

February  
2011



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

## February is Heart Month – Coenzyme Q10 and Heart Health

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The relationship between coenzyme Q10 and heart health can be summed up in one sentence – Every muscle in the body, particularly the heart, the muscle that has most demand for coenzyme Q10, cannot function without this vitamin, which is vital for life itself.

### What is coenzyme q10?

CoQ10 (ubiquinone), is found in the mitochondria, an area in the cell where the production of the molecule adenosine triphosphate (ATP) takes place. The heart needs this ATP in order to carry energy for heart function. Like a spark plug, coQ10 is a catalyst or vehicle for the production and transportation of ATP which is in constant supply to keep your heart beating. In fact, the heart and the liver have the highest demand for coQ10 because of the energy needed to carry out their powerful functions.

Coenzyme Q10 uses by other muscles and organ cells that all demand ATP production, call for a constant supply of this vitamin. Functions like reproduction, food consumption and maintenance. Basically, we can't live without it!

### Coenzyme Q10 Deficiency

Blood pressure is connected with coenzyme Q10 and heart health. As we reach 50+, our ability to produce coQ10 is reduced creating a slight deficiency. Not

only can the heart become weaker with less energy, causing palpitations and higher blood pressure, it can also have an effect on LDL cholesterol. CoQ10 is an antioxidant that protects LDL from the damaging effects of oxidation. If a serious deficiency develops through other contributing factors, LDL becomes too oxidised and cannot function properly when needed to help in the renewal of cells at the injury site in an artery. This results in a build up under the artery wall that bulges and blocks the artery. Our blood pressure goes up further and we are at risk of atherosclerosis and heart attack.

### What Can Cause a Deficiency?

Apart from age, some of our doctors can become overly concerned about cholesterol levels and prescribe cholesterol lowering drugs, some even prescribing as a presumed, preventative measure when cholesterol levels are normal! These drugs cause coQ10 serum levels to drop, reduce the effect of coQ10 supplements, and hamper liver production of coQ10. Then we have anti-biotics, anti-hypertensive, and anti-depressants, all affecting this

vital production.

### Coenzyme Q10 Proper Dosage

In double blind trials, patients who were given 60mg of coQ10 twice a day along with their antihypertensive drugs, had a reduction in systolic and diastolic pressure. Other risk factors that cause cardiovascular disease also showed significant reduction. In their conclusion, the authors of the study said that coenzyme Q10 does decrease blood pressure and the body's response to insulin with patients who are taking conventional high blood pressure drugs.

That being the case, many doctors advise supplementing with coQ10 because our bodies don't produce enough of it. But many of us don't know exactly how much to take.

With a good supplement, 30-90mg daily for mild problems, and 100-150 for those with heart or other major conditions. Ask about our

**Ask Dr. Wickens for more details on the benefits of taking CoQ10 and the proper dosage for you.**

**The staff at the Chiropractic Care and Longevity Center would like to give all of our patients a friendly reminder to come on time for your appointments and give us 24 hours notice if you are going to miss an appointment. Arriving on time keeps our schedule flowing smoothly and ensures that patients after you don't have to wait for their appointments. Giving us more notice that you will be missing your appointment gives us the opportunity to book other people who need to be fit in.**  
**Thanks for your understanding.**

# 24 Ways to a Healthier Heart

24 ways to power up, slow down, have fun, and get fit - all in the name of a healthy heart. Pick your favourites, and work them into your regular routine:

