

May
2010



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

Inside:

Skin Exams 2

Allergy & Sinus Relief:

Shaklee Advice

Top Tips For Coping

With Allergies 3

Name the Bones

Healthy Recipe for May

Chiropractic Joke 4

The Importance of

Exercise

Back Facts: Golf 5

Luffeel by Heel – Win a

Gift Package!

Office Notices for the

Month 6

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Spinal Health Week May 1-7

Dr. Nathalie Beauchamp practices in Orleans, Ontario.

Every spring, Canadians across the country begin to head outdoors for activities like walking, biking, canoeing and golfing. While it is wonderful to be out and about enjoying the sunshine, it is also a time where new activities can take a toll on your back. Spinal Health Week is celebrated from May 1 to 7 and with the warm weather now upon us, chiropractors across Canada are offering some tips to help you get back into the SPRING of THINGS!

1. **Ease into it.** You may have lost flexibility and muscle tone if you were sedentary during the winter months. Try nine holes of golf instead of 18, and resist raking the entire yard in one day.
2. **Stretch-Before and After.** Warm-up and cool-down your muscles with five to ten minutes of gentle, slow stretching exercises to help prevent injuries.
3. **Take a Break.** When working in the yard, alternate tasks and positions, and take breaks every hour.
4. **Lift It Right.** When lifting objects keep your back straight and bend your knees. Lift with your legs and hold heavy loads close to your body.
5. **The Right Technique.** When gardening, kneel to plant and weed and rake with one leg in front of the other. For new sports activities, start with a lesson and make sure your equipment is the correct size for you.
6. **Wear Protective Gear.** Wear a helmet when cycling, rollerblading or skateboarding and don't forget wrist, elbow and knee guards. A hat, sunscreen and breaks in the shade will help prevent overexposure to the sun's rays. Start with light to moderate physical activity and gradually increase the intensity. However, despite some of our best efforts, we may still end-up stiff and sore. Studies show that the sooner you begin to move those sore muscles again, the faster your recovery will be and regular chiropractic visits will help with your body's ability to recover and heal itself.

If you have questions or would like more information please call us at The Chiropractic Care and Longevity Center: (613) 264-0616



Gift Idea's for Your Mom From The Chiropractic Care and Longevity Center

*Gift Certificates for Chiropractic
Massage Therapy
Xoccai Healthy Chocolate
Shaklee's Enfuselle Make-up and
Skin Care Products*

**Ask the front desk staff for a
FREE 15 min Gift Certificate for
a Hydrotherapy Massage Bed
Session**

*(Valid only for the month of May)
(1st time users only)*

For the month of May, Melanie Fyfe, Reflexologist, and Beth Fequet, RMT, are offering a special treatment for
Mother's Day

'Head over Heels'

A 45 minute luxurious treatment, with the client simultaneously receiving: reflexology for their feet by Melanie Fyfe and a head, neck and shoulders massage by Beth Fequet **for only \$100.**

Included in the treatment:

- aromatherapy lotion
- heated booties and mitts
- a warm abdominal pack

Please ask front desk for more details.

Skin Exams

Get your skin checked by your doctor

As part of a routine cancer-related checkup, your doctor should check your skin carefully. They should be willing to discuss any concerns you might have about this exam.

How to check your own skin

It's important to check your own skin, preferably once a month. A self-exam is best done in a well-lit room in front of a full-length mirror. You can use a hand-held mirror to look at areas that are hard to see. A spouse or close friend or family member may be able to help you with these exams, especially for those hard-to-see areas like your back or the back of your neck.

The first time you inspect your skin, spend time carefully going over the entire surface of your skin. Learn the pattern of moles, blemishes, freckles, and other marks on your skin so that you'll notice any changes next time. Any trouble spots should be seen by a doctor. *Follow these step-by-step instructions to examine your skin:*

Face the mirror:

Check your face, ears, neck, chest, and belly. Women will need to lift their breasts to check the skin underneath.

Check the underarm areas, both sides of your arms, the tops and bottoms of your hands, in between your fingers, and fingernail beds.

Sit Down:

Check the front of your thighs, shins, tops of your feet, in between your toes, and your toenail beds.

You will need a hand mirror for the back of your thighs and legs, and your back and scalp.

Now look at the bottoms of your feet, your calves, and the backs of your thighs, first checking one leg and then the other.

Use the hand mirror to check the buttocks, genital area, lower back, upper back, and the back of the neck. It may be easier to look at your back in the wall mirror using a hand mirror.

