

December
2011



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

Christmas Gift Certificate Program is back!

GIVE THE GIFT OF HEALTH TO A FRIEND OR LOVED ONE
AT NO CHARGE TO YOU!

Available Only During the Holiday Season

We will mail a Gift Certificate to your friends and/or family that have not yet been a patient at this office. They will receive a complimentary initial Chiropractic consultation, examination and adjustment with either, Dr. Wickens, Dr. Guirguis or Dr. Linden. The value of the certificate is up to \$70.00 (depending on age) and is NOT redeemable for cash. There is a limit of two people per person that you can send one to. The certificate expires February 15th, 2012.

Holiday mailer sign up sheet is available at the front desk now and our staff will fill everything out for you.

This offer will run from
November 1st, 2011 until December 23rd, 2011.

Happy Holidays!

Inside:

2. Stress and depression during the holidays

3. Gift ideas

Chiropractic Christmas tips

4. Christmas laughs

5. Free 1st fitness session with Hanna Murphy, CFT

Welcome Annette!

6. Meet the staff

With each purchase of the **Mio Energy Pro Heart Rate Monitor**
\$97.97 + tax

**You will receive a free fitness session with:
Hanna Murphy, CFT**

While quantities last!



The Mio Energy Pro Heart Rate Monitor features:

- Continuous accurate heart rate with chest strap
- Visual display of fat and calories burned throughout each session
- Customizable personal information
- Fit stick which is a memory stick that stores your activity information and when uploaded to the website will provide you with personal health tips

Fitness Session with Hanna Murphy:

- Onsite one on one personalized training
- Cardio and strength tests
- Discussion of goals and tips on how to reach them
- Advice for at home workouts

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www.chirolongevity.com



Stress, depression and the holidays: 12 tips for coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression

For some people, the holidays bring unwelcome guests — stress and depression and it's no wonder. In an effort to pull off a perfect Hallmark holiday, you might find yourself facing a dizzying array of demands — work, parties, shopping, baking, cleaning, caring for elderly parents or kids on school break, and scores of other chores. With some practical tips, you can minimize the stress and depression that often accompany the holidays. You may even end up enjoying the holidays more than you thought you would.

The trigger points of holiday stress and depression

Holiday stress and depression are often the result of three main trigger points. Understanding these trigger points can help you plan ahead and thereby reducing the effects.

The three main trigger points of holiday stress or depression:

Relationships. Relationships can cause turmoil, conflict or stress at any time. But tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify — especially if you're all together for several days. Conflicts are bound to arise with so many different personalities, needs and interests. On the other hand, if you're facing the holidays without a loved one, you may find yourself especially lonely or sad.

Finances. Your financial situation can cause stress at any time of the year. But overspending during the holidays on gifts, travel, food and entertainment can increase stress as you try to make ends meet while ensuring that everyone on your gift list is happy.

Physical demands. The strain of shopping, attending social gatherings and preparing holiday meals can wipe you out. Feeling exhausted increases your stress, creating a vicious cycle. Exercise and sleep — good antidotes for stress and fatigue — may take a back seat to chores and errands. High demands, stress, lack of exercise, and overindulgence in food and drink — all are ingredients for holiday illness.

12 tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if you know the holidays have taken an emotional toll in previous years. Tips you can try to head off holiday stress and depression:

1. Acknowledge your feelings. If a loved one has recently died or you aren't able to be with your loved ones, realize that it's normal to feel sadness or grief. It's OK now and then to take time just to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

2. Seek support. If you feel isolated or down, seek out family members and friends, or community, or social services. They can offer support and companionship. Consider volunteering at a community function. Getting involved and helping others can lift your spirits and broaden your friendships. Also, enlist support for organizing holiday gatherings, as well as meal preparation and cleanup. You don't have to go it alone.

3. Be realistic. As families change and grow, traditions and rituals often change as well. Hold on to those you can and want to. But accept that you may have to let go of others. For example, if your adult children and grandchildren can't all gather at your house as usual, find new ways to celebrate together from afar, such as sharing pictures, e-mails or videotapes.

4. Set differences aside. Try to accept family members and friends as they are, even if they don't live up to all your expectations. Practice forgiveness. Set aside grievances until a more appropriate time for discussion. With stress and activity levels high, the holidays might not be conducive to making quality time for relationships. Be understanding if others get upset or distressed when something goes

awry. Chances are they're feeling the effects of holiday stress and depression, too.

