

October  
2011



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

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at the Chiropractic Care and Longevity Center

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3. Wednesday, October 26: Chiropractic – The Wellness Approach and Coping with Pain
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# Healthy Thanksgiving Menu

**Thanksgiving doesn't have to mean a departure from healthy habits. A few simple strategies can really impact how many calories you consume. The guidelines below will help you make smart choices about what you eat—while still enjoying your Turkey Day feast.**

## *Do the math first*

Familiarize yourself with the calorie counts of your favorite foods. Knowing that a 3 3/4-ounce slice of pecan pie, for example, contains 431 calories (with 50 percent of those calories from fat) may deter you from that first bite.

## *Don't skip breakfast or lunch*

Saving yourself for the big meal only guarantees that you'll be filling up on high-calorie, high-fat snacks or hors d'oeuvres beforehand.

## *Tight helps fight temptation*

Slip on that little body-hugging black dress or those snug-fitting pants, feeling uncomfortable in clothes that don't conveniently expand can discourage overeating. So ditch your muumuu, "relaxed fit" jeans, and anything with an elastic waistband.

## *Limit alcohol and soda intake*

Liquid calories do count and alcohol stimulates appetite. Remember: wine (5 ounces), beer (12 ounces), spirits (1 1/2 ounces), and soda (12 ounces) typically have 100 to 150 calories per serving. Fruit-juice-based cocktails have even more. The best strategy: drink sparkling water flavored with a squirt of lemon or lime.

## *Monitor sodium intake*

Steer clear of chips, cheese, and other hidden sources of salt, such as canned broths and soups, bouillon cubes, and prepackaged seasoning mixes, all of which contribute to bloat and weight gain. Substitute homemade or low-sodium products, where possible.

## *Look before you heap*

Scan the table carefully. Allow yourself larger portions of simply prepared foods, such as plain baked sweet potatoes or steamed vegetables; take smaller portions (perhaps 2 tablespoons) of calorie-dense stuffing or mashed potatoes.

## *Eat with your five senses*

Gobbling food mindlessly invites weight gain. It's not your Last Supper, so chew slowly and savor fully; enjoy what you eat.

**There are many ways to make a Thanksgiving meal healthier without sacrificing flavor. Try a few of these techniques, and your guests will thank you when they step on the scale.**

## *Start with great ingredients*

Build your Thanksgiving menu around seasonal fruits and vegetables that are at their peak flavor. (Hint: Farmers' markets are a great resource.) In this, for example, seasonal produce in October includes Brussels sprouts, kale, pumpkins, and pears. Organic, heirloom, and wild turkeys are also inherently more flavorful.

## *Buy high-quality condiments*

Yes, you'll pay more. But the more flavor something has, the less of it you need. A drizzle of artisanal, fruity-tasting extra-virgin olive oil, for example, will impart more flavor than a greater quantity of cheap, commercially produced olive oil.

## *Cook ahead*

Make stocks, soups, stews, or braises a day or two in advance of serving, then refrigerate. This not only allows flavors to marry and intensify, it also gives you the chance to scrape off any fat that rises to the top and solidifies.

## *Kick it up a notch*

Coax flavors from a dish by adding chopped fresh herbs, a generous pinch of sea salt, garlic, chiles, dried spices, or grated citrus instead of automatically using more butter or cream.

## *Maximize vegetable flavors—and hold the fat*

Sorry, but green bean casserole doesn't count as a vegetable. Healthier, and just as tasty, options include steamed vegetables dressed with herb vinaigrette; vegetables sautéed in a little olive oil and flavored with garlic, sea salt, or herbs; or grilled or roasted vegetables (caramelized to bring out their natural sugars and concentrate their flavors) finished with fresh herbs, sea salt, or good vinegar.

## *Roast your bird tender—with lemon juice*

Some recipes recommend rubbing a stick or two of butter under the skin to achieve moist, juicy turkey. But fresh lemon juice,

strained of pulp, produces the same tenderizing effect—without clogging your arteries in the process.

## *Skip the white-bread stuffing*

Ease up on refined-carbohydrate-based preparations; go for the grain instead. Pair a whole-grain pilaf (such as wheat berry, quinoa, or barley) or wild rice salad with your turkey. Equally filling, whole grains deliver flavor, fiber, and a lot less calories and fat.