Use a comb or hair dryer to part your hair so that you can check your scalp.

What should I look for? Basal and squamous cell cancers

Basal cell cancers and squamous cell cancers are most often found in areas that get exposed to a lot of sun, such as the head, neck, and arms, but they can occur elsewhere. Look for new growths, spots, bumps, patches, or sores that don't heal after 2 to 3 months.

Basal cell carcinomas often look like flat, firm, pale areas or small, raised, pink or red, translucent, shiny, waxy areas that may bleed after a minor injury. They may have one or more abnormal blood vessels, a lower area in their center, and/or blue, brown, or black areas. Large basal cell carcinomas may have oozing or crusted areas.

Squamous cell carcinomas may look like growing lumps, often with a rough, scaly, or crusted surface. They may also look like flat reddish patches in the skin that grow slowly.

Both of these types of skin cancer may develop as a flat area showing only slight changes from normal skin.

Actinic keratosis, also known as *solar keratosis*, is a skin condition that is sometimes pre-cancerous and is caused by too much sun exposure. Actinic keratoses are usually small (less than ¼ inch), rough spots that may be pink-red or flesh-colored. Usually they develop on the face, ears, back of the hands, and arms of middle-aged or older people with fair skin, although they can occur in younger people or on other sun-exposed areas of the skin. People with one actinic keratosis usually develop many more. Some can grow into squamous cell cancers, but others may stay the same or even go away on their own. Because they can turn cancerous, such areas should be looked at by a doctor. Your doctor can then decide whether they should be treated.

Melanomas

The most important warning sign for melanoma is a new spot on the skin or a spot that is changing in size, shape, or color. Another important sign is a spot that looks different from all of the other spots on your skin (known as the *ugly duckling sign*). If you have any of these warning signs, have your skin checked by a doctor.

The **ABCD rule** is another guide to the usual signs of melanoma. Be on the lookout and tell your doctor about any spots that match the following description:

A is for Asymmetry: One half of a mole or birthmark does not match the other.

B is for Border: The edges are irregular, ragged, notched, or blurred.

C is for Color: The color is not the same all over and may include shades of brown or black, or sometimes with patches of pink, red, white, or blue.

D is for Diameter: The spot is larger than 6 millimeters across (about ¼ inch -- the size of a pencil eraser), although melanomas can sometimes be smaller than this.

Some melanomas do not fit the rules described above, so it is important to tell your doctor about any changes in skin lesions, new skin lesions, or growths that look different from the rest of your moles.

Other warning signs are:

- A sore that does not heal
- Spread of pigment from the border of a spot to surrounding skin
- Redness or a new swelling beyond the border
- Change in sensation -- itchiness, tenderness, or pain
- Change in the surface of a mole -- scalliness, oozing, bleeding, or the appearance of a bump or nodule

What if you find something suspicious?

Be sure to show your doctor any area that concerns you.

This month the Chiropractic Care and Longevity Center will be offering a chance to win a Skin Care package. Ask the front desk staff for your ballot.

Chiropractic helps turn on your "inner healer."

When your spine is free of subluxations, your body functions better.

ALLERGY & SINUS RELIEF: Shaklee Advice

Most people who suffer with allergy and sinus problems feel they must resort to using medications that have unpleasant and even dangerous side effects. For those who may be interested in safer, more natural alternatives, some of the following premium products by Shaklee may be of interest.

RELIEVE SYMPTOMS

Garlic Complex

Retaining all the potency of 1 clove of fresh raw garlic without the odor. Garlic is traditionally used for its anti-bacterial, anti-fungal, anti-viral and anti-inflammatory properties. People often take it to reduce symptoms of allergy, asthma, colds, flu, sinus infections, yeast infections, diarrhea & flatulence. It also has heart protective properties of lowering elevated blood pressure and cholesterol levels.

STRENGTHEN THE IMMUNE SYSTEM

Nutriferon

Developed and extensively tested by immunologists in Japan, this proprietary blend of natural plant extracts is derived from pumpkin seeds, safflower flowers, plantago seeds and Japanese honeysuckle flower buds. Nutriferon supports and stimulates the immune system by increasing the activity of macrophages (white blood cells) and inducing natural interferon production. It optimizes the body's immune response against

environmental irritants and airborne substances (as with allergies and asthma). Completely safe – no adverse reactions to these plant extracts recorded.

