

January  
2010



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

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## New Years Resolutions That Stick

Most people have health goals during the year, but January 1st is the day that we take things up a notch and try, to plan a total health transformation. My New Year's resolutions of choice include: ramping up your exercise routine, getting more sleep, coping better with stress and kicking bad habits – all in 10 days or less.

Of course, once you've recovered from a holiday-induced sugar high, you'll continue your bad habits, inevitably stop going to the gym, feel stressed as a result and ultimately lose sleep over my failed resolutions, not to mention the price of a gym membership.

Most of us make New Year's resolutions with good intentions – and our goals are usually health related. Unfortunately, we're as good at breaking New Year's resolutions as we are at making them. A recent study in the U.K. tracked 3,000 people who made New Year's resolutions and discovered only 12% had actually achieved their goals a year later.

But our failure rate doesn't have to be so high. Here are some strategies for setting healthy goals with realistic New Year's resolutions you can keep:

**1. Just pick one.** Studies show the more resolutions you make, the less likely you are to keep them. Instead of attempting a "total transformation," choose one health goal you want to achieve, such as reducing stress, and focus on attaining it.

**2. Be wary of "quick fixes."**

Trying to drop 10 pounds in a week with the latest diet is not only unhealthy, but is impossible to sustain over the long-term. If weight loss is your goal, aim to lose one pound a week with a combination of diet and exercise – you will not only maintain your health, you will increase your chances of keeping the weight off.

**3. Avoid the "all or nothing" trap.**

Quitting anything cold-turkey is an unrealistic, short-term solution. When it comes to nutrition, dietitians recommend the "everything in moderation" or 80-20 rule, which means eating healthy 80% of the time and allowing for indulgences 20% of the time.

**4. Ask for help.** If your resolution involves beating an addiction, such as smoking, research your resources ahead of time. The Canadian Cancer Society (CCS) has a free helpline where "Quit Specialists" offer both information and support. According to the CCS, smokers who plan ahead and have support are more likely to succeed.

**5. Share your goal.** Studies show you have a better chance of success if you make your resolution public, partly because the support of others can help when your willpower falters. For example, signing up for a fitness class with a friend at your side is a great way to make exercise something you look forward to.

**6. Make small changes.** Just

cutting out one soft drink a day could reduce your weight by five to 10 pounds a year, according to the Public Health Agency of Canada. Or adopt one healthy eating strategy, such as sticking a portion control chart on your fridge as a handy guide to healthy servings. The Heart and Stroke Foundation has a good one on their website.

**7. Make your resolution a routine.** Get into the habit of stocking your kitchen with healthy snacks, such as carrots, celery, dried fruit, nuts or granola, and building exercise into every day. Try walking to work, or walking on your lunch break, as a way to enjoy some fresh air.

**8. Beware the ghosts of resolutions past.** To avoid frustration and disappointment, try approaching an old problem in a new way, rather than renewing an unused gym membership every year, try signing up for a new sport, such as ultimate Frisbee or buy a rebounder.

Most of all, don't give up.

Ask the staff at the Chiropractic Care and Longevity Center how we can help you keep your New Year's resolutions.



## The Benefits of Turmeric

One frequently overlooked way to enhance and optimize health with organically grown food is the use of herbs and spices – unprocessed and organic, of course. One amazing benefit of these herbs is that they're very low in calories, while being dense in vitamins and minerals. In the same vein, they're thermogenic, meaning they naturally boost your metabolism to help you burn calories. You feel satisfied more easily, so you eat less. Studies show that consuming certain herbs and spices before each meal can potentially reduce your caloric intake. Due to their nutrient-dense status, they promote your overall wellbeing with antioxidants more potent than many fruits and veggies.

Spices and herbs can benefit you so greatly but one particular spice has benefits that are so amazing.

### Don't Waste Your Time and Health with Synthetically Processed Herbs and Spices

Just as it's important to select and consume wholesome, unprocessed organic foods, you should do the same with herbs and spices. It is important to be very selective. If the herb or spice you're looking for is processed or not organically grown, you risk missing out on their most potent active ingredients, which provide you with optimal benefits and risk potential health consequences from artificial ingredients and questionable chemical processes?

