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2010



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

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February is Heart Month: Easy Tips for a Healthy Heart

Heart Disease and Stroke:

The Nation's Leading Killers Heart disease and stroke—the principal components of cardiovascular disease—are the first and third leading causes of death in the world, accounting for more than 40% of all deaths. A consideration of deaths alone understates the burden of cardiovascular disease. Millions around the world live with heart disease. Heart disease is a leading cause of disability among working adults.

Risk Behaviors Are Largely Responsible

Three health-related behaviors contribute markedly to cardiovascular disease:

Tobacco use. Smokers have twice the risk for heart attack of nonsmokers. Nearly one-fifth of all deaths from cardiovascular disease, or about 190,000 deaths a year, are smoking-related. Every day, more than 3,000 young people become daily smokers.

Lack of physical activity. People who are not physically active have **twice the risk** for heart disease of those who are active. More than half of adults do not achieve recommended levels of physical activity. If you're inactive, doing anything is better than nothing! Studies show that people who have a low fitness level are much more likely to die early than people who have achieved even a moderate level of fitness. If you want to exceed a moderate level of fitness, you need to exercise three or four times a week for 30 to 60 minutes at 50–80 percent of your maximum capacity. Some of the benefits of exercise are:

- Reduces the risk of heart disease by improving blood circulation throughout the body
- Keeps weight under control
- Improves blood cholesterol levels
- Prevents and manages high blood pressure

- Prevents bone loss
- Boosts energy level
- Helps manage stress
- Releases tension
- Improves the ability to fall asleep quickly and sleep well
- Improves self-image
- Counters anxiety and depression and increases enthusiasm and optimism
- Increases muscle strength, increasing the ability to do other physical activities
- Provides a way to share an activity with family and friends
- Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc.) that lead to heart attack and stroke later in life
- In older people, helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer

Poor nutrition. People who are overweight have a higher risk for cardiovascular disease. Almost 60% of adults are overweight or obese. Only 18% of women and 20% of men report eating five servings of fruits and vegetables each day. Healthy food habits can help you reduce three of the major risk factors for heart attack -- high blood cholesterol, high blood pressure and excess body weight. They'll also help reduce your risk of stroke, because heart disease and high blood pressure are major risk factors for stroke.

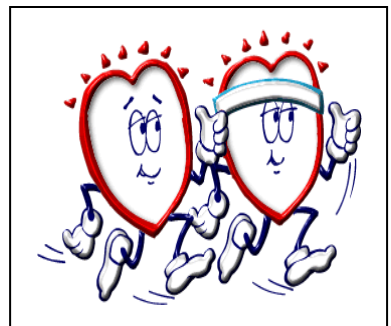
- Eat a variety of fruits and vegetables. Choose 5 or more servings per day.
- Eat a variety of grain products, including whole grains. Choose 6 or more servings per day.
- Include fish, legumes (beans), skinless poultry and lean meats.
- Choose fats and oils with 2 grams or less' of saturated fat per tablespoon, such as canola oil and olive oil.
- Maintain a level of physical

activity that keeps you fit and matches the number of calories you eat. Walk or do other activities for at least 30 minutes on most days. To lose weight, do enough activity to use up more calories than you eat every day.

- Limit your intake of foods high in calories or low in nutrition, including foods like soft drinks and candy that have a lot of sugars.
- Eat less than 6 grams of salt (sodium chloride) per day (2,400 milligrams of sodium).
- Have no more than one alcoholic drink per day if you're a woman and no more than two if you're a man. "One drink" means it has no more than 1/2 ounce of pure alcohol. Examples of one drink are 12 oz. of beer, 4 oz. of wine, 1-1/2 oz. of 80-proof spirits or 1 oz. of 100-proof spirits.

Following this eating plan will help you achieve and maintain a healthy eating pattern. The benefits of that include a healthy body weight, a desirable blood cholesterol level and a normal blood pressure. Every meal doesn't have to meet all the guidelines. These guidelines may do more than improve your heart health. They may reduce your risk for other chronic health problems, including type 2 diabetes, osteoporosis (bone loss) and some forms of cancer.

For more information about heart health, please ask the front desk staff at the Chiropractic Care and Longevity Center.