REDUCE EXPOSURE TO TOXINS

In addressing allergy and sinus problems, a two-fold approach is usually recommended:

1) strengthening the immune system (as discussed above), and
2) avoiding products that could aggravate allergy and sinus conditions such as certain foods and cleaning products. Many cleaning products not only irritate the skin, but their odors can aggravate upper respiratory problems.

Fresh Laundry Concentrate

Fragrance free, no masking agents, no dyes, hypoallergenic, dust-free granular formula, highly concentrated laundry product, natural organic enzymes, environmentally safe (biodegradable, free of phosphates, chlorine, borates, nitrates). Kosher certified.

OTHER HELPFUL PRODUCTS

Alfalfa Complex

Known as the "Father of all Foods," grown without fungicides, bactericides, synthetic hormones, growth regulators or chemicals. Contains large amounts of chlorophyll, natural antihistamine, natural diuretic, digestive aid, source

of trace minerals. Some historical uses: sinus problems, allergies, hay fever, swelling pain and stiffness in joints, ulcers, stomach ailments and hiatal hernia. Contains Echinacea, one of the most prominent herbs used.

Activates the immune system, promotes production of white blood cells, enhances resistance to infection, viral and bacterial, anti-inflammatory, promotes wound healing, reduces mucous, relieves boils, gangrene, ulcerations, bites, abscesses, fights candida. Also contains larch tree extract and elderberry, thought to surround viruses and prevent their reproduction.. especially effective when taken at the onset of a cold or virus.

Air Source Indoor Air Purification

The revolutionary technology of the Air Source 3000 reduces 3 major forms of airborne pollution – microbes, particulates and gases and odors. This filter less system will cover 3000 square feet, has no maintenance except an annual lamp module replacement. It is quiet, attractive and very effective.

Using Shaklee cleaning and personal care products may be helpful as they are based on a philosophy of "Living in Harmony with Nature."

Please ask the front desk staff for information on any of the products listed in the article above.



Top Tips For Coping With Allergies

1. Limit your intake of dairy products during your peak allergy time and before going to bed.
2. Shower before going to bed, rather than in the morning. Always wash your hair before going to bed.
3. Change your bedding once per week. Use hot water to kill dust mites.
4. Using a wet rag, dust your bathroom floors at least twice a week.
5. Beef up your immune system with a B-Complex and vitamin C.
6. Alfalfa tablets help your body eliminate toxins. Take 10 each morning.
7. Don't go anywhere near tobacco smoke (it weakens your immune system) or places where people smoke (the smoke makes a substrate for molds).
8. About every other month, clean all bathroom and kitchen surfaces with Germ off wipes from Shaklee.
9. Have your carpet professionally cleaned each change of season.
10. Drink plenty of water--at least 8-10 glasses per day.
11. Exercise at least moderately to improve your general level of fitness--this makes your immune system stronger.

