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

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Balfour, RMT

\$50 off Orthotics

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last month's draw
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Strengthening Your Immune System for Back to School

As your family prepares for school to get started again, you should be prepared for your children to be exposed to all the latest cold and flu viruses. If you aren't careful, everyone in your family will be sick in no time. Fortunately, there are things you can do that will help prevent you and your children from getting sick. Here's some advice:

A Healthy Diet

A stronger immune system begins with a healthy diet. If your children eat junk food all day, their immune system will be lower than if they eat healthy foods. Pack your child with a lunch and snacks that are both kid-friendly and healthy.

Unfortunately, you can only do so much. Junk food may be available to them during school hours. That is why it is also important to teach them about nutrition. That way, they can make some smart choices.



Multivitamin and Mineral Supplement

Everyone in your family should take a multivitamin and mineral supplement. No matter how hard you try to get a balanced diet, it is often difficult to get all the nutrients you need. There are a lot of different kid-friendly vitamins out there. Have your child pick which one he'd like. When our body gets the nutrients it needs, this results in a stronger immune system. Try Shaklee's Vita Lea Ocean Wonders (chewable)!



Wash Your Hands

It's simple, and it helps a lot. Have everyone in your family wash their hands at least before they eat. Teach your children to do the same at school. It is very easy for germs and viruses to get on your hands. When you touch your hands to your nose, eyes, or mouth that is one way that you can get sick. This is easily preventable by washing your hands before you eat and after you use the bathroom.



Consider Herbal Help

There are plenty of herbs that can help boost your immune system. Before you use anything research them to make sure they are safe for both children and adults. Herbs to look into include goldenseal, Echinacea, stinging nettle, rosehips, peppermint, chamomile, and rosemary. Not all of these herbs are for the immune system directly. Some help with stress which can help your immune system, and others are high in essential vitamins. Try Shaklee's Nutriferon Immune Support!



Exercise

In general, kids aren't getting as much exercise as they used to. Video games, the computer, and television are all temptations. Encourage your entire family to get more exercise together as a way to stimulate your immune system. Exercise prevents weight gain and also strengthens your immunity directly.



Don't Worry

On the one hand, you want to prevent your children from getting sick. On the other, these little colds and viruses do a lot to help build their immune system for adulthood. Once you get a certain virus, your body builds up antibodies and you can't get it again. This is an essential process. So if your kids do get sick, don't worry. Just care for them until they are better. In a way, it is an essential part of being a child.



ONTARIO CHIROPRACTIC ASSOCIATION - BACKPACK TIPS

You need only watch how students struggle while they walk with an overloaded backpack to understand the potential health risks to their backs and spines. Hauling heavy backpacks on a continual basis can cause stress to the growing spinal column, which could lead to a lifetime of pain and health problems.

To prevent back and neck pain from an overloaded backpack it is important to recognize the correct way to choose, pack, lift, and carry a backpack.

CHOOSING A BACKPACK

1. Choose a backpack that is proportionate to body size and not larger than what is needed. The top of the backpack should not extend higher than the top of the shoulder, and the bottom should not fall below the top of the hipbone.
2. Select a backpack made of lightweight material (vinyl or canvas instead of leather).
3. The shoulder straps should be at least two inches wide, adjustable, and padded. Ensure that they do not cut into or fit too snugly around the arms and arm pits. Poorly designed shoulder straps can dig deep into the muscles and put strain on the nerves.
4. A backpack should have a padded back for added protection and comfort.
5. A hip strap or waist belt helps to effectively redistribute as much as 50 to 70 per cent of the weight off the shoulders and spine onto the pelvis, equalizing the strain on the bones, joints, and muscles.
6. Choose a backpack that has several individual pockets instead of one large compartment, this will help to distribute the weight evenly and keep contents from shifting.
7. Explore other backpack options such as one with wheels and a pull handle for easy rolling.

