

August  
2010



## NEWSLETTER

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

### 9 Worst Places for Your Health

MSNBC lists some surprisingly bad locations for your health, and the best places to optimize it:

**1. Worst place to keep your toothbrush -- the bathroom sink**

There are 3.2 million microbes per square inch in the average toilet bowl, and all of those germs are propelled out every time you flush, settling on the floor and the sink. Keep your toothbrush behind closed doors in the medicine cabinet or a nearby cupboard.

**2. Worst place to stash sneakers and flip-flops -- the bedroom closet**

Shoes track in allergens and contaminants. Leave your shoes by the front door.

**3. Worst place to fall asleep -- under piles of blankets**

Being overheated can keep you from sleeping. Let your feet stick out from under your

blankets.

**4. Worst place to cool leftovers -- in the refrigerator**

Placing hot leftovers directly in the fridge can cause uneven cooling and possibly food poisoning. Leave food to cool on the counter for up to an hour after cooking, or divide it into smaller containers that can cool faster before refrigerating.

**5. Worst place to sit on an airplane -- the rear**

The tail of the plane is where you'll get the bumpiest ride. Sit as close to the wing as you can.

**6. Worst place to set your handbag -- the kitchen counter**

Tests have showed up to 10,000 bacteria per square inch on purse bottoms. Put your bag anywhere except where food is prepared or eaten.

**7. Worst place to use a public bathroom -- the stall in the middle**

The center stall has more bacteria. Pick a stall all the way left or right.

**8. Worst place to keep medicine -- the medicine cabinet**

The temperature in a bathroom can get well above the recommended storage temperatures for many common drugs. Keep medicine somewhere cool and dry, such as the pantry.

**9. Worst place to use headphones -- on an airplane, train, or subway**

You're probably turning the volume up too high if you're listening to headphones in a noisy environment. Listen wherever you don't have to blast your music to enjoy it, or consider using noise-canceling headphones.

Sources:

» MSNBC June 8, 2010

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### Renew Life - Smokers Cleanse - 3 part Kit

**Smokers' Cleanse** is a 3-part "quit smoking" formula developed for smokers who want to cleanse the body and temporarily ease their desire to smoke.

**Part I: Detoxify and Support.** Combines natural ingredients to help cleanse toxins from the body (organ detoxification) and provide antioxidant support. Herbs such as Malabar nut support healthy bronchial function, and pine bark extract provides a beneficial expectorant effect. Fenugreek seed and mullein help soothe mucous membranes and promote healthy lung and respiratory function. Added wasabi and N-Acetyl-Cysteine (an amino acid) help to cleanse the lungs of harmful environmental toxins.

**Part II: Reduce Desire.** is a chewable orange-flavored tablet designed to help satisfy oral cravings sometimes experienced when trying to cut back on or stop smoking. Herbal ingredients and beneficial amino acids help to temporarily reduce the desire to smoke and relieve the feelings of stress that can trigger cravings.

**Part III: Stress Relief.** Combines natural herbs and vitamins to help reduce stress and promote feelings of calmness.

**Ask the front desk staff to fill out a ballot for a chance to win a Smokers Cleanse Kit!**



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# Cucumber

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5 Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to

polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

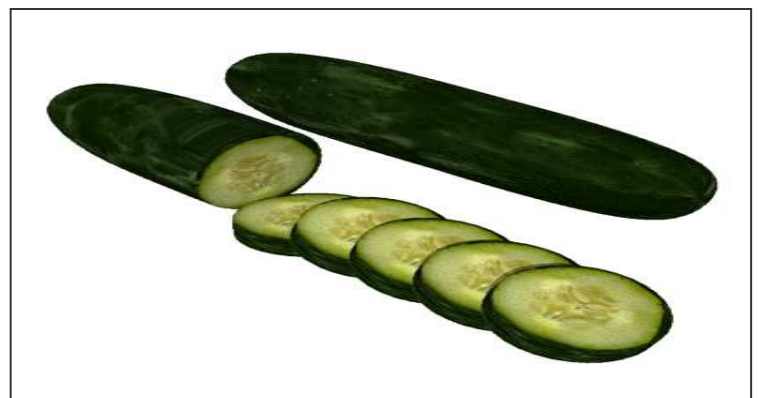
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for a massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finished a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine - it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!



