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

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### The Case Against Drinking 6-8 Glasses of Water a Day

Dr. Margaret McCartney, a general practitioner from Scotland, says that the common health advice that you should drink six to eight cups of water each day is "thoroughly debunked nonsense". She argues that it is propagated by bottled water companies out to make a profit. In a commentary, McCartney quoted experts who say that drinking too much water can cause hyponatremia (low sodium levels in the blood).

According to the Los Angeles Times: "Experts were quick to pounce on the commentary as being misleading ... The answer isn't cut and dry, says an article by the Mayo Clinic, and depends on your exercise level, health conditions and the heat and humidity of your environment. In general, the Institute of Medicine recommends about nine cups of beverages for women and 13 cups for men ... Most people do well to drink when they're thirsty."

Many fail to realize how crucial an issue this is. The BEST change people could make for their physical health would be to stop drinking all sodas and juices and replace them with pure water. This is such an important issue due to the fact that nearly 75 percent of North America is overweight and the number one source of calories is sugar from soda. Needless to say diet sodas are even worse.

Water is essential for your survival. Every day, your body loses water through urine and sweat. This fluid needs to be replenished, for while you can survive for months without food, without water you wouldn't last more than a few days. If you get the fluid/water replacement issue right, then you have made one of the most important steps you can in taking control of your health.

But just how much water do you need to drink to replenish what you've lost? Listen to Your Body!

Your body will tell you when it's time to replenish your water supply, because once your body has lost between one to two percent of its total water, your thirst mechanism lets you know that it's time to drink some water! Since your body is capable of telling you its needs, using thirst as a guide to how much water you need to drink is one way to help ensure your individual needs are met, day-by-day. The color of your urine will also help you determine whether or not you might need

to drink more. Your urine should be a very light-colored yellow. If it is a deep, dark yellow then you are likely not drinking enough water. If your urine is scant or if you haven't urinated in several hours, that too is an indication that you're not drinking enough. (Based on the results from a few different studies, a healthy person urinates on average four to eight times a day.) Remember to answer your thirst with pure water though, rather than sodas, coffee, or sugary fruit juices. Both coffee and soda are high in caffeine, which acts as a diuretic that will dehydrate you even further. Worse yet, sodas, fruit juices and other sweetened beverages are primary sources of fructose, which will only deteriorate your health. Why Quenching Your Thirst with Sports Drinks is a Bad Idea

Most people believe that sports drinks are the best alternative to replenish lost fluids and electrolytes when exercising, but that's simply not true. Many sports drinks contain as much as two-thirds the sugar of sodas. They also typically contain high-fructose corn syrup (HFCS), artificial flavors and food coloring, none of which contribute to optimal health... Also consuming sugar after exercise will negatively affect both your insulin sensitivity and your human growth hormone (HGH) production. Ironically, while these drinks are often referred to as "energy" drinks, in the long run the sugar they contain does just the opposite. After causing a quick explosion of energy, your energy plummets as your pancreas and other glands do all they can to balance out the toxic stimulation to your blood sugar. Most also contain high amounts of sodium (processed salt), which is meant to replenish the electrolytes you lose while sweating. However, a far better option is to simply add a small amount of natural, unprocessed salt, such as Himalayan salt, to your water. Another excellent option when you're sweating profusely is fresh coconut water. It's one of the highest sources of electrolytes known to man. Also ask us about Vega Sport or Shaklee Performance as healthy alternatives.

Much Water May Be Dangerous  
Essentially, if you drink too much water, the sodium levels in your blood may drop to dangerously low levels, causing hyponatremia; a condition in which your cells swell with too much water. While most of your body's cells can handle this swelling, your brain cells cannot, and most of the

symptoms are caused by brain swelling. Symptoms of hyponatremia include: confusion, decreased consciousness, possible coma, fatigue hallucinations, convulsions, muscle spasms, cramps, weakness, headache, irritability, loss of appetite, nausea, restlessness vomiting. Clearly, staying well-hydrated is essential. But whether or not you actually need eight glasses can be determined by using your thirst and the color of your urine to gauge your personal needs.

Beware of Bottled Water  
Many instinctively reach for bottled water. Not only do they create massive environmental destruction, they're also excessively expensive and the water may not be any purer than what you get from your tap. An independent test performed by the Environmental Working Group revealed a whopping 38 low-level contaminants in bottled water, with each of the 10 tested brands containing an average of eight chemicals. Disinfection byproducts (DBPs), caffeine, Tylenol, nitrate, industrial chemicals, arsenic, and bacteria were all detected. Another concern is the bottle itself. Most plastic water bottles contain chemicals like BPA and phthalates.