PACKING A BACKPACK

1. Backpacks should never exceed 15 per cent of a child's body weight (i.e.: a 90-pound child should not carry more than 14 pounds in a backpack). For elementary school children try to keep the weight in their packs below 10 per cent of their body weight.
2. Ensure the weight is evenly distributed in the backpack.
3. Pack the heaviest items closest to the body. This reduces the strain as the weight is closer to the body's own center of gravity.
4. Don't overload the backpack; only carry the items that are needed.
5. Pack the odd-shaped items on the outside, so they don't dig into the back.
6. Remember to always "Pack it light, wear it right!"

Determining the Ideal Load

	If your child weighs (Pounds)	Load shouldn't exceed (Pounds)
Elementary School Students: 10% rule applies	50	5
	60	6
	70	7
	80	8
Secondary School Students: 15% rule applies	90	14
	100	15
	115	17
	130	20

Weights and Measures Following are the average weights of various items:

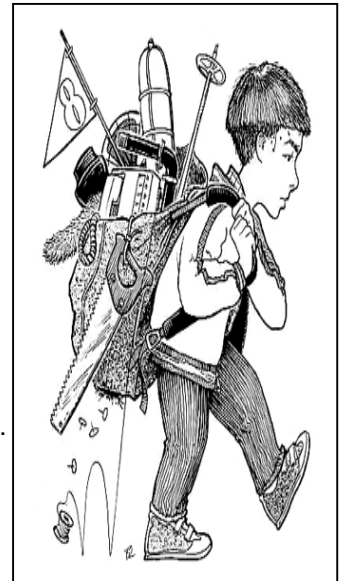
- Large Textbook 2.7 kg 6 lb.
- Small Textbook 0.9 kg 2 lb.
- Laptop Computer 2.7 kg 6 lb.
- Sneakers 0.9 kg 2 lb.
- 20-ounce water bottle 0.68 kg 1.25 lb.
- Large paperback 0.45 kg 1.00 lb.
- Notebook (100 pages) 0.35 kg .75 lb.
- Game Boy 0.25 kg .5 lb.
- Large apple 0.25 kg .5 lb.

LIFTING A BACKPACK

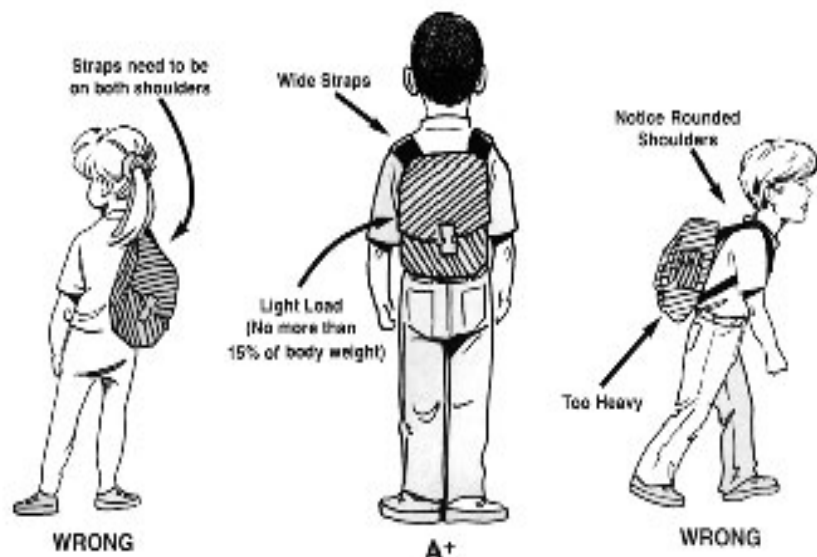
1. If no one is available to give a helping hand, squat or kneel to pick up the backpack and place it on a counter, chair or table at waist height, before slipping it on.
2. Avoid twisting when lifting.
3. Use both hands to check the weight of the backpack.
4. Lift with the legs, bending at the knees and put on one shoulder strap at a time.
5. Adjust straps to fit the body.

CARRYING A BACKPACK

1. Slings the backpack on one side can cause the spine to lean towards the opposite side placing stress on the joints and muscles in the mid- and lower- back. This may increase the likelihood of back problems later in life.
2. Wear both straps and adjust them so that the pack fits snugly to the body and it doesn't dangle loosely to the side. You should be able to slide your hand between the backpack and your back. This positioning will reduce strain on your back, shoulders, and neck.
3. By using the waist strap it reduces the strain on your back and transfers some of the load to your hips.
4. A backpack that is too heavy or too low will cause you to lean forward and carry the full weight on the upper back.