## Summertime is Fun-time

Summer vacation has only a month left and we are faced with the question of what to do with all that time. Or more like, what do we do to entertain those kids that are so bored and they don't know what to do. Here are some helpful ideas to fill in those long summer days.

Start some type of collection - Bugs are everywhere and once properly dried can be collected.

Record and catalog information - What type of birds they have spotted, wild flowers or animals. There is not enough science in schools and what better way to learn than from hands on experience.

Visit the Zoo - But don't just walk through it and you're done. Sit and draw the animals, figure out what they're doing. Research where the animals came from and what do they eat. Have each child pick an animal to research and go back and visit the animal that their interested in several times. Try to come up with ways to raise money for that animal.

Visit the Museum -

Art museum - Have them pick one of their favourite pieces of art and research the artist. Where did they come from and what other works of art are they known for?

History museum - Research their favourite part of history and share what information they have learned. Build a model of that part of history.

Science Museum - Find something that interest them in this area and have them research it. Build a machine or model of their interest.

Go to the park - Pack a picnic lunch, invite some friends and have fun.

Go fishing - Dust off that old fishing pole and take them fishing. Learn the different types of fish that they could catch. What types of bait to use. Don't forget that fishing license.

Go biking - Pack a small backpack with water, snacks, and drinks.

Go hiking - Hit those trails and start walking. Find some trails that you've never been on before.

Study the architect for buildings and walk around town. Take photos or draw the different designs. Research who came up with those ideas and are those designs still used today.

Go to your Public Library - They have many great things going on all summer long.

Summer reading clubs and a great place for resources and research. And they usually have Air Conditioning on those very hot summer days.

Work on a skit or play with your neighborhood kids. Plan out a stage and costumes and invite the rest of the neighborhood for the production.

Go to the farmers market to see all the vendors and fresh produce.

Do community service work - Pick up litter in a park, work in a shelter serving food, or contact someone to find out where they would need help that the whole family could get involved in.

Visit the elderly in homes; make cards for them and fresh cookies.

Teach them how to cook and bake. Great learning experience is measuring and following the instruction on a recipe. The greatest reward is eating what you made!

Journals - Have them write down there thoughts, feelings, and experiences. Keep them in the habit of writing.

Write letters to friends and family. Especially if they don't have email and send those wonderful works of art that are usually overflowing in your own home.

Play a game - There are many great board games and for physical games go to the Great Game List [http://www.funattic.com/game\\_list.htm](http://www.funattic.com/game_list.htm)

Start a hobby or craft - Learn how to sew, cross-stitch, paint, play an instrument, horse-back riding, build a model car, or what really interest them.

Go out and buy some photo albums, then gather up all those snapshots and photos that are floating around in your drawers and put them in the albums. The kids will have a great time organizing them and there's so much out there to decorate and add life to the albums.

Learn A Foreign Language – Many libraries carry tapes, videos, books and CD's. Teacher stores and various other stores carry all the needed items to get started. The more exposure to another language and the sooner you learn the more likely you'll retain the information. Use various words through out the day. Besides the homeland, many languages are used in other parts of the world. Research the use of that language to see what other places use it and what famous people came from the homeland.

Learn Sign Language – There are many

Internet sites that show you how to get started. Start out with the alphabet by printing it and then go from there. You can find books in the library or you can purchase them in bookstores.

Go pick fresh fruit – There is nothing like eating fresh strawberries or blueberries out on a farm. Later in the season you can pick peaches and apples, once they come into season. Call ahead to make sure that the farm is kid friendly.

Work Out Program – Start out the summer with a workout program. Some children are very active but there are many families that watch too much television or just sit around doing other things. Have a set plan, schedule what days you'll work on certain parts of the body. Chart out your progress to help you stay on track. You can bike, walk the neighbourhood together, use workout tapes, roller blade or go to the high school track and walk together. What's good for the body is good for the soul!!

Read together!!! Find some great books that all of you will like to hear out loud. Reading expands their horizons and they end up with a bright future.

Take a trip to a factory or manufacturer that offers tours. Learn how they make products, how they are distributed, how they are marketed, the history of the business and the importance of it to the community.

Go Camping. It's a great time for family bonding and the memories will last a lifetime.