## *Substitute salsas, chutneys, and coulis for traditional, high-fat sauces*

Who needs a heavy hollandaise when you can have zip and zest?

## *Lighten cream-based soups*

Replace butter with olive oil when sautéing onions or garlic as a base. Thicken soups with puréed vegetables, cornstarch, or yogurt. Use evaporated skim milk instead of heavy cream to achieve the same creamy effect.

Jazz up salads with a handful of nuts (toasted pecans, walnuts, or almonds), seeds (pumpkin, sunflower), dried fruit (apricots, cranberries), or fresh fruit (pomegranate or blood oranges).

## *Ride the gravy "lite" train*

Jus lié, a gravy made with reduced stock then lightly thickened with a little cornstarch, is a toothsome low-cal alternative to gravies thickened with roux, a mixture of fat and flour.

## *Make baked goods better for you*

- Replace fat (and increase nutritional value) with fruit juices or fruit purées, such as applesauce, mashed bananas, or prune purée.
- Cut sugar by one third to one half in a recipe.
- Substitute two egg whites for one egg.
- Replace whole milk or cream with plain unsweetened soymilk or buttermilk (naturally lower in fat)
- Reduce fat by "greasing" a pan with a small amount of olive oil rather than butter or shortening, or line baking sheets with parchment paper to prevent sticking.

## Read More

[http://www.epicurious.com/articlesguide/holidays/thanksgiving/healthy\\_cooking\\_tips#ixzz1XwKxEnvs](http://www.epicurious.com/articlesguide/holidays/thanksgiving/healthy_cooking_tips#ixzz1XwKxEnvs)

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

## Attention Deficit Hyper Disorder (ADHD)

ADHD is often a very difficult diagnosis to make. It is widely believed to be overly diagnosed and medicated. Incidence is reported to be 9.5% of children in North America diagnosed. Some children only present attention deficit problems, others only hyperactivity, but often a mix of the two is present. The following can help differentiate either condition.

### Lack of Concentration:

- At least six months with the following symptoms:
- Often no attention to details-mistakes during activities
- Cannot hold concentration during homework and play
- Apparently doesn't hear what is said to him/her
- Cannot follow instructions
- Cannot organize homework tasks
- Easily distracted
- Forgetfulness during day to day

### Hyperactivity:

- At least six months of the following symptoms:
- (Severity is not in keeping with the age of the child)
- Frequent fidgeting with hands and feet, cannot sit still on a chair
- Cannot stay in his/her seat (e.g. at school)
- Excessive running around or climbing
- Excessive noise during playing or climbing
- Excessive talking often interrupts others
- Cannot wait his or her turn

### Natural ways to help calm children with ADHD:

**Food for thought: Coffee:** For those who suffer from ADHD, they may find that drinking coffee could help them be calm and help them focus. There have been no known intense medical studies to confirm this, but parents who have hyperactive children have noticed the benefits on them. The effectiveness of coffee in calming ADHD children has become great discussion among web sites and forums.

Children with ADHD are usually given drugs like Ritalin and Concerta that increases dopamine levels in the body. Higher levels tend to calm and help overactive minds focus. Coffee can also increase dopamine without the risks associated with prescriptions. The only side effect coffee has may be a headache from withdrawal. They should also avoid sweetening their coffee because sugar aggravates the symptoms of ADHD.

### Homeopathic products we recommend:

**Spascupreel:** Can help children with concentration loss, also with aggression and hyperactivity. It contains Agaricus (which acts on involuntary movements as well as on being spaced out), Phosphor (indicated for hyperactive and flighty behavior) as well as Belladonna and Vertrum (acts on anger).

**Nervoheel:** Therapeutically it is used to regulate hyperactivity and lack of concentration usually a resultant of anxiety. It is a symptomatic treatment that has an affinity for the nervous system. As all Heel products they are auto-regulatory in nature, meaning that they help to rebalance and regulate the body's functions naturally.

**EPA DHA:** There is considerable evidence that ADHD is linked to a fatty acid deficiency and imbalance, specifically a lack of the omega-3 long chain fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), and an excess of the omega-6 fatty acid, arachidonic acid (AA). Clinicians at the University of Milan now report that supplementation with fish oils is effective in correcting the fatty acid imbalance and improves the symptoms of ADHD.