*"When health is absent,
wisdom cannot reveal itself, art
cannot manifest, strength
cannot fight, wealth becomes
useless, and intelligence
cannot be applied."
Herophilus*

Heart Disease – Frequently Asked Questions

What is a heart attack?

The heart works 24 hours a day, pumping oxygen- and nutrient-rich blood to the body. Blood is supplied to the heart through its coronary arteries. In coronary heart disease (CHD), plaques or fatty substances build up inside the walls of the arteries. The plaques also attract blood components, which stick to the artery wall lining. Called atherosclerosis, the process develops gradually, over many years. It often begins early in life, even in childhood. The fatty buildup or plaque can break open and lead to the formation of a blood clot that seals the break. The clot reduces blood flow. The cycle of fatty buildup, plaque rupture, and blood clot formation causes the coronary arteries to narrow, reducing blood flow. When too little blood reaches the heart, the condition is called ischemia. Chest pain, or angina, may occur. The pain can vary in occurrence and be mild and intermittent, or more pronounced and steady. It can be severe enough to make normal everyday activities difficult. The same inadequate blood supply also may cause no symptoms, a condition called silent ischemia. If a blood clot suddenly cuts off most or all blood supply to the heart, a heart attack results. Cells in the heart muscle that do not receive enough oxygen-carrying blood begin to die. The more time that passes without treatment to restore blood flow, the greater the damage to the heart.

Heart Attack Warning Signs

Some heart attacks are sudden and intense -- the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath. This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.

Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than 5) before calling for help. Call 9-1-1... **Get to a hospital right away!**

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services staff can begin treatment when they arrive -- up to an hour sooner than if someone gets to the hospital by car. The staff are also trained to revive someone whose heart has stopped. You'll get treated faster in the hospital if you come by ambulance, too.

If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

What is Stroke?

A stroke occurs when the blood supply to the part of the brain is suddenly interrupted (ischemic) or when a blood vessel in the brain bursts, spilling blood into the spaces surrounding the brain cells (hemorrhagic).

The **symptoms of stroke** are easy to spot:

sudden numbness or weakness, especially on one side of the body; sudden confusion or trouble speaking or understanding speech; sudden trouble seeing in one or both eyes; sudden trouble walking; dizziness; or loss of balance or coordination. Brain cells die when they no longer receive oxygen and nutrients from the blood or when they are damaged by sudden bleeding into or around the brain. These damaged cells can linger in a compromised state for several hours. With timely treatment, these cells can be saved. Stroke is diagnosed through several techniques: a short neurological examination, blood tests, CT scans, MRI scans, Doppler ultrasound, and arteriography. Stroke seems to run in some families. Family members may have a genetic tendency for stroke or share a lifestyle that contributes to stroke. The most important risk factors for stroke are hypertension, heart disease, diabetes, and cigarette smoking. Other risks include heavy alcohol consumption, high blood cholesterol levels, illicit drug use, and genetic or congenital conditions. Some risk factors for stroke apply only to women. Primary among these are pregnancy, childbirth, and menopause. Stroke prevention is still the best medicine. The most important treatable conditions linked to stroke are:

High blood pressure. *Treat it.* Eat a balanced diet, maintain a healthy weight, and exercise to reduce blood pressure.

Heart disease. *Manage it.* Your doctor can treat your heart disease and may prescribe medication to help prevent the formation of clots. If you are over 50, eating garlic and or taking alfalfa keep your blood thinner along with other benefits.

Diabetes. *Control it.* Treatment can delay complications that increase the risk of stroke.

Preventing Heart Disease through Supplementing Your Diet

In order to prevent heart disease we should have a heart healthy diet and routine exercise. Along with those, it is very important to begin supplementing your diet with potent antioxidants, vitamins, and minerals. Two very good sources of antioxidants are **Vivix, Goji Juice** and **Xocai chocolate**.

It's also important to get the necessary amounts of calcium daily (Shaklee Super Cal Mag), as well as vitamin E (**Shaklee Vita E**), vitamin C (**Shaklee Vita C**) and garlic supplements (**Shaklee Garlic Complex**). In addition, you should begin a daily regimen of **CoQ10**, a natural supplement that even most traditional doctors now recommend in the fight against heart disease.

Unfortunately, when heart disease has set in and is difficult to reverse. For best effect, you should start a supplementation program that includes **CoQ10** and the other supplements above before you develop symptoms of cardiovascular disease.