Other Types of Water to Avoid  
In addition to bottled water, it is also recommended to avoid: Unfiltered tap water, fluoridated water and Distilled water -- Distilled water is an active absorber, and when it makes contact with air, it quickly absorbs carbon dioxide and becomes acidic.

Top Choices for Pure Water  
You CAN actually collect your own water from natural springs. To learn more, take a look at FindaSpring.com. The next best option is to make sure you filter your tap water.

Reverse osmosis (R/O) is an excellent form of filtration as long as you add minerals back in after you have filtered the water. You can also restructure the water by creating a vortex. Simply put a large spoon in the water container and swirl it around very fast for awhile. Cooling the water down to about 4 degrees Centigrade or 39 degrees Fahrenheit can also restructure it.

Sources:

- » Los Angeles Times July 13, 2011
- » British Medical Journal 2011; 343:d4280



## Don't let a fall get you down.

# Improve Your Strength and Balance

Taking a tumble can cause serious injury that affects your everyday life and independence. One of the best ways you can reduce your risk of slipping, tripping and falling is to improve your strength and balance. Almost any kind of physical activity is helpful – but some activities deliver greater benefits than others.

### Strong Legs for Stability

Strengthening your leg muscles can reduce the chance of falling if you do lose your balance. Strong legs will stabilize you and can make the difference between staying on your feet and hitting the ground. While any activity that uses your legs is good, it's important to find something you enjoy. The best exercise plan in the world won't help if you don't want to do it. Here are some ideas.



### Brisk Walking

Walking requires no special equipment other than a pair of supportive shoes. Make an after-dinner walk part of your routine or leave the car in the driveway and take a walk to pick-up light groceries. There are many simple ways to get moving more often.

### Strength Training

Exercises that target specific leg muscles can be easily done at home – there's no need to join an expensive gym. If you enjoy being with a group, community centres often have exercise programs for different age groups. Here's a simple strengthening exercise to try:

**Leg extensions:** this exercise can be done while watching TV or sitting at the kitchen table. While seated, straighten-out one leg and gently lift it off the ground to a height that's comfortable for you. Hold for 10 seconds if you can. Put that leg down. Extend and lift the other leg. As your strength grows, add ankle weights to give your legs even more of a work-out.

### Boost Your Balance

Your sense of balance is what keeps you on your feet – without it you would not be able to stand upright. Poor eyesight, some medications and some health conditions can cause dizziness or other balance problems. Keep these tips in mind:

- Have an annual eye examination.
- Review your medications, vitamins and herbal supplements with your pharmacist or MD.
- If you feel dizzy or faint, see a health professional for an evaluation.
- Eat regularly and ensure you drink enough non-alcoholic, non-caffeinated beverages.

Strength and balance work together to keep you steady. There are many activities that contribute to maintaining and improving balance – and help build strength.

Swimming is a good choice if you enjoy the water.

Cycling is appropriate for people who feel comfortable on a bike. Wear protective gear such as a helmet.

Tai Chi benefits balance, strength and flexibility. It also encourages mental focus, concentration and calmness.

Yoga can be adapted for any age. It offers benefits similar to Tai Chi.

Golf gets you walking, and using a club requires balance and co-ordination.

Dancing is a great work-out for your legs. Put on your favorite music and practice your steps in the living room.

These are just a few ideas to consider. Remember, anything that gets you on your feet and moving will help maintain strength and balance.

### What's a Good Goal?

Aim for 20 minutes of exercise at least three days a week. Even better – build some activity into every day. Your independence is worth it.

### Canada's Chiropractors. Here to Help.

A Doctor of Chiropractic can assess your strength and balance, and prescribe exercises specifically for you. To locate a chiropractor in your community visit the Canadian Chiropractic Association website [www.ccachiro.org](http://www.ccachiro.org). For more information or to arrange for a chiropractor to give a presentation to a group, please contact the Canadian Chiropractic Association toll-free at 1-877-222-9303.

## Balance Exercises:

1) Begin by standing on one foot and maintain your balance for 30 seconds. Practice daily alternating feet.

2) Then work your way up to one minute. Practice Daily alternating feet.

3) Repeat steps 1 and 2, this time looking up at the ceiling while performing the exercise.