(Please ask front desk staff for details on any of the above products available here)

**Healthy Diet:** Make sure your child has a healthy well rounded diet. First strategy is to pile up on fruits and vegetables. Get rid of all the processed food which is full of additives, colourings and pesticides and all sorts of toxins. There is enough evidence out there, which says that this rubbish ruins concentration and hypes up kids so that they are hyperactive. Especially avoid artificial sugars such as Aspartame and Splenda.

**Regular Exercise:** It is important to exercise daily. ADHD is a brain-based disorder in which the chemistry of the brain

## 10 Crucial tips to do in an emergency situation: (Hopefully you will never have to use them)

1. Tip from Tae Kwon Do: The elbow is the strongest point on your body. If you are close enough to use it, do!
2. Learned this from a tourist guide. If a robber asks for your wallet and/or purse, DO NOT HAND IT TO HIM. Toss it away from you. Chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. RUN LIKE MAD IN THE OTHER DIRECTION!
3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will.
4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc. DON'T DO THIS!) The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE. If someone is in the car with a gun to your head DO NOT DRIVE OFF! Instead gun the engine and speed into anything, wrecking the car. Your Air Bag will save you If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run.
5. A few notes about getting into your car in a parking lot, or parking garage: A.) Be aware: look around you, look into your car, at the passenger side floor, and in the back seat. B.) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars. C.) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out.
6. ALWAYS take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot.
7. If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely WILL NOT be a vital organ. RUN, preferably in a zig-zag pattern!
8. As women, we are always trying to be sympathetic: Ted Bundy, the serial killer, was a good-looking, well-educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked 'for help' into his vehicle or with his vehicle, which is when he abducted his next victim.
9. Another Safety Point: It has been made know that a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby. The police recently have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night.
10. Water scam! If you wake up in the middle of the night to hear all your taps outside running or what you think is a burst pipe, DO NOT GO OUT TO INVESTIGATE! These people turn on all your outside taps full blast so that you will go out to investigate and then attack.

**Stay alert, keep safe, and look out for your neighbors!**

## How does the Skeletal System Help Us?

### Support

The main job of the skeleton is to provide support for our body. Without your skeleton your body would collapse into a heap. Your skeleton is strong but light. Without bones you'd be just a puddle of skin and guts on the floor.

### Protection

Your skeleton also helps protect your internal organs and fragile body tissues. The brain, eyes, heart, lungs and spinal cord are all protected by your skeleton. Your cranium (skull) protects your brain and eyes, the ribs protect your heart and lungs and your vertebrae (spine, backbones) protect your spinal cord.

### Movement

Bones provide the structure for muscles to attach so that our bodies are able to move. Tendons are tough inelastic bands that hold attach muscle to bone.

Who has more bones a baby or an adult?

Babies have more than adults! At birth, you have about 300 bones. As you grow older, small bones join together to make big ones. Adults end up with about 206 bones.

### Are bones alive?

Absolutely. Old bones are dead, dry and brittle. But in the body, bones are very much alive. They have their own nerves and blood vessels, and they do various jobs, such as storing body minerals like calcium. Bones are made of a mix of hard stuff that gives them strength and tons of living cells which help them grow and repair themselves.

### How do bones break and heal?

Bones are tough and usually don't break even when we have some pretty bad falls. I'm sure you have broken a big stick at one time. When you first try to break the stick it bends a bit but with enough force the stick finally snaps. It is the same with your bones. Bones will bend a little, but if you fall the wrong way from some playground equipment or maybe your bike or skateboard you can break a bone. Doctors call a broken bone a fracture. There are many different types of fractures.

Luckily, bones are made of living cells. When a bone is broken your bone will produce lots of new cells to rebuild the bone. These cells cover both ends of the broken part of the bone and close up the break.

### How do I keep my bones healthy?

Bones need regular exercise to stay as strong as possible. Walking, jogging, running and other physical activities are important in keeping your bones strong and healthy. Riding your bike, basketball, soccer, gymnastics, baseball, dancing, skateboarding and other activities are all good for your bones. Make sure you wear or use the proper equipment like a helmet, kneepads, shin guards, mats, knee pads, etc... to keep those bones safe.