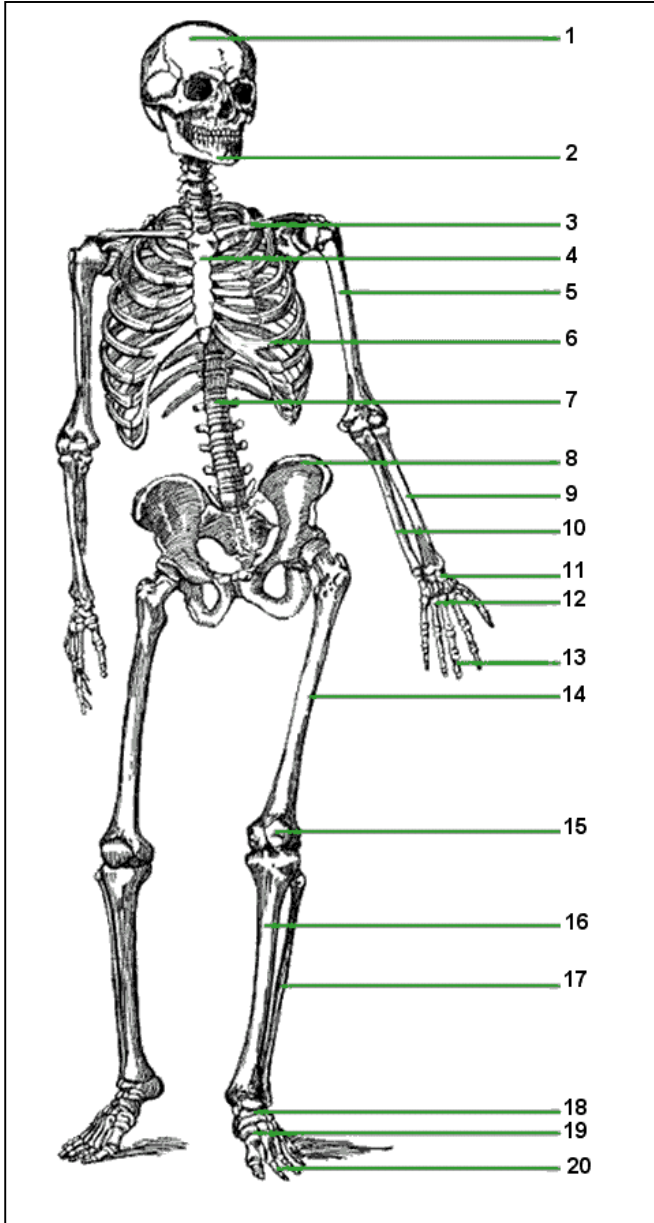
Thymucin and Allergies

If you have constant allergies rather than seasonal reduce your allergies by strengthening the thymus gland and your immune system by taking one of our most popular supplements Thymucin:

Thymucin is a supplemental combination of bovine thymus extract and the popular Chinese herb astragalus root. It is used primarily to support the immune system against a wide variety of ailments. The thymus gland is major gland in our immune system, and it plays a key role in the proper function of the immune system. It is extremely important for all individuals to support the thymus gland in order to prevent and resist infections and allergies. One of the best ways to support this gland is by supplementing with a thymus extract such as Thymucin.

"It's kind of fun to do the impossible."

--Walt Disney



Name the Bones

#	Name
1	cranium, skull
2	mandible
3	clavicle
4	sternum
5	humerus
6	rib
7	vertebra
8	pelvis
9	radius
10	ulna
11	carpals
12	metacarpals
13	phalanges
14	femur
15	patella
16	tibia
17	fibula
18	tarsals
19	metatarsals
20	phalanges

To the left you see a picture of the human skeleton

The bones are arranged as follows:

- Axial skeleton including the skull (29 bones)
- Spinal column (26 bones)
- Rib cage (24 bones)
- Breastbone
- Hands (27 bones each)
- Feet (26 bones each)
- Arms (3 bones each)
- Legs (5 bones each)
- Shoulder blades (2 bones each)
- Pelvis (2 bones)

Function of Bones

- Supporting the body
- Maintaining Posture
- Protecting vital organs like the heart and liver
- Help allow movement
- The large bones create blood cells in their bone marrow

The smallest bones in the body are found in the ear. The longest bone in the body is the femur. The bones are filled with a fatty substance called bone marrow. In this marrow, red and white blood cells are manufactured and then released into the bloodstream. Over half the body's bones are in the hands and feet. The only joint less bone in your body is the hyoid bone in your throat. As your bones grow, you get taller (of course). Your growth in height is likely to stop by the time you are 16 (if you're a girl) and 18 if you're a boy.



Roquefort Pear Salad

INGREDIENTS

- 1 head leaf lettuce, torn into bite-size pieces
- 3 pears - peeled, cored and chopped
- 5 ounces Roquefort cheese, crumbled
- 1 avocado - peeled, pitted, and diced
- 1/2 cup thinly sliced green onions
- 1/4 cup white sugar
- 1/2 cup pecans
- 1/3 cup olive oil
- 3 tablespoons red wine vinegar
- 1 1/2 teaspoons white sugar
- 1 1/2 teaspoons prepared mustard
- 1 clove garlic, chopped
- 1/2 teaspoon salt
- fresh ground black pepper to taste

DIRECTIONS

1. In a skillet over medium heat, stir 1/4 cup of sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces.
2. For the dressing, blend oil, vinegar, 1 1/2 teaspoons sugar, mustard, chopped garlic, salt, and pepper.
3. In a large serving bowl, layer lettuce, pears, blue cheese, avocado, and green onions. Pour dressing over salad, sprinkle with pecans, and serve.

Movement is a medicine for creating change in a person's physical, emotional, and mental states. ~Carol Welch

The Importance of Exercise

How To Control Food Cravings With Exercise

If you have found yourself working out hard only to come home and clean out the refrigerator - and I don't mean with a sponge - it may be time to take another look at your workouts.

Good nutrition can be used to balance the levels of serotonin and dopamine in your brain to control food cravings. When your serotonin level is low, you will be more susceptible to crave carbohydrates and to drink alcohol, smoke, or indulge some other addiction. But serotonin is only part of the picture. When your dopamine level is high, you are likely to feel anxious, aggressive, and have difficulty sleeping. Low dopamine can cause depression and exhaustion. Ideally, you will want to have balanced levels of serotonin to combat depression and enough dopamine to feel alert enough to enjoy your life.