India is the home of Ayurveda, recognized as an authoritative source of knowledge and truth in natural health promotion -- with herbs and spices lying at the very heart of Ayurvedic practice. So it would make perfect sense to consider using herbs that were grown in India if you are considering Ayurvedic herbs.

### How this Ancient Spice Originated Thousands of Years Ago

Turmeric. It provides you with these benefits:

- Supports your healthy joint function
- Promotes your radiant skin
- Helps improve your digestion
- And so much more...

Thousands of years ago, people in India and China used the spice. In fact, some stories suggest usage dates back 10,000 years in India when they say Lord Rama walked the earth. And the ancient Polynesians carried turmeric with them on their incredible voyage across the Pacific Ocean to Hawaii. Today, Hawaiians still use this spice, known to them as Olena.

One of the main healthful ingredients in turmeric is curcumin (a curcuminoid), which gives turmeric its yellow color. Curcumin can potentially benefit you by:

- Promoting your nervous system against stress
- Promoting your immune system
- Helping you maintain your healthy digestive system
- Supporting your healthy bones, joints, and overall skeletal system
- Helping you maintain cholesterol levels that are already within the normal range
- Promoting your healthy blood and liver functions

### How Turmeric and Curcumin Provide Antioxidant Nutrients

It is believed that antioxidants are your body's #1 way to neutralize free radicals and help you potentially slow down the signs of normal aging. Oxidation by free radicals can damage cells and organs and thus impact your aging process. Antioxidants are also key nutrients in:

- Supporting your memory function
  - Promoting your heart health
  - Boosting your immune system
- Turmeric's antioxidants help protect your cells from free radical damage. The antioxidant content within turmeric comes from active compounds called curcuminoids. These curcuminoids deliver antioxidants that may be:
- 5 to 8 times stronger than vitamin E -- and also stronger than vitamin C
  - 3 times more powerful than grape seed or pine bark extract
  - Strong enough to scavenge the hydroxyl radical -- considered by many to be the most reactive of all oxidants

### How Turmeric Enhances Your Outer Beauty

Speaking of antioxidant nutrients and their potential to impact the aging process, some of the first aging signs you may see as you get older are changes to your skin. Believe it or not, the organic ingredients found in turmeric can help promote your healthy skin. Curcuminoids support important blood and liver functions, healthy joints, and your overall well-being, which in turn helps promote radiant, supple skin. Turmeric has been considered to be 'skin food' for thousands of years in India and other cultures. Turmeric helps:

- Cleanse your skin and maintain its elasticity
- Provide nourishment to your skin
- Balance the effects of skin flora

Another potential advantage from turmeric usage involves the smallest living things within you, your cells. Turmeric can assist your cells in three ways, by:

- Helping neutralize substances that can cause cellular stress
- Maintaining your cells' integrity when threatened by occasional

environmental stressors

- Providing the antioxidants you need to help support your cells against excessive oxidation and free radicals

Turmeric is also recognized as an adaptogen, helping to support your body against stress and providing immune system support.

### How this Ancient Spice has Become Embedded in India's Ayurvedic Practice

Turmeric, like other herbs and spices, is a principle herb in Ayurveda, India's ancient holistic health system. Ayurveda means "knowledge of life", with herbs lying at the very heart of Ayurvedic practice. Turmeric has multiple uses within Ayurveda, including blood cleansing and maintaining healthy skin. In Ayurvedic terminology, turmeric includes the following:

- Verdana sthapana -- promotes your healthy nervous system and helps you with occasional discomfort
- Sangrahani -- supports your absorption of vitamins and minerals
- Anulomana -- helps you in purging out wastes and building healthy blood
- Rakta stambhaka -- promotes the wellness of your circulatory system

### 13 Ways this Ancient Herb Can Help You Spice Up Your Life and Your Health:

- Boosts your antioxidant protection against free radicals
- Helps promote your healthy skin
- Supports your overall eye health
- Provides you immune system support
- Aids your skeletal system and joint health
- Encourages your healthy liver function
- Helps you maintain healthy cells with support against free radicals
- Balances the health of your digestive system
- Aids you in support of healthy blood and your circulatory system
- Helps you maintain normal cholesterol levels to support your cardiovascular system
- Assists your neurological system's healthy response to stress
- Promotes a healthy female reproductive system
- Helps you maintain blood sugar levels already within the normal range
- And more...