4) Once you have successfully worked up to a minute maintaining balance on each foot while looking at the ceiling, start over repeat steps 1 and 2 but this time with your eyes closed.

*\*If you can't do this then make sure you talk to your Chiropractor.*

### Exercise Equipment to Purchase:

-A wobble board is a piece of training equipment used to develop physical balance. It is often used for rehabilitation purposes, although it can be very useful to improve balance and reflexes.

-A Rebounder with a balance bar. (Available at our office ask front desk staff for more details.)

# Supermarket Survival

Making healthy food choices starts in the grocery store. However, shopping can be a challenging task, with over 40,000 items to choose from. So here are some suggestions to help you survive your next trip to the supermarket and make the best choices possible.

1. Most grocery stores are arranged in about the same way, with the freshest foods placed around the perimeter, or the "square," of the store. That's where you'll find the produce, dairy foods, meat (poultry, fish, etc.), and breads-and that's where you should start. The aisles, on the other hand, are where the less healthy food choices are housed: cookies, chips, and processed and packaged foods.

2. Your first stop should be the produce section, where you can choose lots of fresh fruits and vegetables that are low in calories, high in fiber, and abundant in vitamins and minerals. Dark green and deep-orange-yellow fruits and vegetables are better choices than pale-colored produce. If you can take advantage of buying organic produce, do

so (less pesticide exposure). Beware of salad bars, as many of them contain high-fat, high-calorie items like potato and macaroni salad and pre-made dressings. Frozen vegetables are also a good choice.

3. When cruising by the dairy products, choose products as close to natural as possible. If you are a soymilk drinker, you will probably find the ready-to-drink, refrigerated soymilk there, too.

4. As you swing through the meat section, look for lean, protein-rich foods such as skinless chicken or turkey breast meat, fresh fish, extra-lean ground beef, and extra-lean ground turkey made from white meat. Diets higher in protein may aid in weight loss because studies suggest that protein helps control hunger by stabilizing blood sugar levels. In addition The Chiropractic Care and Longevity Center carries a wide variety of high quality protein powders:

- Shaklee Soy Protein
- Fiber Smart Shakes
- Shaklee Cinch Shakes, in Whey and Soy
- Ultrameal

5. Then follow your nose to the bakery section. Skip the unhealthy stuff like muffins, donuts, and scones, and look for whole grain breads that are high in fiber and low in fat, such as 100% whole wheat bread and whole wheat pitas.

6. Once you've shopped the square, make your brief trip to the inner aisles to grab some brown rice, whole grain cereal, and other staples.



## Healthy Grocery List

### Fresh Vegetables

Lettuce	Other Greens	Cucumbers	Carrots
Asparagus	Zucchini	Radishes	Tomatoes
Green Beans	Onions	Green Onions	Peppers
Cauliflower	Broccoli	Peas	Celery
Spinache	Corn	Sweet Potatoes	Squash

### Fresh Fruits

Bananas	Apples	Oranges	Pears
Peaches	Nectarines	Grapefruit	Berries

### Frozen Foods

Green Beans	Peas	Mixed Vegetables	Carrots
Chicken Breasts	Fruit Juice Bars	Blueberries	Corn
Fish Fillets	Onions	Vegetarian Burgers	Shrimp

### Canned Foods

Black Beans	Tomatoes	Marinara Sauce	Tuna
Salmon	Pinto Beans	White Beans	Pineapples
Meats			

Lean Hamburger	Lean Pork	Salmon	Fish
Shell Fish	Chicken	Turkey	Ham

### Grains and Cereals

Whole Grain Bread	Whole Grain Pasta	Whole Grain Cereal	Oatmeal
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### Beverages

100% Fruit Juice	Sparkling Water	Tomato Juice	Herb Tea
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(SEE PAGE 1)

### Food for Thought: The latest in medicine, effective for cancer!

Lemon (**Citrus**) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy. Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits. You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations? As you know, the lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumours. This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant, combats stress and nervous disorders. The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that: It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas. The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used as a chemotherapeutic in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.

Institute of Health Sciences, 819 N. L.L.C. Cause Street, Baltimore, MD1201

Check your shampoo bottle label

I don't know WHY I didn't figure this out sooner!!!!

It's the shampoo I use in the shower! When I wash my hair, the shampoo runs down my whole body and (duh!) printed very clearly on the shampoo label is this warning, FOR EXTRA VOLUME AND BODY!

NO wonder I have been gaining weight!!!

