

April
2010



NEWSLETTER
TO PATIENTS, FAMILY & FRIENDS OF THE
Chiropractic Care and Longevity Center

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April 22nd is Earth Day- Things We Can Do:

Earth day began in 1970 as an annual day of recognition of the wonders and beauty of our planet...and over the years has grown to a weeklong celebration. Earth Day reminds us why it's important to consider how our everyday actions affect the environment for years to come...

Become better informed and active. Earth Day is a good time to make a commitment to learning more about the environment and how you can help to protect it. Borrow some library books and read up on an issue such as pollution, endangered species, water shortages, recycling, and climate change. Think about the issues that concern you the most and if you haven't done so already, join a local group that undertakes activities to help protect the environment in your area. Understand your local environmental challenges and accomplishments. Learn about local watershed initiatives. Volunteer.

Participate in a local environmental education or Earth Day experience. Visit a new or nearby nature center, science center, park, cooperative extension office, museum or conservation district office. Ask questions.

Get your hands dirty! Participate in a river cleanup, pick up litter or plant a flower garden.

Enjoy nature! Sit and rest in the woods or along a stream. Take a hike, go biking, try camping, have a picnic, go fishing, look for hawks, rent a canoe, investigate a cave, look for fossils, fly a kite, take photographs, paint some scenery - enjoy the outdoors!

Protect water quality! Clean up after pets. Test wells annually for bacteria and nutrients. Don't dump used oil, paint, coolants or other chemicals into the ground, storm drains or garage drains. Participate in stream bank and wetlands restoration projects and local watershed management planning.

Use products that produce less waste and pollution. Substitute water-based products whenever possible when buying paints and household cleaners, or switch from chemical-type cleaners to natural products like soap and water. Use fertilizers and pesticides properly and reduce use by implementing biological and mechanical controls. Read and follow instructions and precautions for all such products and dispose of them properly (and not into storm drains or the ground). Buy products in bulk or with minimal packaging materials.

Recycle! Purchase products that contain recycled-content materials as often as possible.

Save energy! Turn off unneeded lights and appliances. Replace standard light bulbs with energy efficient fluorescents to reduce carbon dioxide emissions. Buy energy efficient household appliances and yard tools. Consider energy efficient construction and building design when building, buying, or adding on to a home or office.

Use your car less and take good care of it. Keep the car tuned and leak-free, and get it inspected regularly. Keep tires properly inflated and dispose of used motor oil and cooling fluids at designated recycling centers. Try using mass transit, carpooling, walking or riding a bike as often as possible. When shopping for a new car, look for the most fuel-efficient and investigate models that accommodate use of other fuels besides gasoline.

Conserve water! Install flow restrictors on all faucets and use low-flow shower devices. Do not let the water run wastefully when washing anything. Water the lawn in the early morning or late afternoon. Run washing machines and dish washers only when full. Repair leaky pipes, faucets and toilets.

Always use a cloth reusable bag for your groceries!



Natural, Biodegradable Cleaners: A great way to celebrate Earth Day



Get Clean™ offers you cleaning choices that are SAFE, POWERFUL, GREEN, and SMART. Because when it comes to keeping your house clean and the earth safe, you shouldn't have to choose. When you use Get Clean, you're never simply cleaning. While you make your home cleaner, you make your family healthier. You also make the planet healthier for other families as well.

Did You Know?

In 2005, **218,316 reported poison exposures** came from household cleaning products. Common household cleaners and appliances give off fumes, which can potentially **increase the risk of asthma in children**. The EPA says that **only a fraction of the more than 81,500 registered chemicals** have gone through testing for human health concerns. 81,500 represents approximately one in every 750 known chemicals. The EPA lists the following household cleaning products as "**hazardous waste**" - oven cleaners, drain cleaners, wood and metal cleaners and polishes, toilet cleaners, tub, tile, and shower cleaners and bleach. The average U.S. household generates more than 20 pounds of household hazardous waste per year, and the average home can accumulate as much as 100 pounds of household hazardous waste in the basement and garage and in storage closets.

Get Clean Starter Kit

This multitasking set is all you need to start cleaning your way to a healthier home-thirteen products plus a caddy filled with accessories. It's an amazing value that lets you make a positive impact on your budget as well as a positive impact on our planet. When you buy the Get Clean Starter Kit instead of the ready-to-use products that you probably use, it's nice to know:

- You eliminate 108 pounds of waste from landfills.
- You eliminate 248 pounds of greenhouse gases.
- You do the environmental impact of planting 10 trees.