# Remarkable Motivation Secret

Studies show there are two things that don't motivate people very well -- the promise of rewards and the threat of punishment. The trick to motivation is to find the intrinsic reward in your work and to enjoy it.

## 1. Have a mission

Perhaps the single most motivating factor is the sense that you're fulfilling a greater purpose. A lot of people have taken a page from the corporate world and written a short, one- or at most two-sentence mission statement, against which their actions can be evaluated.

## 2. Measure improvement

Personal growth is an important motivating factor. Set goals whose progress you can

measure, according to whatever metric matters most to you, and keep track of your progress.

## 3. Make learning a primary goal

An important part of personal growth is achieving or moving toward mastery. Ask yourself, as you start a new project or a new job or anything else, "What three things am I going to learn from doing this?" This will put you in a mastery frame of mind so that you're aware of the learning you're doing as you move through your various tasks.

## 4. Examine your life

Ask yourself what gets you out of bed in the morning, and what keeps you up at night. When you get out of bed eager to

tackle the challenges of the day, and lay awake at night dreaming up new challenges, new projects, and new directions to take your life in, motivation comes pretty easily!

## 5. Separate work from rewards

Procrastination comes not from the nature of the work but from your relationship with it. Change the very language you use to talk about your work, emphasizing that you choose to work on a task or project. Work you choose to do rarely suffers from motivation problems!

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light from within.  
- Elisabeth Kubler-Ross

## Self-Esteem Takes Practice...

Imagine you could play a computer game for five minutes each morning that would help you feel more secure and confident in yourself. Our research shows that people may be able to change the negative thought patterns that sometimes produce insecurity. We are now examining whether over time, with practice, people can develop positive, beneficial habits of thought to help them become more secure and self-confident on a long term basis -- whether in the context of their working life, their personal relationships, or their overall sense of well being. Beginning in 2006, these games have been developed and marketed by MindHabits Inc. <http://selfesteemgames.mcgill.ca/games/index.htm>

## REMEMBER

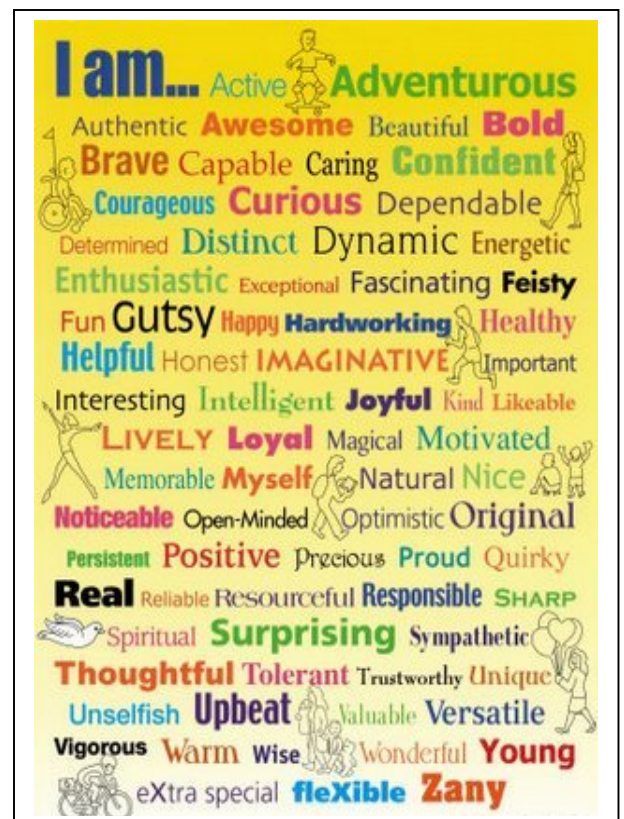
Remember that the jerk who cut us off in traffic last night is a single mother who worked nine hours that day and is rushing home to cook dinner, help with homework, do the laundry and spend a few precious moments with her children.

Remember that the pierced, tattooed, disinterested young man who can't make change correctly is a worried 19-year-old college student, balancing his apprehension over final exams with his fear of not getting his student loans for next semester.

Remember that the scary looking bum, begging for money in the same spot every day (who really ought to get a job!) is a slave to addictions that we can only imagine in our worst nightmares.

Remember that the old couple walking annoyingly slow through the store aisles and blocking our shopping progress are savoring this moment, knowing that, based on the biopsy report she got back last week, this will be the last year that they go shopping together.