Is Your Child's Backpack Making The Grade?



Time for a Spinal tune-up

When you care about your car, you take it to the shop for the tune-ups it needs - oil changes, tire rotations, new brakes, etc. Your spine is no different. It needs a regular "tune-up" as well, complete with chiropractic adjustments. Chiropractic tune-ups can serve three purposes:

1. Evaluate the state of your body, even if you have no pain. The nerves control all body function. Even people who feel fine have areas of their spine or extremities that are out of normal alignment. When we adjust those bones back into place, people feel better in some way. If we waited until we felt pain, we would all

wait until we needed root canals or crowns before going to the dentist!

2. Address major or minor pains you currently have, but haven't been too worried about. Have you had any nagging discomforts or pains coming from your spine or extremities? Do these discomforts prevent you from doing the activities you enjoy? Instead of wondering if the pain will continue to get worse or stay that way for the rest of your life, give chiropractic a try. You don't have to live with pain.

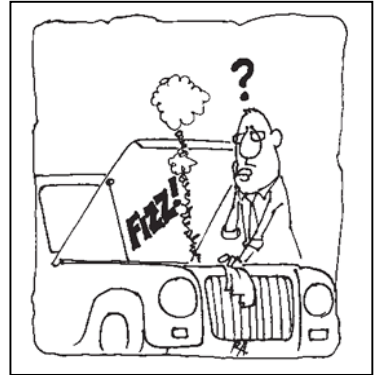
3. Prevent future problems that can and likely will arise from your joints being out of alignment and not functioning

at 100 percent.

Our society is moving toward preventative health care. Chiropractic has been at the forefront of this concept since the chiropractic profession was founded in 1895. Arthritis, overused injuries (like carpal tunnel syndrome and tennis elbow), rotator cuff injuries and knee problems are just some examples of conditions that may be prevented with chiropractic care.

Scheduling chiropractic tune-ups allows you to take care of your body so that your machine functions as well as it possibly can. Please remember to make time to care for yourself; you are worth every penny.

"The princilel goal of education is to create men who are capable of doing new things, not simply repeating what other generations have done - men who are creative, inventive and discoverers."
- Jean Piaget



"If we cannot heal in one way, we must learn to heal in another." --Sherwin B. Nuland

Say Good Bye to PMS With Calcium and Vitamin D

It has been estimated that up to 20 percent of all women suffer from premenstrual syndrome (PMS). While the symptoms of PMS may vary from person to person, they usually include conditions such as depression, irritability, cramping and headaches. Oftentimes, these conditions are severe enough to interfere with a woman's ability to function throughout the day. As a result, scientists have looked for various remedies that could reduce, or even prevent, many of the symptoms that occur with PMS.

In this study, researchers looked at the levels of calcium and vitamin D intake

in a group of approximately 3,000 women, more than a third of whom had developed PMS over a 10-year period. Results showed that women who consumed the highest amounts of calcium were 20 percent less likely to have PMS than women who consumed the lowest amounts of calcium. In addition, women with the highest levels of vitamin D intake were 41 percent less likely to develop PMS compared to women taking the least amount of vitamin D.

Foods that contain substantial amounts of calcium and vitamin D include skim milk, low-fat milk, and some cheeses. Vitamin

D and calcium are also available in supplement form. For more information on ways to increase levels of calcium and vitamin D in your diet. Ask your Doctor of Chiropractic for more information on Shaklee Super Cal Mag Plus!

Remember Calcium should always be balanced with magnesium.

Reference:

Bertone-Johnson ER, Hankinson SE, Bendich A, et al. Calcium and vitamin D and risk of incident premenstrual syndrome. Archives of Internal Medicine 2005; 165: 1246-1252

SuperCal Mag Plus,

Shaklee Advantage:

Calcium, the most abundant mineral in your body, is critical for building and maintaining healthy teeth and bones. As a rule, regular exercise and a calcium-rich diet will help slow the loss of bone mass. That's especially true if you're among the young white and Asian women who are most at risk for osteoporosis in later years. But the truth is that most diets don't contain enough calcium. Shaklee fills that need by providing 1,200 mg of calcium in just 4 tablets of Super Cal Mag Plus. Calcium, magnesium, phosphorus, and the other nutrients work together to make this supplement a complete bone-health formula by helping to optimize peak bone mass, maintain bone density, and slow bone breakdown.