1. Stop smoking-no ifs, ands, or (cigarette) butts.
2. Focus on the middle. You don't have to be super thin to reap the benefits of a smaller waistline, but carrying too much weight around the middle raises blood pressure, affects blood lipids (and not in a good way), and does other damage to the heart. Abdominal exercises are good, but remember it's calories in (what you eat), calories out (how you exercise) that will make a difference in the tape measure.
3. Play between the sheets. Yep, having sex can be heart healthy. A number of studies show that sexual activity adds more than pleasure to your life. It can actually lower your blood pressure and your risk for developing heart disease.
4. Let the music move you Whether it's a rumba beat or a two-step tune that gets your body moving, dancing raises your heart rate, burns some calories (between 150-300 calories an hour), and makes for a great heart healthy workout.
5. Go fish. Studies have shown that including fish with omega-3 fatty acids (i.e. salmon, herring, sardines, and to a lesser extent tuna) into your diet can reduce the risk of dying from heart disease by a third or more.
6. LOL. Not in an email, not on Twitter or Facebook, but really... laugh out loud. Whatever gets you chuckling is good for your heart. Research (from the University of Maryland School of Medicine) shows that laughter helps relieve the stress that damages the endothelium (the tissue that forms the inner lining of blood vessels and helps the blood flow) and promotes the healthy function of blood vessels.
7. Stretch it out. Practicing yoga not only makes you more limber and helps you relax (which combats stress), but according to recent research from India, it also positively affects the heart rate variability (HRV) that is an indicator for heart health.
8. Shun the salt. Overwhelming research shows that if the entire population reduced its salt intake (just a half teaspoon a day), it would significantly reduce the number of new cases of coronary heart disease. Most of our high

salt intake comes from processed food and restaurant-prepared food. Think twice before filling up on your favourite fast-food fix.

9. Move it, move it, move it. A new study from Australia found that sitting for long periods of time can shorten your life regardless of your body weight. It appears that being a couch potato has an unhealthy influence on blood fats and blood sugar. At the office, work in "get up" breaks, and go for a short stroll around building.
10. Know your numbers. Keeping your blood pressure, blood sugar, cholesterol, and triglycerides in check are important for good heart health. Learn the optimal levels, don't skip your regular physical exams and make sure to ask your doctor for the extra blood tests needed to track the above levels.
11. Eat chocolate. No guilt required. Rich, dark Xocai chocolate tastes delicious, and according to a study published in the American Journal of Clinical Nutrition, it can help stave off heart disease because of the flavonoids it contains. Preliminary research also suggests that Xocai chocolate can positively affect blood clotting. Ask the front desk staff for more details.
12. Let your housework work for you. Vacuuming or mopping the floors may not be as invigorating as a Body Slam or Zumba class, but these activities and other household chores do burn calories. Put your favourite music on, and put some pep in your weekly chores.
13. Go nuts. Almonds, walnuts, pecans, and other tree nuts deliver a powerful punch for lowering your risk of cardiovascular and coronary heart disease.
14. Be a kid. Fitness doesn't have to be boring. Plan an evening out roller blading or bowling.
15. Consider pet therapy. Our pets give us more than unconditional love; they offer numerous health benefits. Studies show that owning pets can lower the rate of dying from heart disease and possibly improve heart and lung function.
16. Start and stop. And start again. During aerobic workouts, interval training (varying your speed and intensity in short bursts) will boost your calorie burn. Wear a heart rate monitor to make sure you are

hitting your target heart rates. Ask the front desk staff for details.

17. Cut the fat. Slicing your fat intake to no more than 30% of your daily calories will help cut your risk for heart disease. If you're not into reading labels or counting calories, think twice before you savour your next meal. Do a mental calculation of what you are eating. Ask the front desk staff for more details.
18. Take the scenic route home. Forget about the driver who cut you off, and enjoy the ride. Eliminating stress while driving will help lower your blood pressure, which your cardiovascular system will appreciate.
19. Make time for breakfast. This is the one meal you shouldn't skip. The good-for-you benefits of eating a healthy breakfast are numerous.
20. Fake your fitness. It's a no-brainer that exercise has substantial benefits to your coronary health. Why not sneak it in at every opportunity? Park on the far side of the parking lot, take the stairs, walk and talk with a friend instead of emailing, play with your kids at the park. It all adds up to better health.
21. Smile and say, "How does my heart look?" Good dental hygiene does more than keep your pearly whites glistening. It may affect your overall health. Research suggests that several types of cardiovascular disease, including coronary artery disease, may be connected to your oral health.
22. Walk it off. Next time you feel overwhelmed, get mad, or are totally exasperated, take a stroll. A five-minute walk will do wonders for clearing your head and lowering your stress levels.
23. Pump some iron. Aerobic activities may be the star players in fitness for a healthy heart, but strength training needs to be part of the team. Its effect on weight control is awesome-more muscle mass means burning more calories.
24. Find your happy place. A sunny outlook is good for your heart. Research from the University College London shows that those who are happy tend to have lower levels of the potentially harmful hormone cortisol and other stress-inducing chemicals.