Remember all the gifts you are and that the greatest gift you are is love. It is not enough to share that love with those we hold dear. Open your hearts not to just those who are close to you, but to all humanity. Let us be slow to judge and quick to forgive, show patience, empathy and love.



## Body Quiz: How well do you know your body?

1. A part of your body that rhymes with bed and sits on top of your shoulders.
2. You have 10 of them.
3. Also referred to as the "funny bone" and is in two places on your body.
4. Which body part requires a "ball joint" to help it work?
5. The body part/s that have the smallest bones in the body and help with balance.
6. The part of the body that can get injured running; \_\_\_\_\_ splints.
7. Where is the Achilles tendon?
8. Where does Carpal Tunnel Syndrome occur?
9. If broken or injured, this body part can cause black eyes, sinus infections and a sore throat.
10. Whiplash is a common injury that happens to your \_\_\_\_\_ when you are in a car accident.
11. A migraine affects what part of the body?
12. A common joint injury, arthritis most often first strikes in the \_\_\_\_\_.
13. A familiar sports injury called Tennis \_\_\_\_\_, occurs where?
14. Popping or locking of your \_\_\_\_\_ is referred to as TMJ.
15. Besides McDonald's, the arches on your body are located in your \_\_\_\_\_.

Check your answers on the back page of the newsletter.

## Myth Busters

**I cannot have Chiropractic care if I've had back surgery.** Not True. Areas of your spine that have been surgically modified can be avoided or handled more delicately. However, surgery often causes instability above or below the involved level. These "reactions" could be the focus of your chiropractic care.

**I will need chiropractic care every week of my life once I start to go.**

It depends. Some people have such relief that they chose the long term benefits of weekly, monthly or quarterly visits to their chiropractor to keep them "in shape". These chiropractic "check-ups" can help support the final stages of healing and help detect and resolve new problems before they become serious. How long you want to receive chiropractic care is up to you.

**Adjustments are not safe for children or babies.**

False. Chiropractors work on people of all ages, including young infants. Talk to your doctor about the different methods used on babies and young children versus adults. There are many benefits to working on babies and children including relief from colic, constipation, bed wetting and much more.

**Adjustments make your spine loose.**

Not true. Only the spinal joints that are "locked up" receive adjustments. This allows weakened muscles and ligaments to stabilize and heal.

**Adjustments are not safe.**

Not true. A New Zealand government study concluded that chiropractic adjustments are "remarkably safe". Taking an over-the-counter pain reliever is about 100 times more risky.

**It takes too long to feel better and have relief of this pain using chiropractic care.**

It depends. Patient results vary depending upon many factors. How long have you had your problem? Do you keep your appointments? Are you getting the proper rest, exercise, and nutrition? Are you in otherwise good health? Within a short period of time most patients sense enough progress to justify completing our recommendations.

## HealthToons

by Mark Parisi



## The Magical Mustard Seed

There is an old Chinese tale about a woman whose only son died. In her grief, she went to the holy man and asked, "What prayers, what magical incantations do you have to bring my son back to life?"

Instead of sending her away or reasoning with her, he said to her, "Fetch me a mustard seed from a home that has never known sorrow. We will use it to drive the sorrow out of your life." The woman went off at once in search of that magical mustard seed.

She came first to a splendid mansion, knocked at the door, and said, "I am looking for a home that has never known sorrow. Is this such a place? It is very important to me."

They told her, "You've certainly come to the wrong place," and began to describe all the tragic things that recently had befallen them.

The woman said to herself, "Who is better able to help these poor, unfortunate people than I, who have had misfortune of my own?"

She stayed to comfort them, then went on in search of a home that had never known sorrow. But wherever she turned, in hotels and in other places, she found one tale after another of sadness and misfortune.

The woman became so involved in helping others cope with their sorrows that she eventually let go of her own. She would later come to understand that it was the quest to find the magical mustard seed that drove away her suffering.

## HOW TPR 20™ (Topical Pain Relief Cream) WORKS!

The combined effect of the TPR 20™ ingredients is greater than the individual effects of the ingredients. TPR 20™ uses at least four approaches to pain relief:

### Fast Pain Relief

The first step is pain relief within minutes.

