Salt # 9

Natrum Muriaticum (Nat Mur)

Do you have any of the following symptoms?

- Cold sores
- Dryness
- Cracking of the skin
- Cracked lips
- Eczema
- Psoriasis
- Fever Blisters
- Insomnia
- Constipation
- Blinding Headaches



You may be lacking salt! This cell salt is unique in that it helps a person move through haunting or unpleasant memories and emotions as well as treating dry skin and related issues.

125 tablets – \$7.91

dosage – 5 tablets, twice daily

500 tablets – \$16.95

prices are tax included

Are you worried about parasites?

Symptoms may include:

Skin rashes, weight loss, abdominal pain, diarrhea, vomiting, anemia, aches and pains, weakness, etc.

Try Mimosa Pudica!

\$30.70 tax included

The office will be closed
Thursday, July 1st
Happy Canada Day!



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:



Find us on Facebook



Instagram



Petitgrain "men's lavender"

- Used in aromatherapy as a nervine/calming.
- Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.

\$50.47

Fresh Summer Salad



Ingredients:

- 1/2 cup Cooked quinoa
- 1/2 cup Sliced strawberries
- 1/4 cup Almonds
- 1 Tbsp Sunflower seeds
- 1/3 Cucumber
- 2 tbsp Feta
- *(optional red onion)

Dressing:

- 1Tbsp Lemon Juice
- 1Tbsp Olive oil
- 1Tbsp Maple syrup

Are You "TICK"ED off?

We have an essential oil repellent that may help keep these pesky bugs away and is save for your entire family including pets!

Pack includes:

- 4 oz. Glass Spray Bottle
- dōTERRA 15 ml Lemongrass
- dōTERRA 15 ml Eucalyptus

Recipe:

- 20 drops dT Lemongrass EO
- 20 drops dT Eucalyptus EO
- Fill bottle with distilled water
- Shake before each use.



\$59.89

Tax Included

Makes up to 12 spray bottles!