Basic H2™ Organic Super Cleaning Concentrate

With its incredible powerful formula, Basic H2, when used as directed, dominates grease, grime, and dirt 1,000 different ways. Super concentrated and as earth friendly as original Basic-H®, it can be used indoors or out on any washable surface. Just two ounces of Basic H2 provides the same cleaning power of 728 bottles of the 26 ounce size of Windex® original formula.

Basic H2™ Organic Super Cleaning Wipes

Now you can harness the power of Basic H2 in a convenient and biodegradable wipe that won't leave any residue as it wipes away dirt, grease, and grime.

Nature Bright® Laundry Booster and Stain Remover

Nature Bright uses natural enzymes and active oxygen to re-brighten laundry, de-stain upholstery, un-spot carpets and way more.

Scour Off™ Heavy-Duty Paste

This scouring cleanser removes the toughest stuck-on messes without harsh chemicals.

Dish Wash Liquid Concentrate

Just a few drops of this natural, nontoxic dishwashing liquid powers through your greasy dishes, leaves your dishes sparkling clean, and is gentle on your hands.

Dish Wash Automatic Concentrate

The deep, enzyme-activated cleaning power of patented Dish Wash Automatic Concentrate gently removes tough stains, leaving dishes and glasses sparkling clean.

Hand Wash Concentrate

This super mild, sudsy cleanser has wheat germ oil to moisturize, soy protein to condition, balm mint and gential extracts to soothe, and juniper and spruce extracts to energize.

Fresh Laundry Concentrate (Liquid)

This two-for-one concentrate outperforms leading detergents and big-name spot removers with enzyme-activated natural cleansers. 32 ounces cleans 32 loads.

Fresh Laundry Concentrate (Powder) (Available to order)

This super concentrated powder uses enzyme activated natural ingredients to get your clothes really clean— 5.5 pound box cleans 88 loads. Fragrance or fragrance-free versions available.

Soft Fabric Concentrate

Clean-smelling, silky softener reduces wrinkles and removes static cling. 32 ounces softens 64 loads.

Soft Fabric Fragrance Free Dryer Sheets (Available to order)

Vegetable-based softener on a biodegradable sheet that breaks in two in the dryer for even distribution of softener and greater reduction of static cling.

Please ask front desk staff for more details on Get Clean products

Shaklee Difference

Get Clean Products offer cleaning choices that are:

SAFE

- ☑ Nontoxic
- ☑ No toxic fumes
- ☑ Hypoallergenic
- ☑ No hazardous chemicals
- ☑ No chlorine
- ☑ No kerosene
- ☑ No dodecylbenzene-sulfonate
- ☑ No phenol
- ☑ No cresol
- ☑ No lye
- ☑ No morpholine
- ☑ No petroleum distillates
- ☑ No benzene
- ☑ No ammonia
- ☑ No paradichlorobenzene

POWERFUL

- ☑ Outperforms 11 national brands
- ☑ 100% money-back guaranteed

GREEN

- ☑ Sustainably sourced natural ingredients
- ☑ Biodegradable surfactants
- ☑ No chlorine
- ☑ No phosphates
- ☑ No nitrates
- ☑ No borates
- ☑ No animal testing
- ☑ Recyclable packaging
- ☑ Recyclable wipes
- ☑ Recyclable dryer sheets

Ask the front desk for a ballot for a chance to win an Earth Day Get Clean Gift basket.

The Healing Benefits of Hugging! A Fun Way to Celebrate Earth Day!

Hugging is healthy: It helps the body's immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

Hugging is all natural: It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100% wholesome.

Hugging is practically perfect: There are no moving parts, no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payment and no insurance.

"Among Life's precious jewels, Genuine and rare, The one that we call friendship Has worth beyond compare."

Women in Balance

(Excerpt from *backwards in High Heels* by: Sheila Stewart)

When a woman is stressed her level of oxytocin is lowered, this lowers her serotonin and raises her cortisol. Cortisol is the chemical that causes belly fat so when you are out of balance, you are naturally gaining weight around your belly. Serotonin is a chemical that regulates your feeling of calmness. When this is lowered, you feel more anxious and are uptight.

Oxytocin can be raised by touch and when women talk. Ever wonder why women love to talk? When women raise their oxytocin levels which will then raise their serotonin levels and lower their cortisol. The more women talk, the more weight they'll lose.