Exercise to Boost Low Serotonin

Engaging in high intensity exercise may only make you feel worse, both mentally and physically, if you haven't had the proper rest or nutrition. If you feel physically wiped out and are eating for energy or to stave off depression, you can rejuvenate your mind and body by:

- Walking in nature
- Stretching
- Practicing yoga or Tai Chi
- Trying low impact aerobics
- Lifting light weights with high reps

Exercises That Temporarily Lower Dopamine and Raise Serotonin

Because carbohydrates are natural tranquilizers, many of us turn to cakes, ice cream, and cookies when we feel anxious, only to feel worse afterwards. A better way to lower dopamine:

- Jogging, rowing, stairmaster

- High-exertion weight lifting
- Interval training
- Listen To Your Body

Because anyone can alternate from a low serotonin, high-dopamine (depressed and anxious) to a low serotonin, low-dopamine (exhausted and wiped out) state, tune into your frame of mind as you plan your workout for the day.

Try yoga after an exhausting day at work to restore your mind and body. When you have anxiety to burn off, go for a run or lift heavy weights.

Exercise has been found to be as effective as group therapy for improving your mood. The idea of a dumb jock is a false stereotype. A person on a stationary bicycle has more brain activity than someone watching an educational video. Working out has been proven to improve your creativity.

BACK FACTS: Golf

While golf equipment and advice proliferates, one of the most important success factors can't be found at the pro shop. It's the physical condition of the golfer. After all, back pain and golfer's elbow are two of the most common injuries suffered by golfers. When you consider the spinal rotation that goes into a golf swing and the fact that the speed of the club can reach 160 km/hour, it's easy to understand that golf puts significant biomechanical stress on the body. Follow these tips to improve your game and prevent the pain.

1. Every golfer should include strength-training exercises in their routine.

Strengthening all major muscle groups is essential to maximizing your performance. Core body strength and flexibility helps breathing and oxygen flow, as well as preventing injury to your back. Muscle is also an important shock absorber that helps prevent strains and sprains.

2. Warm-up and cool-down both before and after your game for a full 20 minutes. Include gentle stretching and range of motion exercises, as well as a brisk walk or gentle jog to loosen the muscles and joints.

3. Stay hydrated. Drink plenty of fluids before, during and after your game. Sorry, beer does not count. Remember that once you are thirsty, you are already starting to dehydrate. Dehydration affects your energy level and your physical functioning.

4. Use a wheeled golf cart for carrying heavy clubs. If you must carry your golf bag, use both shoulders straps. This will spread the weight across a greater area. If there is only one strap, alternate sides frequently. If you find that your bag is getting too heavy, put it down and take a break.

5. When wheeling your golf cart, push rather than pull.

6. Golf requires long periods of standing. Frequently alternate your weight from one foot to the other or rest one of them on your golf bag or cart.

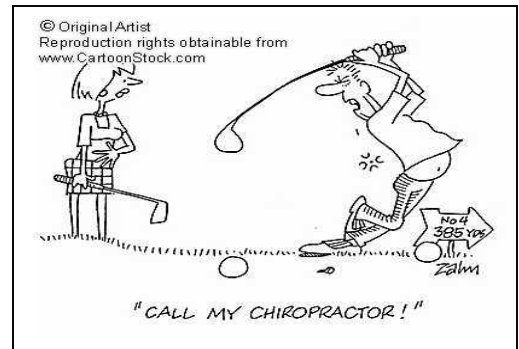
7. Take care of your feet! Make sure you have the proper shoes for your type of feet. Golf shoes with short cleats are the best.

8. Use the right technique for your physical capacity and limits. Adopting a golf swing based on your physical and biomechanical capacity is important. Amateurs are usually better off adopting a classic golf swing, which enables the hips to turn nearly as much as the shoulders to minimize spinal twisting. If in doubt, consult a golf pro.

9. Lastly, have fun. The right attitude is good for your performance and your overall health!

Preventing shoulder injuries

Shoulder injuries in golfers are common due to the repetitive nature of the swing. To reduce shoulder pain, try these two tips.



- Shorten the backswing slightly. Instead of ending the club head at the 3 o'clock position, stop at the 1 o'clock position.
- Strengthen your shoulder, scapular, chest, and back muscles. Your chest and back muscles are large and generate the power in the swing.