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

Herophilus

**Ask us about our 8WW program!**

## EPA-DHA 720™ By Metagenics

### OMEGA-3 EFAs

Essential fatty acids (EFA): omega-3 and omega-6, are vital to the proper functioning of the body. Because our body cannot manufacture them they must be present in our diet. EFAs are necessary for healthy cell membranes, oxygen transfer, energy production, and are extremely important for the proper functioning of the body's electrical system. EFAs are also precursors to hormone-like substances called prostaglandins which regulate vital processes in the body. A balance between omega-3s and omega-6s is extremely important. Excessive omega-6 consumption promotes inflammation in the body. Omega-3s on the other hand actually suppress inflammation in the body.

### DHA: The Brain EFA

Docosahexanoic acid is an omega 3 essential fatty acid. It is an essential component of the brain and central nervous system. It seems to concentrate in areas where there is lots of electrical activity such as the synapses, where nerve cells communicate, and the photoreceptors of the eye. This is why a deficiency of DHA can result in poor brain development, attention/deficit hyperactivity disorder, learning disorders, memory problems and poor visual development.

### EPA: The Heart EPA

Eicosapentaenoic acid is an omega 3 essential fatty acid. It is an important fatty acid in the maintenance of cardiovascular health and the regulation of inflammation. EPA is a precursor to a series of chemicals

whose job it is to regulate the inflammatory effects of arachidonic acid. Too much arachidonic acid leads to pain and inflammation in conditions such as arthritis. Arachidonic acid also causes inflammation in arteries and leads to the development of atherosclerotic plaques. Deficiency of EPA can result in cardiac arrhythmias, high cholesterol and excessive aging. EPA has been used to treat heart disease, arthritis and other inflammatory conditions.

### Benefits of Omega-3

- Reduce your risk of cardiovascular diseases.
- Improve overall heart functions.
- Reduce triglycerides and increase HDL Cholesterol ("the good cholesterol").
- Reduce inflammation in the joints and elsewhere in the body.
- Promote healthy brain function by enhancing concentration and attentiveness.
- Promotes healthy moods and a sense of well-being.
- Improve skin health including dry skin, eczema, psoriasis.
- Improve your immune system.

### The omega-3 deficiency

The average North American diet is severely deficient in omega-3 fatty acids yet excessively high in omega-6 fatty acids. Experts suggest a proper omega-6 to omega-3 ratio is around 1:1 but during this century the ratio has skyrocketed to 20:1 or greater. This

imbalance is considered to be a major risk factor for the development of arthritis, cancer, cardiovascular disease, and other degenerative diseases that now plague the western world.

**Omega-3s: fish versus flax**  
The two omega-3 fatty acids required by the body are eicosapentaenoic acid (EPA) and docosahexanoic acid (DHA). Oils from fatty fish are nature's best source of EPA and DHA. Comparatively, flax seed oil contains a high concentration of omega-3s but in a form called alpha-linolenic acid (ALA). For the body to use ALA it must first convert it to EPA and DHA. This conversion process is very inefficient and results in less than 10% of the ALA being converted to EPA and DHA.

### Why are they Essential?

Omega-3s (and omega-6s) are termed essential fatty acids (EFAs) because they are critical for good health. However, the body cannot make them on its own. For this reason, omega-3s must be obtained from food, thus making outside sources of these fats "essential."

Although the body needs both omega-3s and omega-6s to thrive, most people consume far more 6s than 3s. Hardly a day goes by, however, without reports of another health benefit associated with omega-3s. For this reason, many experts recommend consuming a better balance these two EFAs.