It is more than a trend the number of girlfriend getaways that women are taking these days. It makes good chemical sense. When women get together they are able to talk and when they are on a

getaway, they typically get a massage, pedicure and other pampering services. Between all the talking and pampering, their oxytocin levels are raised to a much higher level by the time they arrive home. As Dr. John Gray says, "The partner doesn't have to do much to ring your bell if your oxytocin tank is 85% full when you arrive home." This makes sense and can be traced back to the cave days. During these times women would gather in the camps to visit while they did their daily work and watched the children. They would talk all day long so when the men came home from the hunt the women were relaxed because they had increased their level of oxytocin, raised their level of serotonin and lowered their level of cortisol. The point is that when you know what it takes to raise your oxytocin levels you concentrate on getting your fair dosage each day. Whether this is talking to your girlfriends or talking to other women, it is all a part of a routine.

So if you are stressed speak to a girlfriend. By the time you get off the phone your oxytocin levels will be raised which will raise your serotonin and you will have lowered your cortisol. So by the time you arrive home you will look and feel more balanced and you will not have the food cravings that you normally do when you are out of balance. The bottom line is that when you are less stressed and more in control of your own body's chemicals which control how you feel, your weight and ultimately your energy level.

Take time to evaluate your daily life and determine where you can start adding in girlfriend talking time, massage therapy, manicures and pedicures. Remember to get your mother a gift certificate for one of these treatments for Mothers Day. Ask the front desk staff for more details.

Vega Sport: Natural Plant-Based Performance Optimizer Pre-Workout Sports Beverage

ENERGY • STAMINA • MENTAL FOCUS • RECOVERY

Providing sustaining energy, enhanced mental focus and increased aerobic and anaerobic capacity, Vega Sport Performance Optimizer beverage also replenishes electrolytes and reduces inflammation, joint and muscle pain to assist recovery. Sporting a synergistic array of organic plant-based ingredients and free of common allergens such as gluten, dairy and soy, Vega Sport will help take you to the next level, safely and naturally.

Vega Sport was formulated by Brendan Brazier, professional Ironman triathlete and bestselling author, to significantly enhance physical and mental performance for anyone seeking athletic improvement. Vega Sport Performance Optimizer provides a complete array of key performance enhancing benefits including:

- Immediate and sustaining energy
- Increases endurance, aerobic and anaerobic capacity
- Enhances mental focus and motor performance
- Reduces stress and enhances immune system function
- Replenishes electrolytes lost during exercise
- Reduces inflammation, joint and muscle pain
- Improves body composition and reduces body fat
- Supports healthy weight management

Vega Sport Performance Optimizer is available in lemon-lime and acai-berry flavours in convenient single serving pouches and economical 30 serving bottles.

Key Ingredients

Coconut Oil is a raw healthy fat, which goes straight to the liver to provide near-instant fuel and helps the body access and burn body fat as fuel to improve body composition.

Kombucha is a fermented tea, rich in organic acids, active enzymes, amino acids, and antioxidants. It acts as a natural muscle relaxant, helping muscles move with greater fluidity and ease and also detoxifies the liver which helps speed up recovery.

Green Tea is packed with powerful antioxidants which improve immune system function, green tea provides a natural source of caffeine which lightly stimulates the adrenal glands and heightens mental focus. Green tea has also been shown to assist fat metabolism which can reduce body fat over time.

Yerba Mate is rich in antioxidants, chlorophyll and trace minerals. It aids in digestion and boosts mental and physical performance through mild stimulation of the adrenal glands. Unlike coffee, yerba mate will not cause 'jitters' nor dehydration.

Rhodiola is proven to improve mood, physical and mental performance. It helps increase blood flow capacity which reduces energy requirements placed on the cardiovascular system. Rhodiola also enhances recovery by normalizing heart rate and improving protein synthesis post-workout.

Ginger reduces inflammation, improves digestion, and has blood thinning properties. Since one marker of improved fitness is an increase in red blood cells, (which causes the blood to become thicker) ginger can also help promote ideal blood viscosity.

Turmeric protects the liver and heart and increases circulation to enhance delivery of blood and oxygen to working muscles. It is also rich in antioxidants and reduces inflammation, joint and muscle pain to enhance recovery post-workout.

Panax Ginseng is a powerful adaptogen, ginseng strengthens the immune system and improves adrenal function, reducing stress and cortisol levels without stimulation. It also boosts energy, allows the body to be physically pushed further while delaying the onset of muscle fatigue.