Well! I have gotten rid of that shampoo and I am going to start using Dawn dish soap instead.

Their label reads, DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE.

Problem Solved!!

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

CHIROPRACTIC

HEALTH

SUBLUXATION

WICKENS

SPINE

BACK

VERTEBRAE

DOCTOR

EXAM

ADJUSTMENT

### 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 \_\_\_\_\_.

Answers on pg. 6 of newsletter

## Why Do Children Need Chiropractic Care?

Since significant spinal trauma can occur at birth, many parents have their newborns checked for the Vertebral Subluxation Complex.

Later, learning to walk, ride a bicycle, and other childhood activities can cause spinal problems. While a bandage and some comforting words can help a skinned knee, the unseen damage to the child's spine is the unique domain of a chiropractic doctor.

Many childhood health complaints that are brushed off as "growing pains" can often be traced to the spine. Regular chiropractic checkups can identify these problems and help avoid many of the health complaints seen later in adults.

Naturally, chiropractic adjusting procedures are modified to a child's spine. Most parents report that their children enjoy their chiropractic adjustments and seem healthier than other children.

Life is too short to wake up with regrets.  
 So love the people who treat you right.  
 Forget about the one's who don't.  
 Believe everything happens for a reason.  
 If you get a chance, take it & if it changes your life, let it.  
 Nobody said life would be easy,  
 they just promised it would most likely be worth it.

**ENJOY LIFE NOW - IT HAS AN EXPIRATION DATE!**

## Could your lifestyle be making you sick?

What is your lifestyle? Not whether you are married or where you live, but rather, how are you choosing to live your life? What choices are you making to keep yourself and your family healthy and well?

It is startling to learn that some of the most prevalent causes of illness, disease, and death – including cancer, heart disease, and diabetes – are all heavily influenced by lifestyle. For example, we don't usually think of cancer as a lifestyle disease. We think a person is unlucky if they have cancer, and often we have a fatalistic outlook toward news that someone has developed cancer. "It's in their genes," we say. Or "stuff happens – the luck of the draw."

But only approximately 5% - 10% of cancers are based on genetics. The vast majority of cancer cases are very much related to how we live our lives – our environment, the food we eat, whether we exercise regularly, and the quality of our relationships. Within the last ten years medical researchers have been learning of the strong correlation between overweight/obesity and a person's likelihood of developing cancer. It seems that fat cells are not merely passive storehouses of excess energy in the form of fat. Fat cells are metabolic furnaces that spew out a wide range of chemicals, including hormones and inflammatory agents that may often cause normal cells and tissues to become cancerous.<sup>1</sup>

Most people and even some physicians are unaware of these facts. The connection between lifestyle and heart disease, and between lifestyle and type 2 diabetes, seems obvious.<sup>2,3</sup> But cancer,

too, is a lifestyle disease. The very good news is that by creating the willingness to make healthy lifestyle choices, you're making positive long-term changes in your health and well-being.

Additional good news is that these choices are in your hands. Every day you get to choose a healthy lifestyle or not. Of course, some days or even some weeks just seem to go by without a real opportunity to do things that are healthy. You might be on a business trip in a country where it's difficult to find good, nutritious healthy food. It might also be difficult to find the time to exercise when you're on a travel schedule. That's OK, though, because lifestyle is a lifetime project. If you're eating healthful nutritious food most of the time and doing daily exercise most of the time, you can take a week off or even two weeks off here and there. The main goal is to be on a healthy lifestyle path the vast majority of the time. (80%)

Chiropractic care is an important component of healthy living. Chiropractic care helps ensure that your body is functioning at its maximum. Chiropractic care helps ensure you're getting the most out of the healthy food you're eating and the healthy exercise you're doing. Your chiropractor will be glad to provide guidance on creating nutritional plans and exercise programs that will work for you.

1Chan AT, Giovannucci EL: Primary prevention of colorectal cancer. *Gastroenterology* 138(6):2029-2043, 2010

2Shi Y, et al: Cardiovascular determinants of life span. *Pflugers Arch* 459(2):315-324, 2010

3Ma J, et al: Evaluation of lifestyle interventions to treat elevated cardiometabolic risk in primary care (E-LITE): a randomized controlled trial. *BMC Fam Pract* 10:71, 2009

## Increased Activity Lowers Death in Seniors

A research study published in the July 12, 2006 issue of the *Journal of the American Medical Association (JAMA)*, shows that daily activity can have a positive impact on life expectancy in older adults. It has previously been known that exercise has a positive effect on life expectancy. This study also shows that those who are active in their daily routine, even non-exercise activities are benefiting.

