



Chiropractic Care & Longevity Center

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



September 2021

In This Edition:

- Welcome Dr. Gian Kaillon
- Metagenics Clear Change
- Energy Ball Recipe
- Low-Light Laser Therapy
- 5 Back to School Essentials
- Back to School Giggles
- Organo Gold Products

5 Gore Street West
 Perth, ON K7H 2L5
 613-264-0616
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.

Welcome Dr. Gian Kaillon to CCLC!

Dr. Gian Kaillon completed her Bachelor of Science in 2002 at the University of Ottawa. Pursuing her interest in physiology, nutrition, health and wellness. She continued her education at the Canadian Memorial Chiropractic College (CMCC), graduating with a Doctor of Chiropractic in 2010.

Dr. Kaillon began her chiropractic and wellness career working within a busy multidisciplinary clinic in the GTA and the Durham region. During this time, she continued her education and received a certificate in Contemporary Medical Acupuncture from McMaster University.

A few years later Dr. Kaillon moved back to her home town of Sharbot Lake, where she opened up her own practice in 2017. Dr. Kaillon is trained in the latest and most advanced systems in chiropractic technology. She strives to be current in education and training and has passion for patient care and wellness, with a strong emphasis on patient education.



We are excited to have Dr. Kaillon join our busy healthcare office. You can schedule with Dr. Kaillon from 8:00 am-2:00 pm on Tuesdays, Wednesdays and Thursdays and from 9:00 am-2:00 pm on alternating Saturdays.

Are you struggling with weight or other health issues?
The Metagenics Clear Change program may be your first step in the right direction.
Comes in 3 delicious flavors:
Berry, Chai & Vanilla
Easy 10 day program for \$192.10 (tax included)

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.

Top 5 Back To School Essentials from the Chiropractors

1. Maintain your child's nervous system by getting regular adjustments.
2. Ensure your child is getting all their daily nutrients with our kids multivitamins (Metakids Multisoft Chews).
3. Help fight off colds and flu with doTERRA OnGuard essential oil.
4. Help your child focus at school with doTERRA InTune essential oil and at home with Organo Hot Chocolate.
5. Ensure your child gets a restful night sleep with doTERRA Lavender, Serenity and Balance essential oils.



What is Low-Light Laser Therapy and its 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 to produce ATP which infuses 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:

chirocare.mgr@gmail.com

Thank you for reading our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

Also:



The office will be closed
Saturday, October 9th & Monday, October 11th
for the Thanksgiving weekend!

Change Your Health, One Delicious Cup at a Time!

Organo Products May Help With:

- Weight Loss
- Pain Reduction
- Managing Cholesterol
- Managing Blood Sugar
- ADHD



Only drink water?

The benefits are also available in supplement form!



Happy 126th
Birthday Chiropractic!
Saturday, September 18th

Back to School Giggles

Why did the student throw his watch out of the school window?

He wanted to see time fly.

What's a teacher's favorite nation?

Expla-nation.

Why didn't the quarter roll down the hill with the nickel?

Because it had more cents.

What happened to the plant in math class?

It grew square roots.

Jokes4us.com