Devil's Claw helps prevent inflammation and promotes joint vitality and fluid muscle contractions. A safe alternative to synthetic analgesics, devil's claw has also been shown to temporarily dull pain receptors, allowing the athlete to push harder to achieve a higher level of performance.

Sodium & Potassium Citrate: Sodium and potassium are electrolytes which play a vital role in optimal hydration. The correct balance of electrolytes and fluid will enhance muscle function, heart efficacy, and mental sharpness and help prevent muscle cramps.



E C U D E R E V I R I B K I I
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ENVIRONMENT, HABITAT, PLANT, POLLUTION
RECYCLE, REDUCE, REUSE, RIVER, WATER,
SPECIES

Here we are in the year 2010, why is it that people from other countries think that we live in Igloos and Ski to work? I really thought those days had passed, apparently NOT! Read below for a good laugh! Before Vancouver had won the chance to host the 2010 Winter Olympics, these are some questions people from all over the world were asking. Believe it or not these questions about Canada were posted on an International Tourism Website. Obviously the answers are a joke; but the questions were really asked!

Q: I have never seen it warm on Canadian TV, so how do the plants grow? (England)

A: We import all plants fully grown and then just sit around and watch them die.

Q: Will I be able to see Polar Bears in the street? (USA)

A: Depends on how much you've been drinking.

Q: I want to walk from Vancouver to Toronto - can I follow the Railroad tracks? (Sweden)

A: Sure, it's only Four thousand miles, take lots of water.

Q: Are there any ATM's (cash machines) in Canada? Can you send me a list of them in Toronto, Vancouver, Edmonton and Halifax? (England)

A: No, but you'd better bring a few extra furs for trading purposes.

Q: Which direction is North in Canada? (USA)

A: Face south and then turn 180 degrees Contact us when you get here and we'll send the rest of the directions.

Q: Can I bring cutlery into Canada? (England)

A: Why? Just use your fingers like we do.

Q: Do you have perfume in Canada? (Germany)

A: No, WE don't stink.

Q: Do you celebrate Thanksgiving in Canada? (USA)

A: Only at Thanksgiving.

Q: Are there supermarkets in Toronto and is milk available all year round? (Germany)

A: No, we are a peaceful civilization of Vegan hunter/gathers. Milk is illegal.

Q: I have a question about a famous animal in Canada, but I forget its name. It's a kind of big horse with horns. (USA)

A: It's called a Moose. They are tall and very violent, eating the brains of anyone walking close to them. You can scare them off by spraying yourself with human urine before you go out walking.

Q: Will I be able to speak English most places I go? (USA)

A: Yes, but you will have to learn it first.

43 Simple Ways To Simplify Your Life

1. Turn off your cell phone.
2. Process email only twice a day.
3. Go to bed early.
4. Get rid of (or at least reduce) commitments that you do out of obligation.
5. Create a weekly meal plan.
6. Automate your finances.
7. Purge as much unneeded clutter as possible.
8. Keep your paper shredder on top of your recycling bin.
9. Add items you want to a wish list as you think of them.
10. Get a label maker or write labels out by hand.
11. Set your clothes out for the next day the night before.
12. Make your lunch for the next day the night before.
13. Make time to catch up with an old friend.
14. Just say no.
15. Ask for experiences not things for your birthday and Christmas this year.
16. Tell the truth.
17. Keep your list of addresses and phone numbers up to date.
18. Consolidate debt.
19. Create an organizing system that works for you.
20. Keep a bag for garbage in your car.
21. Carry a notebook and pen with you where ever you go.
22. Unsubscribe from emails, newsletters or RSS feeds that don't provide value anymore.
23. Apologize immediately when you realize you've done wrong.
24. Enjoy the present moment as much as you can.
25. Take time to really see the little things in life.
26. Reduce the amount of TV you watch.
27. Get outside.
28. Create morning, daytime, and evening routines.
29. Ask for help.
30. Do things at home as much as possible (eat, date nights, entertain etc.).
31. Don't get caught up in other people's drama.
32. Let go of the self-imposed need to be perfect.
33. Focus on a simple, but healthy, eating plan.
34. Share responsibilities.
35. Reduce your wardrobe to a few versatile items.
36. Be positive.
37. Start a gratitude journal.
38. Finish old tasks before taking on new ones.
39. For every new item that enters your home set two free.
40. Want what you have not what you don't.
41. Revisit what you carry with you in your purse or wallet.
42. Focus on one thing at a time.
43. Store new garbage bags at the bottom of your garbage can.