Features:

- a combination of 2 of the best sources of calcium available anywhere: calcium carbonate, which is highly concentrated; and calcium citrate, which is highly absorbable
- 4 tablets provide 1,200 mg of elemental calcium and 350 mg of magnesium
- formula also contains 700 mg of phosphorus to help build strong muscles, bones and teeth, and 400 IU of vitamin D to ensure good calcium absorption
- tablets feature an aqueous film coating making them easy to swallow
- dissolves quickly in your system
- 240 tablets Only: \$40.43 tax inc.



The Earth gives us great clues as to what foods help what part of our body

- A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.
- A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.
- Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.
- A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.
- Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.
- Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.
- Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).
- Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of sperm as well help to overcome male sterility.
- Sweet potatoes look like the pancreas and actually balance the glycemic index of diabetics.
- Olives assist the health and function of the ovaries.
- Oranges, grapefruit, and other citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.
- Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

Whether your child is catching the school bus, walking, bicycling or driving to school, make sure you plan and review safety rules and the route to and from school with your child. Let your children know who to call in an emergency if they can't reach you. If your child is too young to memorize phone numbers, make sure the information is written somewhere in their school supplies or in their backpack. For teens who can drive, parents should know when they are driving to school and school events, who is with them, and when they are returning. Just like there are house rules, there should be car rules. Teens should be reminded to wear a seat belt and not drive while listening to loud music or talking on a cellular phone. You should not just give a teenager a car with no parameters.

The ABCs of Subluxations

Vertebral subluxations are displacements of the spinal bones (vertebrae) that can cause stress to your spinal cord and nervous system. Subluxations may be caused by poor sleeping habits, poor posture, strenuous exercise, injuries, auto accidents, sports, slips or falls, and in some cases, the birthing process itself. Chiropractic adjustments are very helpful in correcting subluxations and restoring optimal health.



"So, as you drove past three young women in bikinis, you heard a loud 'pop' in your neck and haven't been able to move your head since."

You know you are drinking too much coffee when . . .

- You ski uphill.
- You grind your coffee beans in your mouth.
- You lick your coffeepot clean.
- You can type sixty words per minute . . . with your feet.
- You don't need a hammer to pound nails.
- You don't sweat, you percolate.
- You go to AA meetings just for the free coffee.
- Instant coffee takes too long.
- When someone says, "How are you?" you say, "Good to the last drop."
- You can thread a sewing machine, while it's running.
- You help your dog chase its tail.

Famous Last Words

- It's fireproof.
- He's probably just hibernating.
- What does this button do?
- I'm making a citizen's arrest.
- So, you're a cannibal.
- It's probably just a rash.
- Are you sure the power is off?
- Yeah, I made the deciding vote on the jury, so what of it?
- The odds of that happening have to be a million to one!
- Pull the pin and count to what?
- I wonder where the mother bear is.
- I've seen this done on TV.
- These are the good kind of mushrooms.
- I'll hold it, and you light the fuse.

12 Fun-in-the-Sun Ideas - Easy ways to keep the kids active and entertained

Sooner or later, kids get bored with a backyard game of hide-and-seek, and then it's mom and dad to the rescue! With just a few minutes of planning, you can keep the kids active - and entertained - in fun, out-of-the-ordinary ways all summer long! Try these ideas to get the whole family moving:

Go for a hike. Find a trail through the woods and keep your eyes peeled for natural finds. "Take the time to look at birds' nests, ant hills and even moss on trees," says Dave Thoensen, who runs Tamark Day Camp in Lincolnshire, Illinois. "Kids really get a kick out of nature." Other interesting things to spot: woodpecker holes in trees, animal droppings or deer, squirrel and fox tracks.