Visit your Provincial Parks - Many great resources are waiting at your Provincial Parks. Nature trails, fishing, canoeing, sand dunes and many organized events.

Garage Sale - Time to take a walk through the house, basement, closets, attic, toy chest & garage to see what you are really not using anymore. Kids can set up a cookies, brownies, lemonade and pop stand. And for those items that didn't find a new home, you can have Goodwill or The Salvation Army pick them up.

Explore History - Well how about asking them what they think their town used to be like 20, 30 or 100 years ago. Or have them research some of the amazing changes that happened way back then or the who's and what's that changed history. Use the Internet or visit museums and libraries for more research material on that subject.

# Chiropractic Monthly Newsletter

## HOW CLEVER IS YOUR RIGHT FOOT?

ADJUSTMENT	N S N I M A T I V Z H K Y K Z
ALIGNMENT	N P L T H Y H A R Z O E S C G
BACK	O I C E N E E V A D N L B A U
BESTHEALTH	I N S I E Y D V M U Y C O B W
BODY	T E I N T P X R R H Q S N M W
BONE	N A S J I C R P T E C U E H L
CHIROPRACTIC	E D O U O B A L I G N M E N T
EXERCISE	V J I R W I A R I L A E C N D
HEALTHY	E U L Y S E N B P G T S C Z Z
INJURY	R S O G H P L T O O A R U K S
JOINT	P T C T Z Z Z L U D R M Z P I
LIGAMENT	G M S T R E S S N J Y I E D S
MUSCLE	I E X E R C I S E E D P H N B
NECK	B N U T R I T I O N S H D C T
NERVE	E T E N D O N T N L H S S M M
NUTRITION	
PREVENTION	
SCOLIOSIS	
SLEEP	
SPINE	
STRESS	
TENDON	
VITAMINS	
WELLNESS	

You have to try this please, it takes 2 seconds. I could not believe this!!! It is from an orthopedic surgeon... This will boggle your mind and you will keep trying over and over again to see if you can outsmart your foot, but, you can't. It's preprogrammed in your brain!

1. Without anyone watching you (they will think you are a nutcase!) and while sitting at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.

2. Now, while doing this, draw the number '6' in the air with your right hand. Your foot will change direction.

## KIDS NEED CHIROPRACTIC TOO!

Our practice provides quality chiropractic care to hundreds of patients in the community. We are also dedicated to helping kids be the best they can be. At our office the doctor has a gentle approach and we offer the latest technology to ensure your comfort and wellness. We understand that kids have different needs than adults and as a result we have various forms of treatment to meet the individual needs of kids. Our adjusting equipment is gentle and effective for helping kids of various ages.

Studies show that pediatric chiropractic can be helpful for:

- Otitis Media(inner ear congestion)
- Neck pain & Headaches
- Back pain
- Posture problems
- Mild to moderate scoliosis
- Improved athletic performance
- Bed Wetting
- Colic

We have otoscopic equipment which allows us to view the inner ear of babies, children, and adults. Some studies show that inner ear problems may benefit from chiropractic and avoidance of food allergies.

Call the Chiropractic Care and Longevity Center today to have your child examined by one of our doctors.

## Mediterranean Chickpea Salad

### Ingredients:

15-ounce can chickpeas (or garbanzo beans), drained and rinsed  
 1 cucumber, unpeeled and finely chopped  
 1 cup grape tomatoes, halved  
 1/4 cup finely chopped sweet onion  
 2 teaspoons minced fresh garlic  
 1 1/2 tablespoons finely chopped fresh parsley  
 2 tablespoons finely chopped fresh basil  
 4 ounces fresh mozzarella, finely diced or cubed  
 1 tablespoon olive oil  
 2 tablespoons balsamic vinegar  
 1/4 teaspoon salt

### Preparation:

Add chickpeas, cucumber, tomatoes, onion, garlic, parsley, basil, and mozzarella to medium serving bowl. Drizzle olive oil, vinegar, and salt over the top, and toss all ingredients well to combine. Cover bowl and refrigerate at least 1 hour to let flavors blend.

**Yield:** 6 side servings

**Nutritional Information:** Per serving: 153 calories, 9 g protein, 15 g carbohydrate, 6.5 g fat, 2.5 g saturated fat, 10 mg cholesterol, 2.5 g fiber, 197 mg sodium. Calories from fat: 38%.

