

September
2010



NEWSLETTER

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

The Foundation of Your Body

Your feet are the foundation of your body. They support you when you stand, walk, or run. And they help protect your spine, bones, and soft tissues from damaging stress as you move around. Your feet perform better when all their muscles, arches, and bones are in their ideal stable positions.

The foot is constructed with three arches which, when properly maintained, give exceptional supportive strength. These three arches form a supporting vault that distributes the weight of the entire body.

If there is compromise of one arch in the foot, the other arches must compensate and are subject to additional stresses, which usually lead to further compromise.

It's a chain reaction.

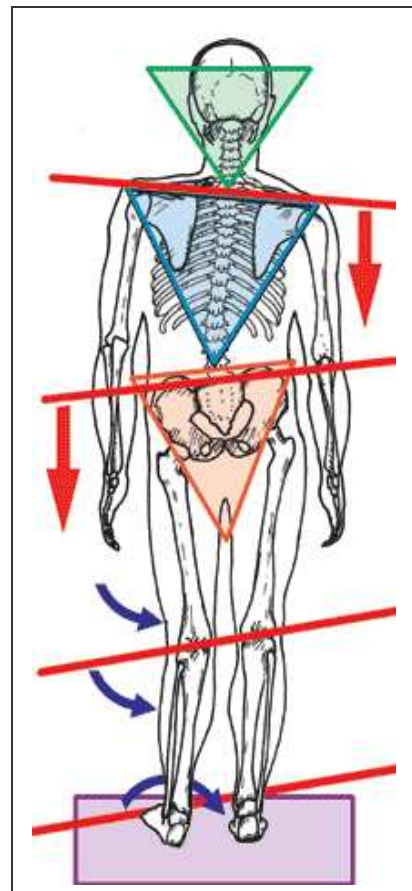
Healthcare professionals know alleviating pain in one part of your body often requires treating a different part. The pain you feel in your neck could be caused by a misalignment in your spine that is caused by unbalanced positioning in your feet.

It's a chain reaction.

By stabilizing and balancing your feet, orthotics, enhance your body's performance and efficiency, reduce pain, and contribute to your total body wellness. Our orthotics complement your treatment when you stand, walk, and live your active life.

The Chiropractic Care and Longevity Center won the Diamond Reader's Choice Award for the Best Foot Specialist in the Perth area this year... we may be able to help.

Please book in for a free foot analysis today, to see if orthotics could change your life.



F.A.Q's About Orthotics

• **What are orthotics?**

Orthotics or 'Orthoses' are inserts that comfortably fit into shoes; they are designed to support and improve the functioning of feet. Health care practitioners will prescribe orthotics to patients suffering from chronic foot or lower limb problems or to athletes to help maximize performance during sport.

• **How often should I be wearing my orthotics?**

Your orthotics should be worn every time you are on your feet — during work, at home and play. Orthotics are like eyeglasses, they work when they are worn. As soon as you take your orthotics out of your shoes or take your shoes off your feet, the stress and discomfort you experienced before wearing your orthotics is likely to return.

• **What do you recommend if the orthotics are hurting my feet?**

During the first few weeks of wearing your orthotics, you may experience aches and pains in your feet and legs. This is normal and is an indication that your orthotics are working. Your body has been conditioned to accommodate feet that do not function properly; as a result, it may need time to adjust. If your discomfort persists beyond two weeks, please contact your health care practitioner, your orthotics may simply need a minor adjustment.

• **Does the effectiveness of my orthotics rely on the type of shoes I wear?**

Orthotics are most effective in shoes that are constructed well, fit properly and are in good condition. It is best to bring in your shoes when your health care practitioner is fitting you for orthotics. Knowing the type of footwear you wear the most will help your practitioner prescribe the right style of orthotics for your lifestyle. It is quite normal for some practitioners to prescribe two pairs of orthotics to patients (ie. Dress and Sport). When shopping for new shoes, it is also best to bring your orthotics with you for fitting purposes.