Get buggy. Look for interesting insects in your own backyard or at the local park. "You can pick up a bug box from a hardware store," says Thoensen. "They're cheap, the holes let bugs breathe, and they have a magnifying glass on one end." Get the kids to set out the boxes to contain different bugs and then get a close-up view of their eight-legged friends.

Have a scavenger hunt. Make a list of 20 activities in your neighborhood. The list could include activities like drinking from a water fountain, climbing a tree or throwing a basketball into the net on your driveway. Arm the kids with a digital camera (with young children, Mom or Dad can play photographer), and then spend a few hours finding the objects or performing the tasks on the list and taking a picture of them. Once the kids have completed all 20, help them make a keepsake poster of their pictures.

Toss rocks. Since you probably don't

have horseshoes on hand, collect rocks from the backyard or a local park. Each family member can personalize their rock with their name or a different marking. Then set a target about 10 to 12 feet away and take turns throwing rocks at the target to see who comes closest.

Take a bird tour. Write down a list of birds that are common to your area and then go in search of your feathered friends at the park (bring binoculars!). To attract birds, cover pinecones with vegetable shortening and then roll them in birdseed. Hang your homemade birdfeeder by a string on a tree branch. Then back away, watch and wait while robins, cardinals and sparrows come to feed.

Run relay races. You'll need four to six players, so you may want to invite the neighbors over. Split the group into two teams for a tag relay. But instead of just running back and forth, make the challenges a little more interesting with multiple steps. For example, each person could start with step one: build a model rocket. Then they run to the designated spot to do step two: sing the family's favorite song. Next they run to a table for step three: eat a cookie. Once the player completes all his tasks, he passes the baton to the next person who then follows the same steps. The first team to have all their players complete the challenge wins.

Silly jumps. Mark a starting point on the lawn and then take turns jumping in funny poses to see who can get the farthest. Try jumping doing the splits mid-air, spinning around on lift-off or flapping your arms to stay airborne.

Create an obstacle course. Use your

lawn chairs, cardboard boxes or cones to set up an obstacle course in your own backyard. Then get the kids to run through it. Use a stopwatch to see which family member makes it through in the best time.

Throw the dice. You'll need two small (5x5 inch) square boxes from a moving or packaging store for this activity, these are your dice. On one die, write a different activity on each side, such as 'do a cartwheel' or 'walk 10 steps backwards'. On the other die, write mental challenges, geared to the kids' ages, such as 'say the alphabet' or 'spell your name backwards'. Each person rolls the dice and does the two challenges at the same time, like walking backwards while spelling your name backwards.

Play wacky golf. You don't need expensive clubs or golf balls to have a game with the kids. In fact, it's even more fun when you equip them with unusual "clubs" like a baseball bat or hockey stick and different sized balls. Or, try a baseball or small beach ball. Then set up buckets and tin cans around the yard and enjoy the fun of each family member trying to get a hole in one.

Play Frisbee. Create a game of Frisbee basketball by hanging a basket from a tree limb close to the ground. Arm the kids with mini Frisbees and see who can make the most baskets.

Go for a ride. If the kids are older and have mastered bike riding, you'll all get a thrill pedaling on a trail through the woods. Look for a fairly smooth dirt trail and don't forget that every family member should be wearing a helmet.

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If you have any
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suggestions about our
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please email them to
Hanna Murphy at:

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Also:



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The office would like to
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team:

Jen Balfour, RMT
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Get longer-lasting digestive relief... faster

Introducing the Gastrointestinal (G.I.) Kit to support digestive health and wellness. Gastrointestinal distress affects 1 in 4 of us and can seriously impact quality of life. Now there is a simple way to address your G.I. concerns and get on a path to wellness.

Ideal Program for:

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- Loose stools
- Food sensitivities (dairy, ect.)
- Constipation or irregularity
- G.I. distress in stressful situations

Kit includes:

- Insulated Lunch Tote Bag
- Shaker Cup
- Foundation GI Health Program Guide
- MTG-D3 Metagenics - D3 1000 120 Tabs
- MTG-ENDE Metagenics - Endefen - 14.81 oz. Powder
- MTG-UFDF60 Metagenics - Ultra Flora Plus DF Capsules 60 Caps

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