Enhancing Fertility through Chiropractic Care

According to a recent report by the Centers for Disease Control, there are millions of women who are infertile and employ some form or other of fertility service. According to research papers published in the JVSR (Journal of Vertebral Subluxation Research, jvsr.com), chiropractic adjustments, targeting nerve interference caused by spinal distortions, has proven useful in combating the infertility problem.

The twelve studies in the series found chiropractic care an effective treatment for infertile women regardless of age, medical history, or how long they've been experiencing infertility. One of the most surprising cases involved a thirty-two-year-old woman who had gone twelve years without menstruating. She had undergone several medical treatments meant to solve her infertility and nothing proved effective. Finally, after just two months of chiropractic care targeting her lumbar region, her menstrual period corrected itself and she became pregnant shortly thereafter.

All of the women studied were found to be suffering from vertebral subluxation. The causes for these subluxations included scoliosis, vehicular accidents, normal childhood injuries and everyday physical stress. Other causes of infertility included mental stress at work or home and blocked fallopian tubes.

Chiropractic care primarily affects fertility by correcting these subluxations and allowing for better communication for the nervous system. A subluxation can prevent the nervous system from keeping the brain up to date on the body's condition, making it harder for the various areas of the body to get what they need, or as the study's director, JSVR editor Madeline Behrendt, D.C. says "Essential to all processes of life is the nervous system, which perceives the environment and coordinates the cellular community's biological response to the impinging environmental stimuli. It is reasonable to consider that a system that is properly functioning to its potential may

resist destructive forces more successfully and with less damage."

Even without this study, though, improved fertility would come as no surprise to chiropractic care professionals and patients. The nervous system, being dependent on the musculoskeletal system, almost invariably sees improvement after a person has received chiropractic care from a trained professional. As the nervous system improves, blood flow and communication to various parts of the body improves. Besides the obvious direct effects that chiropractic care can have on the body, the method can also, by improving blood flow, digestion and several other basic everyday body functions, decrease mental and physical stress. Stress can actually prevent menstruation all on its own and chiropractic care can improve fertility by something as simple as helping the hopeful mother to be relaxed.

Your Incredible Neck

Your neck is made up of seven bones, referred to as cervical vertebrae, with discs between them. There are a lot of structures in your neck. Your bones are strapped together with ligaments; tendons attach your bones to muscles and your neck is full of muscles that attach from your head and vertebrae to your ribs, shoulder blade (scapula), collar bone (clavicle), breastbone (sternum) and other structures in your chest. You've also got millions of nerves, blood and lymphatic vessels all over the place. In addition, there's a food tube (esophagus), an air tube (trachea), a voice box (larynx) and so many more things it would take many pages to discuss them all. Your neck is a very busy place. Your neck vertebrae are numbered from top down, C-1, C-2, C-3 all the way to C-7. Two neck vertebrae have special names: C-1 is also called the atlas (because it holds the globe of the skull) and C-2 is referred to as the axis (because it is involved in the turning of your head). Chiropractors pay particular attention to the neck because inside your neck, inside your vertebrae, is a special canal: the spinal canal. Your spinal cord passes through your spinal canal. If the neck vertebrae are not properly aligned, the billions of nerves making up your spinal cord may be affected. The result? A misalignment (subluxation) of a cervical (neck) vertebra can cause almost any health problem. Your resistance to disease, your immune system, your brain, your internal organs – all can be adversely affected by an unhealthy neck.