## 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 few 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

## Heart Healthy - Super-fast chicken and vegetable curry

Makes 4 servings

The spices in this dish make it a flavourful delight.

Preparation time: 10 to 15 minutes

Cooking time: 15 minutes

### Ingredients

45 mL (3 tbsp) cornstarch

30 mL (2 tbsp) sodium reduced soy sauce

500 mL (2 cups) 1% milk

10 mL (2 tsp) vegetable oil

500 g (1 lb) boneless skinless chicken breasts, cut into 4 cm (1 1/2 inch) chunks

2 cloves garlic, minced

5 mL (1 tsp) mild curry powder or paste (or more to taste)

2 mL (1/2 tsp) ground ginger

1 L (4 cups) frozen chunky mixed vegetables (about 500 g (1lb))

250 mL (1 cup) chopped fresh or drained canned tomatoes

125 mL (1/2 cup) plain 2% yogurt

### Directions

1. Whisk cornstarch and sodium-reduced soy sauce into milk; set aside.
2. In a large skillet, heat oil over medium-high heat; add chicken, garlic, curry and ginger. Cook, turning chicken once, for about 2 minutes or until chicken is lightly browned. Add vegetables; cover and cook for about 3 minutes or until vegetables are thawed.
3. Stir milk mixture and pour into pan; cook, stirring and scraping up bits stuck to pan, for about 5 minutes or until sauce is thickened and chicken is no longer pink inside. Remove from heat; stir in tomatoes.
4. Serve topped with yogurt.

**Find these words in the puzzel below:**

- APPLE
- BANANA
- CALCIUM
- CARROTS
- CELLERY
- IRON
- ORANGE
- PEACH
- PROTIEN
- SPINICH
- VITAMANA
- VITAMANB
- VITAMANB12
- VITAMANB6
- VITAMANC
- VITAMAND
- VITAMANE
- WATERMELON

**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 6percent 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 induvial b vitamins. \***

## 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.

♥The first heart specialists emerged after World War I.

**Things you eat to stay healthy:**

J Y R U O C V M N I Y W S S S P N X Y G  
 D M V S A L F F A V N M T W D M P R O Q  
 I G C R R L N O N C B M O O V E E K V T  
 I M O R E S T S P C I B R U W L G H A W  
 N J J D E P C H J K L W R B L N A G P J  
 L C F A W 6 Y V N U E I A E I G J U T M  
 Z Y K K P B M U I C L A C H N E W O B K  
 F W J X F N R J W W M N C O R A N G E K  
 E D P Q P A W J Q N A I L B D W L G X H  
 D W L L T M N L X M N E S E G X S C G J  
 Q D L O M A A N A I M E N S T M G L O B  
 D K G F A T C T P R O T I E N P Q E U R  
 C J N O R I I S E N P O W N W C Y N S V  
 L B J A B V I T A M A N B 1 2 L L A P U  
 T I E L P P A L C X P B A T B E D M T U  
 J U U T Z W X F H N P J N W V Y E A I H  
 C G J A D I E J A N A M A T I V U T A Y  
 Z V J L F Q Y G F U K T N J G M C I G V  
 R H Q U L Y K A A O D N A M A T I V A X  
 I Q R Q I Y W P H I I I I R U C Q T Z G