5 Principles of Exercising

Your body is an efficient machine, and if you do the same type of exercise day after day, you'll become quite good at it. However, when exercise becomes easy to complete, it's a sign you need to work a little harder and give your body a new challenge.

So when you're planning your exercise routine, make sure it incorporates the following types of exercise:

1. Aerobic: Jogging, using an elliptical machine, and walking fast are all examples of aerobic exercise. As you get your heart pumping, the amount of oxygen in your blood improves, and endorphins, which act as natural painkillers, increase. Meanwhile, aerobic exercise activates your immune system, helps your heart pump blood more efficiently, and increases your stamina over time.

2. Interval (Anaerobic) Training: Research is showing that the BEST way to condition your heart and burn fat is NOT to jog or walk steadily for an hour. Instead, it's to alternate short bursts of high-intensity exercise with gentle recovery periods. This type of exercise, known as interval training or burst

type training, can dramatically improve your cardiovascular fitness and fat-burning capabilities. Another major benefit of this approach is that it radically decreases the amount of time you spend exercising, while giving you even more benefits. For example, intermittent sprinting produces high levels of chemical compounds called catecholamines, which allow more fat to be burned from under your skin within the exercising muscles. The resulting increase in fat oxidation increases weight loss. So, short bursts of activity done at a very high intensity can help you reach your optimal weight and level of fitness, in a shorter amount of time.

3. Strength Training: Rounding out your exercise program with a 1-set strength training routine will ensure that you're really optimizing the possible health benefits of a regular exercise program. You need enough repetitions to exhaust your muscles. The weight should be heavy enough that this can be done in fewer than 12 repetitions, yet light enough to do a minimum of four repetitions. It is also important NOT to exercise the same muscle groups every day. They need at least two days of rest to recover, repair and rebuild.

4. Core Exercises: Your body has 29 core

muscles located mostly in your back, abdomen and pelvis. This group of muscles provides the foundation for movement throughout your entire body, and strengthening them can help protect and support your back, make your spine and body less prone to injury and help you gain greater balance and stability.

5. Stretching: With Active Isolated Stretching, you hold each stretch for only two seconds, which works with your body's natural physiological makeup to improve circulation and increase the elasticity of muscle joints. This technique also allows your body to repair itself and prepare for daily activity. Focusing on your breath and mindfulness along with increasing your flexibility is an important element of total fitness.

So even if a personal trainer is not in the cards for you right now, please ask the front desk staff to buy a copy of 'Jane Fonda Total Body Sculpting' you can do it with very little equipment and in virtually any location, it includes instructions on all of these steps.

Being Bored is Bad for Your Health

Experts say there's a possibility that the more bored you are, the more likely you are to die early. Researchers analyzed questionnaires completed between 1985 and 1988 by more than 7,500 London civil servants. The civil servants were asked if they had felt bored at work during the previous month. The researchers then tracked down how many of the participants had died by April 2009. Those who reported they had been very bored were two and a half times more likely to die of a heart problem than those who hadn't reported being bored.

Virtually everyone gets bored from time to time, most often because we're faced with nothing to do, or forced to do something we'd rather not. As long as your boredom is fleeting, it's nothing to worry about. But if boredom becomes a regular part of your existence, one that threatens to make your life dull and depressing, it's time to take action to change it. Otherwise, this boredom, which Austrian psychoanalyst Otto Fenichel identified as "pathological" boredom back in the 1950s, can slowly suck the life right out of you ... literally.

The Risks of Boredom ... and Why Some People are More Bored Than Others

Fenichel believed pathological boredom resulted from your drives and desires being repressed, which in turn leads to aimlessness, among other risks. Psychologist Stephen Vodanovich of the University of West Florida told [Scientific American](#) that research from the past two decades shows boredom increases your risk of:

- Anxiety
- Depression
- Drug and alcohol addiction

- Anger and aggressive behavior
- Lack of interpersonal skills
- Performing poorly at work and school

This recent study from University College London researchers found that people who were bored were 2.5 times more likely to die of a heart problem than those who were not. Rather than blaming the boredom in and of itself, it's likely being bored leads to other unhealthy lifestyle habits, such as smoking, drinking, or eating junk food, or is associated with depression or other psychological problems. People who are creative and have many hobbies and interests are less likely to be bored -- likely because they're able to keep themselves occupied from the inside out. As writer Gerald Brenan said: "Everyone is a bore to someone. That is unimportant. The thing to avoid is being a bore to oneself." And that is really the key.