Strengthen your skeleton by drinking milk and eating dairy products and taking a good calcium supplement like Shaklee Calcium Magnesium.

Amazing Skeleton Facts: 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 jointless 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.

"Obstacles are those frightful things you can see when you take your eyes off your goal." -- Henry Ford

## Clothing to make you look slimmer

If you are overweight, it can be frustrating trying to dress stylishly and still wear clothes that are flattering and comfortable. But there are tricks that you can play when it comes to your wardrobe that will give you the appearance of being longer and slimmer, while your clothes will be fashionable and comfortable. By learning to maximize your positives and minimize your not-so-positives, you will look and feel great!

- Choose separates in one solid color to create an outfit that will elongate the body, and provide a slimming effect.
- Black is always a good choice; it provides a slimming effect.
- Wear clothes that fit you.

Clothing that is too loose adds bulk, and clothing that is too tight draws attention to your bulges.

- Find pieces that accentuate your positive features.
- Vertical stripes elongate and slim the body; horizontal strips widen the body.
- If your legs are heavier, choose a brightly coloured top or necklace; it will draw attention away from your legs, and draw it to your face.
- Wide necklines on shirts and blouses will help give your body a balanced look. This is a great trick if you have wider hips.
- Avoid pleated pants, as well as pants with front pockets. They draw

attention to the midsection. Pants with narrow legs, a flat front, and side zippers are more flattering for fuller figures.

- Don't slouch! Good posture always makes you look taller and slimmer!

The trick to dressing a fuller figure is to not try to hide your body in volumes of loose material, and not to try to force your body into clothing that is just too small. By choosing well-fitting, tailored pieces you will feel more comfortable. The confidence that you exude when you feel good will make you look even greater!

## How to Kill the Green-eyed Monster

Nothing can ruin a relationship or marriage faster than jealousy. Jealousy creates anxiety, anger, loneliness, hate, fear. No one thinks clearly when jealous.

Having a relationship with a jealous person is tough. The jealous person acts untrusting or unworthy. Jealousy makes the person unattractive, even repulsive.

No one wants a jealous mate and no one likes being jealous. So what causes jealousy?

**"Jealousy is the largest factor in breaking up marriages. Jealousy comes about because of the insecurity of the jealous person and the jealousy may or may not have foundation. This person is afraid of hidden communication lines and will do anything to try to uncover them."** — L. Ron Hubbard

When you are jealous, a line of communication is going on with your spouse or lover that is hidden from you. The mystery causes the pain. If you witnessed your spouse's communication line, so it was not hidden from you, you would not feel jealous. Hidden communication lines or mysteries make you think of questions. "Will she find someone she likes better than me?" "Is he having an affair?" "Is she going to leave me?" "Does he think I'm unattractive?"

When you are jealous, the mystery makes you assume the worst. "Maybe he'll fall in love with his cute receptionist and leave me." "She's going to lunch with her old boyfriend because she's still attracted to him." "He'll come home and tell me he wants a divorce." So how do you handle your feelings of jealousy? How do you deal with a spouse or boyfriend/girlfriend who is jealous?

### Solutions

**"Communication is the root of marital success from which a strong union can grow, and non-communication is the rock on which the ship will bash out her keel\*."**

— L. Ron Hubbard (\*Keel: The main structural part of a ship that goes from bow to stern— front to back.)

If you are jealous, you need to communicate. You need to stop assuming the worst and ask questions. Communicate your feelings so you can work out solutions.

Bob says to his wife, "I don't want to feel this jealousy. I want to get rid of it by asking you a question, okay? Good. So are you attracted to Joe?"

His wife says, "Heavens no! Joe just wanted some help with his son. I love YOU like crazy!" Bang! The hidden communication is revealed. The mystery is resolved. Bob feels much

better.

If Bob doesn't communicate, his wife's communication with Joe makes Bob jealous, afraid and angry. Their marriage suffers.

If your mate is jealous, make sure you have no hidden lines of communication. "Would you like to read this letter from Jill?" "Can you meet with Joe to help with his son?"