### 80 WAYS YOU CAN BENEFIT FROM 8WEEKSTOWELLNESS®

<ol style="list-style-type: none"><li>1. Focus on health not sickness</li><li>2. Feel &amp; look younger</li><li>3. Have fabulous energy</li><li>4. Sleep better</li><li>5. See a new you in the mirror</li><li>6. Start supplementing</li><li>7. Set health goals</li><li>8. Improve your diet</li><li>9. Get fresh air</li><li>10. Know your body better</li><li>11. Meditate daily</li><li>12. Walk — everywhere</li><li>13. Learn to relax</li><li>14. Be more authentic</li><li>15. Know your cholesterol</li><li>16. Be open to new ideas</li><li>17. Learn to love fruits</li><li>18. Learn to love vegetables</li><li>19. Learn to love whole grains</li><li>20. Drink lots of water</li><li>21. Exercise effectively</li><li>22. Inspire others</li><li>23. Reduce food cravings</li><li>24. Become your own fan</li><li>25. Stop eating white bread</li><li>26. Learn about anti-oxidants</li><li>27. Have a positive attitude</li></ol>	<ol style="list-style-type: none"><li>28. Cut bad fats</li><li>29. Learn about healthy fats</li><li>30. Do deep breathing everyday</li><li>31. Smile — a lot</li><li>32. Focus on what's important</li><li>33. Have a purpose</li><li>34. Reduce stress</li><li>35. Increase flexibility</li><li>36. Quiet your mind</li><li>37. Try something new</li><li>38. Limit diet sodas</li><li>39. Improve your posture</li><li>40. Lower your blood sugar</li><li>41. Reduce risk of cancer</li><li>42. Eliminate back pain</li><li>43. Lower blood pressure</li><li>44. Increase muscle mass</li><li>45. Feel pampered</li><li>46. Reduce headaches</li><li>47. Stop smoking</li><li>48. Feel great</li><li>49. Look even better</li><li>50. Stick to an exercise routine</li><li>51. Be more accountable</li><li>52. Increase metabolism</li><li>53. Stop eating transfats</li><li>54. Become a better person</li><li>55. Lower sodium intake</li></ol>	<ol style="list-style-type: none"><li>56. Avoid pre-packaged foods</li><li>57. Laugh more</li><li>58. Learn “less is more”</li><li>59. Believe in yourself</li><li>60. Have a new attitude</li><li>61. Have peace of mind</li><li>62. Get tons of compliments</li><li>63. Make new friends</li><li>64. Feel confident</li><li>65. Reduce risk of diabetes</li><li>66. Reduce risk of heart attack</li><li>67. Create life balance</li><li>68. Eliminate depression</li><li>69. Lose bad habits</li><li>70. Feel rewarded</li><li>71. Count your blessings</li><li>72. Be better coordinated</li><li>73. Gain confidence</li><li>74. Feel stronger</li><li>75. Improve muscle to fat ratio</li><li>76. Know your heart rate</li><li>77. Reduce muscle tension</li><li>78. Improve circulation</li><li>79. Eat to live. Not live to eat.</li><li>80. Live longer. <i>LIVE BETTER</i></li></ol>
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**PLEASE ASK US FOR MORE DETAILS ON OUR NEW 8WW PROGRAM**

**Give us 8 weeks and we'll change the rest of your life.**

### The Chiropractic Care

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If you have any  
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We're on the Web!

See us at:

[www.chirolongevity.com](http://www.chirolongevity.com)

Also you can now:



Please ask the staff for  
ideas for Valentines  
Day gifts for your  
loved ones from the  
Chiropractic Care and  
Longevity Center

## 8 Weeks to Wellness Information Session

### Chiropractic Care & Longevity Center

5 Gore Street West, Perth

Tuesday February 15<sup>th</sup>, 2011

7:15pm-8:15pm

**8 Weeks to Wellness®** effectively blends *chiropractic, diet, exercise, massage, meditation and education* with personal accountability. Over the 8-week program, we teach our patients ideal habits to reach lifelong optimal health and give them an achievable timeframe in which to get it done. We've documented drastic reductions in weight, body fat, blood pressure, inflammatory markers, blood glucose levels, cholesterol and other blood lipids. Patients are thrilled with their improved mood, energy and strength, sense of self-worth and overall well-being.

### Come learn the details of this program

- Supplements & diet restrictions
  - Scheduling
  - Blood work required
  - Commitment required

**We have a gym in the basement!! All of your appointments are done here for your convenience!**

**Please call us to reserve your spot at: 264-0616  
Or email Ashley at [afinnigan@primus.ca](mailto:afinnigan@primus.ca)**

*Experience the Benefits of Monthly Chiropractic!*