Live Your Life with Passion

You simply need to do some serious self-analysis and know what authentically makes your heart race. The number one key to success, excitement and feeling fulfilled is doing something you just love to do. It's the passion for immersing yourself in the subject, whatever it (or they) may be, and never getting tired or bored with learning more about it that keeps your life interesting. This is also your key to personal happiness. Happiness is that which makes you jump out of bed in the morning with eager anticipation to start your day -- to engage passionately in your chosen work.

But how do you get there?

The first step is to identify that activity, or group of them, and then start focusing your mind around that so you can structure your life to do more of it.

Education, whether in the form of reading books, taking a college course, networking with like-minded individuals or going to night school to finish an entire degree, will likely be part of this process.

It is sad to say, but some people are actually bored when they have free time because they're not sure what to do to make themselves feel entertained. If you fall into this group, and need some suggestions to stay occupied, try:

Exercising: It will boost both your mood and energy levels.

Networking with interesting people: The conversations alone will keep your mind fed for days!

Learning a new hobby: Have you always wanted to paint, garden, tutor or play the piano? *Carpe Diem!*

Doing something you want to do: Too often we're bogged down with tasks we have to do, rather than those we want to. So if you're feeling bored, do those things you've been pining away for (Write a novel? Remodel your bathroom? Learn Portuguese? The possibilities are endless ... and exciting!)

One of your best strategies to nipping boredom, and its potential health risks, in the bud is to invest in some serious reflection time to identify what you are truly passionate about and become involved in your passion as much as possible.

What you don't want is to one day find yourself lying on your death bed and realize you have regrets; that you didn't give every bit of energy you had to achieving the really important goals you had in life.

Why Support the Three Arches of the Foot?

By Mark Charrette, DC

The feet are the foundation of support for the pelvis and spine. They provide the necessary stability to perform daily activities. Central to the success of the pedal foundation is its arched structure, which is actually a complex of three bony arches: the medial longitudinal arch, the lateral longitudinal arch and the anterior transverse (metatarsal) arch.

An evaluation of the anatomy and structure of the foot reveals that these three arches form a plantar "vault."¹ This architectural design optimizes strength, permits sufficient flexibility to accommodate changes in terrain, and provides propulsion for locomotion. The foot's arched structure is not present at birth, but develops during childhood, by age 6 or 7 in most people.¹

Because the feet are under continuous gravitational pressure when bearing the body's weight, breakdown in any of these three arches can result in abnormal gait and transmission of asymmetrical forces into the pelvis and spine.

Ask the front desk staff to book your complimentary foot analysis today!

1. Gould N, Moreland M, Alvarez R, et al. Development of the child's arch. *Foot Ankle*, 1989;9:241-245.

The Chiropractic Care & Longevity Center

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If you have any comments or suggestions about our Monthly Newsletter please email them to Hanna Murphy at:

E-MAIL:
hmurphy@primus.ca

Thank you for reading our office newsletter!

We're on the Web!
See us at:
www.chirolongevity.com



specializes in non-polluting products, taking care of our world and giving only the best quality. These biodegradable products have various purposes, from house cleaning to nutrition to personal care; these products don't only take care about yourself but also your environment.

Another idea to celebrate Earth Day:

For patients who receive a statement every visit, why not after a series of treatments get all of your statements printed out at the same time on the same sheet of paper? Also just a reminder to try to save your appointment cards for your next visits. Every little bit helps.

The Chiropractic Care and Longevity Center's Goals for Earth Day:

- **CREATE** positive public awareness for existing and developing environmental solutions.
- **EMPOWER** and **ENCOURAGE** Canadians to take environmental action in their communities.
- **ADDRESS** the challenges to Canada's environment by working in partnership to create programs that can be delivered by communities, organizations and individuals.
- **FOSTER** and **MAINTAIN** the positive celebration of Earth Day annually.

This month you will receive 10% off all Shaklee "Get Clean" Cleaning products!

"Never doubt that a small group of thoughtfully committed citizens can change the world. Indeed, it's the only thing that ever has."
- Margaret Mead

Special Earth Day Draw

For the month of April we will be collecting ballots in the office for a chance to win an **Earth Day Basket**.
Fill out your ballot today!

Ask front desk staff for any details.

Experience the Benefits of Monthly Chiropractic!