5. Stick to a budget. Before you go shopping, decide how much money you can afford to spend on gifts and other items. Then be sure to stick to your budget. If you don't, you could feel anxious and tense for months afterward as you struggle to pay the bills. Don't try to buy happiness with an avalanche of gifts. Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

6. Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make one big food-shopping trip. That'll help prevent a last-minute scramble to buy forgotten ingredients — and you'll have time to make another pie, if the first one's a flop. Expect travel delays, especially if you're flying.

7. Learn to say no. Believe it or not, people will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you'll avoid feeling resentful, bitter and overwhelmed. If it's really not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

8. Don't abandon healthy habits. Don't let the holidays become a dietary free-for-all. Some indulgence is OK, but overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and schedule time for physical activity.

9. Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Steal away to a quiet place, even if it's to the bathroom for a few moments of solitude. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

10. Rethink resolutions. Resolutions can set you up for failure if they're unrealistic. Don't resolve to change your whole life to make up for past excess. Instead, try to return to basic, healthy lifestyle routines. Set smaller, more specific goals with a reasonable time frame. Choose only those resolutions that help you feel valuable and that provide more than only fleeting moments of happiness.

11. Forget about perfection. Holiday TV specials are filled with happy endings. But in real life, people don't usually resolve problems within an hour or two. Something always comes up. You may get stuck late at the office and miss your daughter's school play, your sister may dredge up an old argument, your partner may burn the cookies, and your mother may criticize how you're raising the kids. All in the same day. Accept imperfections in yourself and in others.

12. Seek professional help. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for several weeks, talk to one of the doctors at The Chiropractic Care and Longevity Center or a mental health professional. They may have suggestions that may help you. There are natural supplements that may help are like B-complex for stress, Nervoheel or St. John's Wart. Or you may benefit from Massage Therapy or the Infrared Sauna for relaxation.

Take back control of holiday stress and depression

Remember, one key to minimizing holiday stress and depression is knowing that the holidays can trigger stress and depression. Accept that things aren't always going to go as planned. Then take active steps to manage stress and depression during the holidays. You may actually enjoy the holidays this year more than you thought you could.

Gift Ideas from the Chiropractic Care and Longevity Center

We offer **gift certificates** for all of the services in our office. What about giving your loved one a gift certificate for a relaxing massage, services by one of our estheticians or for their next chiropractic adjustment?

Everyone will enjoy our **Xocai Chocolates**... not only do they taste good, they are also good for you.

We offer a variety of comfortable **pillows**. A great night sleep is a gift everyone will appreciate.

B-complex. A supplement that can be taken daily by anyone to reduce the effects of stress and increase energy.

CryoDerm a topical pain relief that is available in gel, spray or roll-on for aches

and pains. Makes a great stocking stuffer! home.

Choose an **aroma-therapy** for any symptom. They all have great scent and can help with a large list of different health problems. Ask the front desk staff for some literature on all the different scents and what symptoms they will help relieve.

Get Clean starter kit by Shaklee, an all natural cleaning kit as recommended by **Oprah** and **Rachael Ray**.

Choose from one of our many **Detox kits**, perfect way to start the year for everyone.

Enfuselle Facial Products by Shaklee. All natural facial cleansers and moisturizers.

Back Supports, great for the car and at

Multi vitamins a great start to health and well-being.

Protein/Meal Shakes for anyone who is always on the go. All well balanced diets need proper protein intake.

Crackle Nail Polish by China Glaze is very popular right now and great as a stocking stuffer.

Hula Hoops our hula hoops are hand made from Toronto. They are weighted for maximum core strengthening.

Professional Massage Lotions, in a variety of scents.

Chiropractic Christmas Advice

"Christmas is meant to make us feel good, but it increasingly does the opposite. We need to look at the festive season as a time when we can improve on our health and well-being, and that of our family. That means taking positive steps to look after your spine by exercising in fun ways with the whole family instead of sitting still for hours on end" says Dr Ross McDonald, President of the Scottish Chiropractic Association.

One in five people get stressed over the Christmas period and suffer ill-health and relationship strain as a result. It is no coincidence that there is a significant rise in demand for a range of therapeutic services, including chiropractic care, early in the New Year. Back and neck problems occur over the festive season because people push all of their boundaries with a range of intensive behaviours from compulsive playing of new computer games to sitting for many hours at a time.

The Scottish Chiropractic Association offers its top tips for having a happy Christmas:

Keep it Simple:

To avoid stress, headaches and neck or back pain, ensure that your expectations of Christmas are realistic. Resist the notion of perfection: there is no such thing as a perfect Christmas, despite what the "family around the fireside" adverts imply. Opt instead for a relaxed atmosphere in which

everyone shares tasks and agrees that "good enough" is the yardstick.