Preventing elbow, wrist and hand injuries

- Select larger and softer club grips and use a neutral grip.
- Select irons with large heads and graphite shafts to lessen vibration.
- Select the correct club length.
- Strengthen your forearm muscles.

Canada's chiropractors – here to help

Chiropractors can help prevent back problems by showing you golf exercises and stretches. Should you suffer an injury from golf, a chiropractor can also provide treatment for your pain.

Fact: 80 per cent of Canadians will suffer from back pain in their lifetime. If required, a chiropractor can treat your pain through a variety of methods. These can include: spinal and joint adjustment and therapeutic exercises.

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:

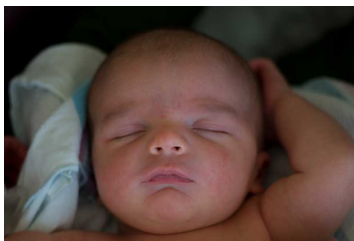
E-MAIL:
hmurphy@primus.ca

Thank you for reading our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com



The office would like to congratulate Dr. Karim Guirguis and his family on the arrival of his new son, Alexander Michael Guirguis, born March 8th.

Luffeel® Enjoy the Outdoors and Leave Your Allergies Behind

Alleviates symptoms of seasonal allergies: Sneezing, Runny Nose, Itchy Eyes

- Scientifically and clinically proven effective for the whole family
- No known side effects or medicinal interactions

The carefully chosen ingredients in Luffeel® complement each other in order to address a broad spectrum of nasal and ocular allergic symptoms. The combination of both tablets and nasal spray offers significant relief from the most common symptoms.

Benefits of Luffeel

- Suitable for the entire family including children and pregnant or nursing women
- No known side effects (such as drowsiness) or contraindications*
- For cardiac or hypertensive patients
- Scientifically demonstrated safety and effectiveness
- Provides the choice of either nasal or oral dosage form;
- The nasal spray locally modulates or promotes regulation of inflammation of the mucous membranes through its decongestant and desensitizing properties while the tablets systematically relieve allergic rhinitis
- May be used at the onset of symptoms or even in prevention
- Sold on the international market for over 10 years
- May be combined to other natural or conventional medications and is adequate for long-term treatments

A growing demand for an effective treatment

The number of people with allergies has grown dramatically in recent years. Currently, more than one in six Canadians suffer from hay fever during the spring and summer months. Unsatisfactory results with conventional treatments are widespread – increasing numbers of allergy sufferers are therefore eager to try alternative options like homeopathy.

Luffeel® nasal spray and tablets combine the therapeutic effects of natural botanical substances with mineral ingredients.

Luffeel® has been proven to effectively relieve **typical allergic nasal and ocular symptoms** such as runny nose, sneezing and itchy eyes.

When there is a history of seasonal allergies, the effectiveness of Luffeel® nasal spray may be enhanced by starting treatment with Luffeel® tablets prior to the onset of symptoms. Thus, Luffeel® can be taken **both in prevention and treatment**.

Scientifically Proven

In a randomized, double-blind clinical study of 146 patients suffering from seasonal allergic rhinitis, the effectiveness of Luffeel® nasal spray was compared to that of cromolyn sodium nasal spray over a six-week period. Four to eight sprays of Luffeel® per nostril daily resulted in significant and lasting improvement of symptoms, equivalent to that of cromolyn sodium.

In a drug monitoring study, concomitant administration of Luffeel® nasal spray and tablets was rated by over 70% of the 1,090 hay fever participants as either "good," or "very good," therapy. A recent trial on children suffering from allergic rhinitis compared treatment with Luffeel®, Lyphosot® and Oculoheel® to conventional medication. The study concluded that the homeopathic therapy was as effective as the conventional treatment and was substantially better tolerated.

The information contained in this article does not replace the advice of a health care professional. References Available at front desk.

Dosage recommendations

1 to 2 months before pollen exposure

General: 1 tablet 3 times daily

During pollen season

Acute periods: 1 tablet every 30-60 minutes, up to 12 times daily combined to 1-2 sprays in each nostril 3 to 5 times daily

General: 1 tablet 3 times daily combined to 1-2 sprays in each nostril 3 to 5 times daily Allow tablet to dissolve slowly in the mouth or inhale deeply through the nose while administering the spray in each nostril.



This Month

The Chiropractic Care and Longevity Center will be having a draw to win a Luffeel gift package by Heel!

Ask the front desk staff to fill out your ballot today!

Experience the Benefits of Monthly Chiropractic!