## Chiropractic Poem

*The body was designed  
 For bones to be aligned  
 To walk with poise and grace  
 Bone structure all in place  
 The vertebrae correct  
 So you can stand erect  
 But when it's misaligned  
 Not as it was designed  
 The body's full of pain  
 And motion is a strain  
 It's hard to lie in bed  
 There's pressure in the head  
 It's time to get aligned  
 Chiropractors are so kind  
 Adjusting vertebrae  
 They do it every day  
 The joints are soon in place  
 Pain leaves without a trace  
 Again you're feeling well*

## 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.

# What Can You Do to Keep Your Skin Looking Healthy?

First of all **eating plenty of fresh raw organic foods in your diet, and getting enough omega-3 fats** are ways to improve your all areas of health, including maintaining healthy skin. Through **exercise**, your skin detoxifies impurities from your system through perspiration.

Many of the visible signs of aging are caused by external factors that you can at least partially control.

These actions may be the easiest and least expensive things you can do to prevent damage to your skin, gain a more youthful appearance, and build a strong foundation for your pro-active natural skin care.

Please be aware that skin damage doesn't always involve pain or immediate visible change, and can often go unnoticed for some time. But the cumulative actions you begin taking today can also improve your skin slowly over time. So get started today doing these simple things:

Avoid or **minimize damage from hot water and chlorine**. Although taking baths and showers may seem like it's health-promoting and relaxing, your skin may disagree – especially if you have chlorinated water, which is almost certainly the case (unless your water comes from a well).

Chlorine causes oxidative damage. The hotter the water, the more potential for damage – because the rate of chemical reactions increases with temperature. Hot water may cause your skin to age faster.

So what can you do? Adjust your water temperature to be a bit cooler, limit your showers to one per day, and decrease your soak time in the bath.

**Use gentle and safe skin care products** – organic whenever possible. Your skin absorbs it all. Don't compromise your health and the health of your skin by using potential poisons. Be very sure to **remove your makeup each evening**. It's a really bad idea to flop into bed, leaving makeup – not to mention environmental grime – on your face while you sleep. Take a couple minutes to remove it, and you'll find your face looking and feeling younger.

**Sleep on your back**. Gravity creates a downward drag on your skin all day.

Give your skin a break at night. By sleeping on your back, you reduce gravitational pull on your face. If you press your face to your pillow, you will likely experience increased puffiness in the morning.

**Don't smoke...** for your general health's sake, and for younger looking skin.

Smoking causes free radical production, which is one cause of the signs of aging. If you will be in the sun for extended periods of time, **use sunscreen with safe and effective ingredients**, such as Shaklee's Sunscreen.

**Limit exfoliation** to twice per week and use a gentle exfoliator. Exfoliation refreshes your skin's surfaces and brightens your appearance as it removes dead cells from the surface of your skin. But if you exfoliate too often or too aggressively, you risk damaging living cells.

**Apply your skin care products to warm skin** in order to help your skin appear healthier. This maximizes absorption. If your skin is cold, use a warm towel to warm your skin.

**Never pull or rub your skin**. Apply your skin care products gently, and lightly tap for a few moments to help your skin absorb them. Rubbing stretches your skin and can promote sagging and wrinkles. (Note: This principle includes leaning your face on your hand while sitting at a desk, which also stretches your skin.)

Don't expect overnight changes. Even if you start doing everything right today, don't be discouraged with seeming lack of progress tomorrow. It may take a month or even two to three months to notice changes. Remember: it took years to get where you are today, so show patience when expecting changes and improvements.

Now that you're taking these practical steps as well as choosing not to use dangerous and damaging products on your skin, let's explore your skin care alternatives.

### We recommend:

**Shaklee's Enfuselle all natural skin care line:** Ask the front desk staff for a full catalog of the products available including all natural toners, moisturizers, make up removers, cleansing bars ect.

### Sequel, Colostrum Rejuvenating Cream, 50ml

Naturally rich in epithelial and transforming growth factors, the cream is designed to nourish and protect the skin to defy the signs of aging. Great for reducing wrinkles and age spots, the cream repairs damaged skin cells, regenerates new skin growth and restores youthful elasticity to aging skin.