TPR 20™ uses 4 ingredients that have proven pain relieving properties. The next step is trying to reduce the inflammation that causes the pain.

### Fight the inflammation

At least 10 TPR 20™ ingredients have anti-inflammatory properties.

In many cases the painful area is red or swollen due to inflammation. Inflammation is an essential step in the healing process, but prolonged inflammation results in

chronic pain. This is why medical doctors recommend Ibuprofen and other anti-inflammatory drugs.

Reducing or removing the inflammation will result in long-term pain relief. Fighting inflammation can be sped up by giving the body additional tools to scavenge and repair damaged cells. That is where antioxidants come in.

### Antioxidants

Many of the TPR 20™ ingredients have some antioxidant properties, but 7 ingredients stand out.

Inflammation causes cell damage by free radicals. Antioxidants prevent this cell damage by scavenging the free radicals. This results in healthier cells that promote faster healing and better health in general.

### Joint Support

Arthritis and other joint related ailments are a major cause of chronic pain. TPR 20™ contains at least 6 ingredients that specifically target joint health.

Additionally, it is important for arthritis sufferers to try and stay mobile. Movement of the joints replenishes the cartilage nourishing synovial fluids in the joints. Effective pain relief allows mobility for many stages of arthritis, slowing down the negative effects of the disease.

**TPR 20™ is available at the Chiropractic Care and Longevity Center. In a large size – 88ml, \$32.54 tax incl. As well in Small size– 15ml, \$8.14 tax incl.**

## The Heel Detox-Kit Start the New Year off Right

### The Heel Detox-Kit:

- **Effective**
- **Very well tolerated**
- **Easy to use**

### Detoxification Why?

Over the last 20 years, the number of people suffering from allergies and chronic diseases has increased considerably. Allergies and chronic diseases are always accompanied by an impaired immune system. Proper functioning of the immune system can be negatively influenced by metabolic disorders, pollution (i.e. by air or amalgam), an unbalanced diet, or increasing age. The body's excretion pathways may be able to counteract these negative influences for a time, but become overcharged by long-term exposure. This leads to a build-up of toxic substances throughout the body with far-reaching consequences.

### Detoxification – How?

- Limitation of further intake of toxic substances.
- Establishing a healthier lifestyle (including a sufficient intake of liquids, preferably spring water – (Your body weight in lbs divided by 2 = your daily # of ounces)
- Re-activation of the body's own detoxification systems (lymphatic, gastro-

intestinal, hepatic, renal and biliary) with the Heel Detox-Kit®.

The Detox-Kit® combines three homeopathic complex remedies for a comprehensive effect:

#### Lyphosot® 30 ml Oral Drops

Activates the lymphatic system in order to detoxify the connective tissue and the mesenchyme

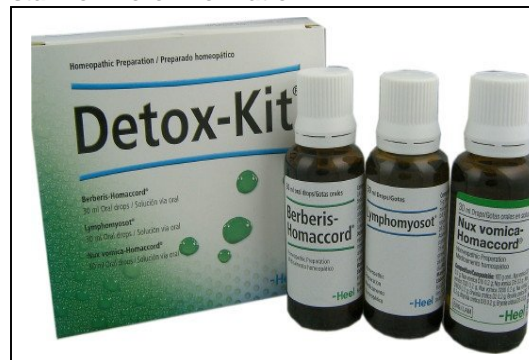
#### Nux vomica-Homaccord® 30 ml Oral Drops

Stimulates the gastro-intestinal excretion pathway as well as the hepatic system (liver)

#### Berberis-Homaccord® 30 ml Oral Drops

Activates the renal and the biliary systems (kidney, gall bladder)

**The Heel Detox-Kit is available at the Chiropractic Care and Longevity Center for \$70.33 tax incl. Please ask the front desk staff for more information.**



**Indications** Chronic disorders  
Exposition to pollutants (e.g.: formaldehyde, amalgam) Poor general health

**Length of treatment** Minimum of 6 weeks (2 in case of chronic disease, two treatments of 6 weeks each are recommended per year)

**Dosage** Use 1 Detox-Kit during 3 weeks. Pause for 1 week then use another Detox-Kit for 3 weeks (1 Detox-Kit will last approximately 3 weeks)

**Administration** Add 30 drops of each preparation to a bottle of spring water (0.7 – 1.5 liters), shake lightly and drink during the course of the day