Revisit Christmas Past:

As more and more people suffer from back problems, we need to proactively move away from our sedentary habits. Encourage the whole family to take Christmas walks (they might even enjoy it!). Give children and young people Christmas presents which will prompt everyone to be more active: skipping ropes, space hoppers, hula hoops, Frisbees, balls etc.

Shopping:

To avoid undue strain on your spine you should

- Warm up before you start with stretches
- Balance the weight of shopping bags evenly in each hand or use a shopping trolley - these are fashionable for all ages now!
- Have a break regularly and keep hydrated
- Use mail-order or home delivery services where possible
- Wear sensible, flat, supportive shoes
- Do several small trips rather than one large over-loaded trip

Everything in Moderation:

Eating and drinking:

Drink plenty of water; avoid excessive eating or drinking as both of these impact negatively on your health and well-being. Nearly a third of Britons have injured themselves so badly while drunk that they have had to seek medical help.

Sitting:

Sitting glued to the television for prolonged periods may cause your spine to go into spasm. Move around and stretch regularly. Ensure your chair has good spinal support and that you are not slouching.

Gaming and Electronic Gadgets:

Officially Britain's most popular pastime now, a range of persistent back and neck problems has emerged from these screen-based activities. If sedentary, you should take regular breaks and move around. If using a Wii, warm-up exercises will help to avoid injury. Repetitive strain injury from text messaging, using Blackberries and iPod use are increasingly common. Ensure that teenagers do not spend prolonged periods at any of these activities - they need to exercise and move around too!

Aging Jokes:

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

Reporters interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?", the reporter asked. She replied simply, "No peer pressure."

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied. "Two years older than me." "So you're 96," the undertaker commented. She responded, "Hardly worth going home, is it?"

I've sure gotten old! I've had two bypass surgeries, a hip replacement and new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded and subject to blackouts. I have bouts with dementia, poor circulation; and can hardly feel my hands and feet anymore. I can't remember if I'm 85 or 92 and have lost all my friends, but thank God, I still have my driver's license.

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. "Wal-Mart?" the preacher exclaimed, "why Wal-Mart?" "Then I'll be sure my daughters visit me twice a week".

Know how to prevent sagging? Just eat till the wrinkles fill out.

I'm getting into swing dancing. Not on purpose. Some parts of my body are just prone to swinging.

It's scary when you start making the same noises as your coffeemaker.

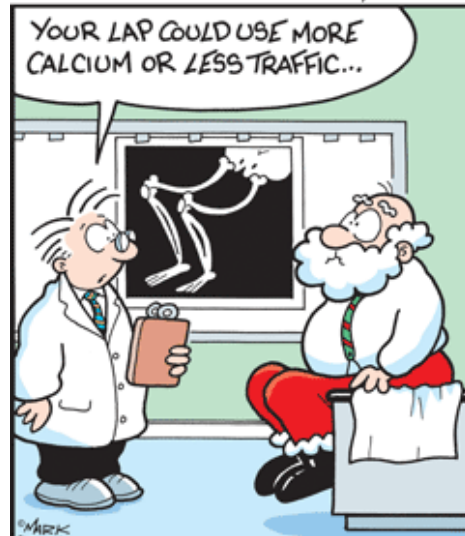
Don't think of it as getting hot flashes. Think of it as your inner child playing with matches.

Don't let aging get you down. It's too hard to get back up!

Remember: You don't stop laughing because you grow old; you grow old because you stop laughing.

THE SENILITY PRAYER: Grant me the senility to forget the

off the mark.com by Mark Parisi



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.

T'was a Chiropractic Christmas

T'was the day before Christmas, but there was no cheer.

No jingle bells jingled, no sound of reindeer.

The word had gone out that Santa was sick.

There would be no visit from jolly St. Nick.

The people were sad; no gaiety sounded.

For Christmas had come, but Santa was grounded.

He drove down the road, and what should he see?

But a sign for a doctor, who was a D.C.

Now Santa was not one to like a new tactic,
But all else had failed, so he tried Chiropractic.

He entered the office and saw at a glance,
in a place such as this, illness hasn't a chance.

The office staff smiled, the music was sappy,
with all of the patients contented and happy.

In a very short time, to judge by the clock,
he was in the adjusting room, talking to Doc.

It must be the hurry, the tension and all,

I simply can't seem to get on the ball.