Use communication to resolve the problem. For example, you notice Marcia is acting upset and not talking. You ask yourself, "What communication line might be hidden from Marcia?" You realize she's been acting annoyed ever since you started working for an attractive female boss.

"Marcia, have I told you about my new boss?" Marcia jumps up and now wants to talk. You communicate the facts and remove the mystery. Marcia is cheerful and wants to go to a movie.

As well as using communication to resolve mysteries, communicate your feelings for your spouse or boyfriend/girlfriend. Tell him or her how you feel. Express your love. Show your affection.

Resolve the mysteries of the past. Discuss your feelings in the present. Make plans for the future. Because of communication, your relationship will be a big success.

*Envy is a symptom of lack of appreciation of our own uniqueness and self-worth. Each of us has something to give that no one else has. ~Elizabeth O'Connor*

## 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](mailto:hmurphy@primus.ca)

We're on the Web!

See us at:  
[www.chirolongevity.com](http://www.chirolongevity.com)

**Also:**



## A Healthy Halloween for Kids (and Adults)

Halloween is a fun time of year for everyone, young or old. Dressing up as your favourite character, lots of parties and trick-or-treating. The problem for parents is deciding what to do with those big trick-or-treat bags full of candy and sweet treats. With childhood obesity on the rise, loading up on all that sugar isn't a great idea.

Here are some tips to help control your children's consumption of treats:

- Serve your kids a healthy snack such as a peanut butter sandwich and some fruit before trick-or-treating. If they aren't hungry, your kids will be less likely to overeat candy when they get home.
- Cut down on the number of treats your child can collect by limiting their trick-or-treat route. Keep it to your own street only.
- Let your children enjoy some of their Halloween candy in moderation when they have finished trick-or-treating -- after you have inspected the treats for safety. Count out a number of pieces that they can consume and put the rest away.
- Put all of the extra treats into a high cabinet in your kitchen or pantry. Out of sight is out of mind, and you can control how many treats your kids get to eat over the next few days.
- Do not allow your kids to store bags of candy in their rooms.
- Don't buy Halloween candy early. You will tempt yourself and your kids to eat too much before the trick-or-treating even starts.
- Skip the Halloween candy sale on November 1. Cheap bags of candy sounds like a good buy, but you don't need the sugar and calories.
- Be a role model by eating Halloween candy in moderation yourself. To help avoid temptation, buy your candy at the last minute and get rid of any leftovers.
- Never use candy as a child's snack in their lunches. Most Halloween candy is made of simple sugar which provides no nutritional value, is quick digesting, will cause cravings for more sugar and is a poor source of sustaining fuel.
- Be aware of calories! Each Halloween treat contains approximately 50 calories. It may seem like a harmless number of calories but mindless munching can accumulate to hundreds of calories.

### Alternatives to candy to give out to trick or treaters:

- String Cheese
- Pre-packaged bags of trail mix
- Small dollar store toys, like puzzles, yo-yos, playdoh
- Stickers
- Glow in the dark necklaces
- Pencils
- Pre-packaged pretzels
- Pre-packaged Natural fruit leathers

### The office would like to introduce one of our newest members of our team:

Jen Balfour B.A.,RMT.

After graduating from Kine Concept-Ottawa in 2007, Jen spent four years at a Medical Spa in Kanata. Her clientele there ranged from students and IT managers to professional athletes and musicians.

Her integrative bodywork combines Swedish Massage with Myofascial and deep tissue work and Craniosacral therapy.

Jen believes that massage therapy is one of the many paths to restoring health and wellness to the body and is very happy to have joined the Chiropractic Care and Longevity Center team.

Jen has lived in the area for 12 years and enjoys skiing, horseback riding, and practising yoga. She shares her home with her husband, 3 sons and a variety of pets.



The office will be closed for Thanksgiving on Oct. 13<sup>th</sup> 2011. Have a nice long weekend!

We would like to hear your **Chiropractic success stories!** If you have a testimonial that you would like to share with others please e-mail them to me, Hanna Murphy at: [hmurphy@primus.ca](mailto:hmurphy@primus.ca) or submit at front desk of the office.

*For every success story you submit we will present you with a free-gift at the time of your next appointment.*

Experience the Benefits of Monthly Chiropractic!