Chiropractic Tips for Pregnancy

- ♥ Be sure to get adjusted regularly. Chiropractic care is important to help maintain a healthy skeletal structure and nervous system function throughout a pregnancy and childbirth.
- ♥ Do some gentle exercise each day. Walking, swimming, or stationary cycling are relatively safe cardiovascular exercises for pregnant women.
- ♥ Avoid any activities that involve jerking or bouncing movements. Stop exercise immediately if you notice any unusual symptom, such as nausea, dizziness or weakness.
- ♥ Wear flat shoes with arch supports. Your feet become more susceptible to injury during pregnancy, partially due to a rapidly increasing body weight, but also because the ligaments that support the feet become more lax.
- ♥ When picking up children, bend from the knees, not the waist. Your low back is much more prone to injury during pregnancy.
- ♥ When sleeping, lay on your side with a pillow between your knees to take pressure off your lower back. Full-length "body pillows" or "pregnancy wedges" are very popular and can be helpful.
- ♥ Eat several small meals or snacks every few hours, rather than three large meals per day. This will help alleviate nausea, stabilize blood sugar and allow your body to extract the maximum amount of nutrients from the foods that you eat.
- ♥ Take a prenatal vitamin with at least 400 micrograms of folic acid every day; 800 micrograms is even better. Folic acid has been shown to dramatically reduce the risk of neural tube defects in a developing fetus. (critical in first six weeks) Be sure to check with your doctor before taking any vitamin or herbal supplement to make sure it's safe for you and the baby. If nauseated take a general multivitamin such as Shaklee Vita Lea, not a prenatal but safe for the fetus.

Vitamin B complex to help heart disease risk

Increased intake of folic acid and B-12 through diet or supplements may help reduce the "bad" amino acid homocysteine and help us live longer, recent research reveals. High homocysteine levels are suspected of contributing to 6 percent to 10 percent of all heart attack deaths in the United States.

Scientists at the University of Michigan used a computer model to investigate everything known about homocysteine's harmful effects and how folic acid and vitamin B-12 seem to regulate the amino acid's level in the blood. They worked under the assumption that reducing homocysteine levels would reduce the homocysteine-related heart-disease risk by 40 percent in any particular group. They found that with vitamin supplements, about eight years of life could collectively be gained for every group of 1,000 men and four years for every group of 1,000 women. This came about no matter whether the vitamins were given to all at-risk people or just those whose blood test showed elevated homocysteine levels. Full findings are published this week in the US journal, Archives of Internal Medicine.

*** It is important to take a B-Complex rather than just individual b vitamins. ***

Hula Hoop Exercise: 4 Easy Routine Suggestions

Are you looking for a fun way to remove excess fats from your stomach? If so, try to go back to your childhood memories wherein hula hoops were the best toys you had. They are great exercise tools that could help you so much in achieving a slimmer, healthier body. Learn more about which hula hoop exercise you have to do to make your waistline smaller by several inches. Check out the colourful weighted hula hoops we have for sale here at the Chiropractic Care and Longevity Center.

Here are some good suggestions to consider:

1. Many hoops exercise

You can swing your hips on a single hoop exercise. But definitely, you can use two or more of them to burn more calories. This is best for advanced hula hoop users. If you're tired of using only one of these twirling hoops because of the simplicity of technique involved, challenge yourself to use more than one when exercising. This will definitely take your exercising to the next level.

2. Nonstop hula hoop exercise

How long can you go on one round of exercise twirling a hoop? Push your limits and sway your hips according to the circling rhythm and make the hoop stay on your waist the longest time possible. Thirty minutes is the goal. Don't let that hoop fall down within 30 minutes and you're definitely on your way to a slimmer body. Beginners should only do a few minutes at a time.

3. Musical hula hoop exercise

Working out without motivation music is not advisable. What if you dance by twirling your hoop in tune to your favorite upbeat song? This suggestion is for advanced users again. Try spinning with it and integrate some of the tricks that you have learned along the way. Let your whole body move to the rhythm. This way, you'll achieve a full body workout and burn much more calories.

4. Hula hoop exercise in small bursts

Do you have a very busy schedule and you can't squeeze some regular exercise routines? Well, a hoop is the perfect equipment for you. Whether you are always on the go or you always have your hands full with chores, you can definitely do some exercise routines every now and then. All you need is to devote a few minutes everyday. Whenever you can pause for a break, chop off two minutes from your break time and devote that to a simple hula hoop exercise. You only need to spare two minutes several times in a day to speed up your metabolism for that perfect body you've always dreamt of. Try it. It

Strawberry Orange Sorbet

- 1-1/2 cups frozen strawberries
- 1/3 cup orange juice
- 1/3 cup fortified soymilk
- 2 tablespoons canned pumpkin
- 1 tablespoon honey

Blend in a food processor or blender for 1-2 minutes, until smooth and creamy.