The cream also has healing qualities that make it effective for treatment of and relief from numerous skin conditions such as eczema, psoriasis, rosacea, acne, weird rashes, burns, cuts and abrasions. It is non-allergenic and safe for sensitive skin. For anti-aging benefits, apply to face and throat region twice daily, after cleansing. Cream absorbs quickly into skin without leaving any oily residue. May be applied beneath makeup or other cosmetic products. For treatment of skin conditions, apply liberally to affected area every few hours as required.

Each 50ml jar of cream contains the following active ingredients: Genuine first milking colostrum, MSM (Methyl-Sulfonyl-Methane), Vitamins A, C and E.

### Enfuselle® SPF 30 for Body

Size: 4 fl. oz.

Protection for a Sunny Day  
Designed for all skin types, including the most sensitive skin, this patented, waterproof, oil-free sunscreen smooths easily into your skin and absorbs quickly, without leaving a sticky residue. Soothing and moisturizing, it does not irritate the skin. Patented Vital-Repair+® contains antioxidant vitamins and botanicals. The formula offers UVA and UVB protection and adds an extra defense against premature skin aging.

Paraben Free.

Protect and prevent premature aging of your skin with the clinically proven and patented Enfuselle® formula. It provides broad-spectrum protection against both harmful UVA and UVB rays.

## The Chiropractic Care & Longevity Center

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**If you have any  
comments or  
suggestions about our  
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please email them to  
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We're on the Web!  
See us at:  
[www.chirolongevity.com](http://www.chirolongevity.com)

***Contrary to  
popular belief,  
chiropractic  
care helps more  
than just  
providing pain  
relief. Spinal  
adjustments are  
proven to improve  
flexibility, muscle  
strength, and  
coordination.***

## Back To School Tips

It is already Back to School time. Most kids are wondering how the summer went by so fast and many adults are excited about getting back into a routine. There are many things to think about when preparing for back to school, such as: proper backpack use, computer use and studying, and getting enough sleep.

Let's start with proper backpacks. Backpack related injuries sent more than 7,000 people to the emergency room in 2001. These injuries were caused from excessive weight, inappropriate fit, and incorrect wearing of the pack.

Tips to prevent back pain and injury from backpacks are:

- Weight should be no more than 10% of the child's weight.
- They should not hang more than 4 inches below the waistline.
- Purchase and utilize a backpack with multiple compartments.
- Put pointy and bulky objects away from the child's back.
- Bigger is not necessarily better. The more room in the backpack, the more stuff that will fit.
- Urge your child to wear both straps.
- Wide, padded straps are important so that they do not dig into your kid's shoulder.
- Be cautious of backpacks on wheels. They are a tripping hazard and can cause arm and shoulder problems.

Poor posture can be a problem for kids studying and using the computer. Most of the time, the desks that children are using are set up for adults.

Some tips for making those areas more kid friendly are:

- Have the computer monitor or books at the child's eye level. You can achieve this by having them sit on firm pillows or phone books or consider purchasing a book holder and/or laptop holder that props the book up rather than laying flat on the table.
- Use a chair that fits the child correctly by having two inches between the front edge of the seat and the back of the knees, use a rolled up towel to support the low back, and arm supports positioned so the elbows are resting within 70 to 135 degree angle to keyboard.
- Wrist should be in a neutral position while typing and mouse surface should be close to the keyboard.
- Feet need to be placed on a foot rest, box or stool to keep the knees at a 90 to 120 degree angle.
- Be sure there is adequate lighting to avoid eye strain.
- Limit computer usage and be sure the kids take frequent breaks and stretch.
- Keep your child hydrated with four 8-ounce glasses of water (sugary and carbonated beverages are not substitutes for water).

Now to the most difficult part of Back to School: bedtimes and making sure that your child is getting enough sleep. It is best to ease back into a routine, starting the last two weeks of summer vacation. Set a bedtime for kids and be sure to wake those late sleepers earlier every day. Proper amounts of sleep vary for age.

On average:

- 4-5 year old should get 10-12 hours of sleep
- 6-9 year old should get 10 hours of sleep
- 10-12 year old should get 9+hours of sleep
- Teens should get 8-9.5 hours of sleep

Hopefully, this information will help as we transition from the carefree days of summer to the days of knowledge and learning at school.

*Experience the Benefits of Monthly Chiropractic!*