This study, conducted by Todd M. Manini, Ph.D., and his colleagues of the National Institute on Aging, in Bethesda MD, was designed to determine the association of what the researchers called "free-living activity energy expenditure" and death rates. The study looked at a group of 302 high-functioning, community-dwelling seniors ranging in age from 70 to 82.

In this study the researchers measured energy expenditure over a two week period using sophisticated processes of tracking certain isotopes of hydrogen and oxygen as eliminated from the body as carbon dioxide. This process then determined the amount of energy expenditure and therefore the activity of the individual. The 302 participants were followed on average for just over 6 years. Over this period of time 55 participants (18.2 percent) died. The researchers then compared the activity levels of all participants to see if there was a correlation between death rates and activity levels.

The results showed that after adjusting for other factors, higher levels of activity energy expenditure and physical activity were indeed associated with a lower risk of death. When the researchers categorized activity levels of the participants into three groups they found that risk of death was only 12.1 percent in the group with the highest level of activity energy expenditure. The group in the middle third, relative to activity level, had a 17.6 percent risk of death. However, the group in the bottom third level of activity had a 24.7 percent risk of death. Statistically, this meant that those with the highest level of activity had a 69 percent better chance of survival than those with the lowest activity.

The authors of this study commented, "Our study suggests that any activity energy expenditure in older adults can help lower mortality risks." They continued, "Efforts to increase or maintain free-living activity energy expenditure will likely improve the health of older adults." In the study they concluded, "Objectively measured free-living activity energy expenditure was strongly associated with lower risk of mortality in healthy older adults. Simply expending energy through any activity may influence survival in older adults."



## Climbing that Mountain

You may have been considering making positive lifestyle changes for a long time. You'd love to lose a few pounds, maybe more than a few, and you'd love to be one of those people who somehow find the time to exercise every day. It's certainly true that for people who make their own schedules it's easier to plan time for exercise and food preparation. It is somewhat tougher for those who work on a more formal schedule and for those who are raising children. But regardless of your specific situation and your specific circumstances, each of us gets to choose how we're going to find the time to do things that are in our long-term interest.

A truism is that if things don't get scheduled, they don't get done. For people very busy with commuting to work and raising a family, finding time to exercise might require getting up an hour earlier each day or going to bed an hour later each night. That's just one of the many possibilities for "expanding" one's day. The good news is that once you're doing this, you become highly motivated to continue doing it because you begin to feel better and reap the benefits of your new health-focused schedule.

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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)

**Thank you for reading our  
office newsletter!**

We're on the Web!

See us at:

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

Also:



**A note from Erin Dillon, RMT**

Dear Clients,

For the past six years, I have enjoyed getting to know all of you and being a small part of your lives. It is with sadness that I announce that September 15th, 2011 will be my last day at the Chiropractic Care and Longevity Center. I am relocating to St. John's, Newfoundland to be with my family and continue my work in massage therapy.

It has been a privilege to help you with your health care. I also feel fortunate to have worked with the team at the clinic. It is a chapter in my life I will always carry with me.

Keep in mind that the clinic now has three Registered Massage Therapists to continue your care. Your files will remain at the Chiropractic Care and Longevity Center. CranioSacral Therapy will still be offered. If you need an acupuncture referral, please contact the office.

If you would like to contact me directly, please email [chirocare@primus.ca](mailto:chirocare@primus.ca) and Ashley will forward any correspondences to me. If you have appointments booked with me after September 15th, you will receive a phone call to see if the same date and time with another therapist is suitable.

Yours in good health,  
Erin Dillon, RMT

**New Massage Therapy Schedule:**

RMT Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 9am - 2pm
Beth Fequet	OFF	8am - 1pm	1pm - 7pm	8am - 1pm	OFF	Every 2 <sup>nd</sup> & 4 <sup>th</sup>
Dan Deacon	9am - 8pm	OFF	8am - 5pm	OFF	9am - 3pm	OFF
Jen Balfour	9am - 5pm	10am - 6:00pm	OFF	11:00am - 8pm	9am - 5pm	Every 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup>

**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

**8 Weeks to Wellness Information Session**

**Chiropractic Care & Longevity Center**

**5 Gore Street West, Perth**

**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 ask the front desk staff for information for the next session.**

Experience the Benefits of Monthly Chiropractic!