**For the Month of January if you buy one Detox-Kit you can purchase the second 50% off**

**The Chiropractic Care  
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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](mailto:hmurphy@primus.ca)

**We're on the Web!**  
*See us at:*  
[www.chirolongevity.com](http://www.chirolongevity.com)

**The Chiropractic Care  
and Longevity Center  
wants to help you  
succeed with your New  
Years Resolution:**

**More effectively  
manage stress:**

- B-Complex
- Get adjusted regularly
- Have regular massage therapy treatments

**Quit smoking:**

- Smokers Cleanse
- B-complex (for cravings)

**Overall better health:**

- Heel Detox-Kit
- Cleanse Smart Kit
- Vita Lea Multi Vitamin
- Xocai Chocolates
- Goji Juice
- Vivex

**Be happier:**

- Happy Tea

**New Fees Effective January 1<sup>st</sup>, 2010**

**1. Initial Chiropractic Assessment  
(Consultation, Examination, and Adjustment)**

Adults (19-64 yrs.)	\$115.00*
Seniors (65 and over)	\$110.00*
Youth (16-18yrs.)	\$80.00*
Students (with valid ID)	\$80.00*
Children (under 16)	\$60.00*

\*This fee includes a follow-up appointment with adjustment.

\*\*Note: All new patients must attend a New Patient Health Talk within the first month of care. For dates and bookings, please consult the front desk staff.

**2. Routine Office Visit  
(Pro-Adjuster, Activator Methods, Therapies)**

Adults (16-64 yrs)	\$45.00
Seniors (65 and over)	\$40.00
Youth (16-18yrs.)	\$30.00
Students (with valid ID)	\$30.00
Children (under 16)	\$25.00

**3. Other Types of Appointments, Doctor's Letters, and Orthotics**

\*\*New Patient Health Talk / Workshop NO CHARGE\*\*\*

**(Compulsory for all new patients -1 hour)**

\*\*\*If you cannot attend the workshop, a \$250.00 private 1 hour session will be booked for you.

C.A.T.S (Cranial Adjustments Turner Style)	\$45.00 (\$30.00 for children under 16)
Computerized Gait Scan Analysis	\$55.00 (No charge to patients of the office)
Orthotics	\$400.00
Stock Modified Orthopedic Shoes	\$500.00
Stock Modified Orthopedic Workboots	\$550.00
Housecalls	\$55.00
Emergencies/ Out of Hours	\$55.00
Reports / Letters	\$100.00
Doctor's Notes/ Referrals	\$10.00

- Payment is due on the day the service is rendered.
- This office does not accept WSIB (Workplace Safety and Insurance Board) claims.
- We wish to provide service to each of our patients when they are in need and we would appreciate your cooperation in giving us **24 hours notice of cancellation of an appointment. Failure to notify the office will result in the total treatment fee being applied to your account.** Exceptions will be made for weather conditions and emergencies only.
- On behalf of our asthma and allergy patients, we request that you do not wear scented products, cologne etc. in the office.

**January is Eye Care Month** – Try taking collagen type 1&3 to keep your eyes healthy and Shaklee Beta Carotene with Lutein.

**January is Birth Defects Prevention Month** – If you are thinking about getting pregnant now is the time to start taking a multi vitamin like Shaklee Vita Lea. As well as a good folic acid supplement like Genestra B12+Folic Acid.

**January is Cervix Health Month** – Make your fat intake equal to 25% of calories. Stop or reduce smoking. Eliminate oral contraceptive use. Increase intake of green leafy vegetables. Increase fiber content in diet. Also think about taking Shaklee Vita Lea Multi Vitamin, Shaklee B-complex, Shaklee Beta Carotene, Shaklee Zinc and Shaklee Vitamin C.

**January is Thyroid Awareness Month** – Start with Shaklee Vita Lea Multi Vitamin and Vitamin C. Also Oil Smart for your essential Fatty Acids, Shaklee Vitamin E and Zinc.

Body quiz answers:

1. head
2. fingers and toes
3. arms
4. shoulder or hip
5. ears
6. shins
7. heel
8. wrist
9. nose
10. neck
11. head
12. hands
13. elbow
14. jaw
15. feet

**Experience the Benefits of Monthly Chiropractic!**