Life used to be easy; just kids, toys and whistles,
now I dodge smog, spaceships and missiles.

And Doc, take a look at the size of this pack!

Have you any idea what it does to my back?

Poor Santa was miserable and just barely able,
with the help of the Doctor, to get on the table.

The doctor was gentle; without a fuss or a tussle
She examined the vertebrae and relaxed every muscle.

She spotted trouble and then with a click,
started aligning the spine of old St. Nick.

Santa felt aches and pains slipping away
and in no time at all he began to feel gay.

The air was a tingle with the new fallen snow

And a healthy Kris Kringle was rarin' to go.

As he went out the door, he threw them a kiss;

Why, it had been centuries since he felt as good as this!

Then once more he shouldered the bag full of toys,
his heart overflowing with true Christmas joys.

What to Expect From Your Personal Trainer

Personal trainers design customized one-on-one training programs and help motivate clients to exercise. They monitor fitness progress and are used by people who want to get in shape or stay in shape. Trainers can also be used for weight loss, rehabilitation post injury and for injury prevention. People of all ages can use a personal trainer. Trainers assess a client's fitness and goals to make recommendations on how to improve their fitness and which exercises are best. Personal trainers ensure that their clients are using proper form when exercising and often encourage them to perform a workout that would exceed what they would do alone.

Personal Trainer Job and Education Requirements

Educational backgrounds for personal trainers vary. The minimal requirements are usually that personal trainers need to have CPR, a high school diploma, be a minimum of 18 years-old, and have completed a personal trainer course. Courses cover subjects such as exercise physiology, biology, nutrition, and other related classes. Upon completion of the course, personal trainers must pass a certification examination.

About Hanna Murphy, Certified Fitness Trainer:

Hanna has been in the health field as a Chiropractic Assistant for seven years. She has a vast knowledge and interest in all areas of wellness. In 2007 Hanna, completed the Registered Nutritional Supplement Advisor course through the Alive Academy. She has been involved in strict training for the past 5 years playing and coaching competitive Roller Derby. In 2011 she completed her personal trainer's course through ISSA (International Sports Services Association). She specializes in the training and nutritional aspects of the 8 Weeks to Wellness Program that the clinic offers. If you have any questions regarding any services provided by a personal trainer please ask the front desk staff to meet Hanna and to get a tour of our onsite gym.

For the month of January 2012 the Chiropractic Care and Longevity Center will be offering your first one on one personal fitness training session with Hanna Murphy, CFT free of charge. A value of \$40.00 plus tax. Please ask front desk to book an appointment.

The office would like to welcome our newest addition to the team:
Annette Gray-Jackson, RMT

Annette has recently graduated from a 2 year accelerated Massage Therapy program and is a member of the College of Massage Therapists of Ontario.

After staying home with her 3 children Annette returned to school for her new career. As a lifelong resident of Mountain Grove, Annette is looking forward to seeing both familiar and new faces, and is looking forward in assisting you with your personal wellness goals.



Holiday Office Hours:

Friday December 23rd 9am – 5pm
Saturday December 24th Closed
Monday December 26th Closed
Tuesday December 27th Closed
Wednesday December 28th 9am – 7pm
Thursday December 29th 9am – 7pm
Friday December 30th 9am – 5pm
Saturday December 31st Closed
Monday January 2nd Closed

Chiropractic Monthly Newsletter

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

MEET THE TEAM AT THE CHIROPRACTIC CARE AND LONGEVITY CENTER



Dr. Kathy Wickens



Dr. Karim Guirguis



Dr. Ashleah Linden



Hanna Murphy, CFT



Beth Fequet, RMT



Jen Balfour, RMT



Dan Deacon, RMT



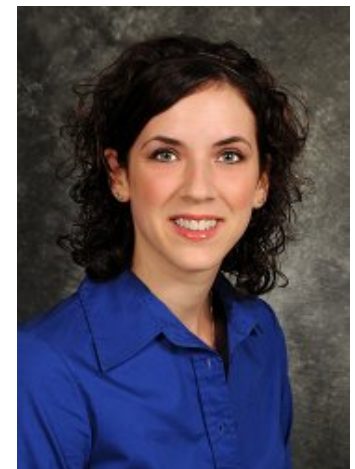
Ashley Finnigan,
Office Director



Trish Laroche, CHA



Barb Willoughby,
Esthetician/Electrologist



Kyla Truelove,
Esthetician/Nail Technician

Experience the Benefits of Monthly Chiropractic!