Heart Facts

- ♥ Your system of blood vessels – arteries, veins and capillaries – is over 60,000 miles long. That's long enough to go around the world more than twice!
- ♥ The adult heart pumps about 5 quarts of blood each minute – approximately 2,000 gallons of blood each day – throughout the body.
- ♥ When attempting to locate their heart, most people place their hand on their left chest. Actually, your heart is located in the center of your chest between your lungs. The bottom of the heart is tipped to the left, so you feel more of your heart on your left side of your chest.
- ♥ The heart beats about 100,000 times each day.
- ♥ In a 70-year lifetime, the average human heart beats more than 2.5 billion times.
- ♥ An adult woman's heart weighs about 8 ounces, a man's about 10 ounces.
- ♥ A child's heart is about the size of a clenched fist; an adult's heart is about the size of two fists.
- ♥ Blood is about 78 percent water.
- ♥ Blood takes about 20 seconds to circulate throughout the entire vascular system.
- ♥ The structure of the heart was first described in 1706, by Raymond de Viessens, a French anatomy professor.
- ♥ The electrocardiograph (ECG) was invented in 1902 by Dutch physiologist Willem Einthoven. This test is still used to evaluate the heart's rate and rhythm.

*“There is more hunger for love and appreciation in this world than for bread.”
Mother Teresa*

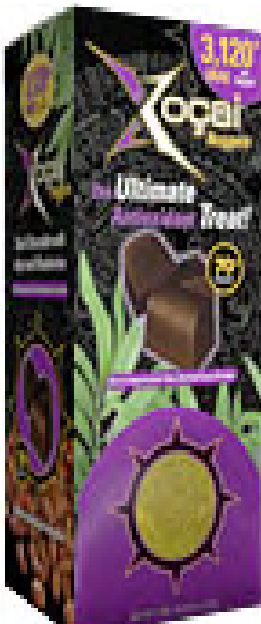
SHAKLEE ENERGY CHEWS

The market for energy products in North America and most industrialized nations is huge and growing. Surveys have shown that one of the most common complaints from adults is lack of energy. Almost two-thirds of those surveyed feel that this lack of energy has affected their lives at home, work, school, play, or on the road. People of all age groups have turned to energy products to reverse this trend. One American survey identified that use is heaviest among 18 to 34 year-olds (33%), slightly lower in the 35-to-54 age group (30%), and still significant in those 55 and older (18%). Most of the energy products currently on the market are in liquid form – drinks like Red Bull® Energy Drink, Hype Energy Drink®, SoBe Adrenaline Rush®, and Red Dragon Energy Drink®. Most of these drinks contain high amounts of sugar, or their sugar-free versions contain artificial sweeteners such as aspartame or sucralose. People drink them to maintain their energy during intense periods of physical activity or

after exercise to quench their thirst. However, rather than rehydrating the body, these drinks sometimes cause dehydration. Health problems have arisen when people drink too much of these drinks or combine them with alcohol. Shaklee’s innovative solution to this energy crisis is to provide safe ingredients that supply energy not in a drink but in a delicious citrus-flavoured chew. These are more convenient to use and require far less packaging than drinks. Shipping them to our customers therefore consumes less fuel, creates less greenhouse gas emissions, and is better for the environment. Shaklee Energy™ chews provide vitamins C and D; all eight B vitamins, which are important for releasing energy from the food we eat; and three ingredients known to help with energy or cognitive function: caffeine from green tea extract for energy and performance, and the amino acids N-acetyl-L-tyrosine and L-theanine for mental alertness and focus. These unique chews contain 75% organic ingredients including organic

green tea extract and organic sweeteners (dried cane syrup, brown rice syrup, and rice syrup solids), and have a natural citrus burst flavour. They contain no artificial flavours, no artificial sweeteners, and no preservatives, and are gluten free. Energize your body, sharpen your mind, and improve your mood with Shaklee Energy™ – the healthy edge!

For the month of February ask the front desk staff for your ballot for a chance to win an “Energy Basket”- including the new Shaklee Energy Chews.



In “22 Reasons to Eat Xocai Dark Chocolate Daily”

Reason 21 is:

PROTECTS THE HEART

Many of the phytochemicals in cocoa and xocai support heart muscles, strengthen blood vessel walls, and may inhibit atherosclerosis, thereby reducing the risk of edema, stroke, and heart failure. These polyphenols can help clear the arteries.

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