Inside:

Child Health

Building a Strong
Immune System 2

Myths about Back
Pain

Arthritis 3

Chiropractic Joke

Fun Facts

Healthy Recipe
Puzzle 4

10 Ways to Boost Your
Metabolism

ADHD 5

Office Notices for the
Month

Details on Massage
Therapy Add-on's 6

5 Gore Street West
Perth, ON K7H 2L5
PH: 613.264.0616
Visit our website at
www.chirolongevity.com

"The very idea that there is another idea is something gained."

--Richard Jefferies

Chiropractic Monthly Newsletter

Child Health: Teach Kids to Help Stop Spread of Germs

Whether it's washing hands while singing happy birthday two times, learning to cough into the crook of an arm when no tissue is nearby, or keeping a healthy distance from others when sick, there are good habits that can help keep the cooties away and result in healthier and happy kids. Here are quick health tips to teach kids to help stop the spread of germs:

- **Wash hands often.** Most adults understand that the most important thing you can do to keep from getting sick is to wash your hands, but kids need to be taught this message and then have it frequently reinforced. People pick up germs from other sources and then become infected when they touch their eyes, nose or mouth (or put infected toys and other items in their mouths as commonly occurs with youngsters). Germs are easily spread directly to others or onto surfaces that people touch, and then everyone gets sick! The National Center for Infectious Diseases reminds everyone that more than a common cold can be caught through the spread of germs--some serious diseases such as hepatitis A, meningitis, and infectious diarrhea are easily spread.

- **When should kids wash their hands?** Children should be reminded to wash their hands before, during and

after food is prepared; before and after you eat; after using the bathroom; after handling animals or animal waste such as changing a cage or catbox; whenever hands are dirty or kids have been outside playing; and more frequently when anyone in the classroom, care setting or home is sick.

- **Cover a cough.** Show your kids how to do this to help prevent spread of germs. Inevitably, kids aren't near a tissue when the urge to cough or sneeze occurs, and spread (or literally spray) germs by unwittingly infecting others. Kids need to be taught to cough into the crook of their arm, into their sleeve, or even in their hand, and then to immediately wash their hands. Some providers/teachers have turned "cover your cough" into a game or type of positive reinforcement when kids are caught covering their cough correctly. Older kids may even create health posters and other lessons that can be posted in the classroom and even at home.

- **Avoid close contact with people who are sick.** And, if you or your child is the one who is sick, encourage others to keep their distance to minimize the spread of the illness. If possible, stay home from school, work, child care, and

public places so others won't be exposed. Know when your child is too sick to attend child care or school for the health and well-being of everyone else. After all, you hope that others will extend the same courtesy to your family! Keep your child home if they have any of these symptoms:

- Fever above 100 degrees Fahrenheit, and the sick kid looks and acts ill

- Signs of possible severe illness such as uncontrolled coughing, difficulty breathing, wheezing, persistent crying, or lethargy

- Diarrhea, such as loose or runny stools, a stool that runs out of a diaper, or a sick kid who can't get to the bathroom in time

- Vomiting; once a youngster has vomited, most health providers recommend or require that your sick kid cannot return to school or daycare for a minimum of 24 hours

- Any sort of rash, especially when accompanied by a fever or behaviour change

Building a Strong Immune System

Eating a well balanced diet is critical for a properly functioning immune system. A steady and balanced intake of essential vitamins and mineral helps to keep our immune systems working properly by providing us protection from infections and disease.

Plenty of rest- Body needs rest from the stress and strain of daily life to get recharged. We depend on adequate restful sleep to restore our bodies and refresh our minds. During deep sleep, our bodies release potent immune-enhancing substances that strengthen immune function. It is especially important to get additional rest when we are ill.

Exercise program- A regular exercise program of low-to-high intensity workout for 25-30 minutes most days of the week is recommended to build a strong immune system.

Drink 6-8 glasses of water per day. Body fluids, made up mostly of water, bring to each system all the ingredients and carry away the body's waste in form of urine. It is absolutely essential to stay well hydrated throughout the day.

Ask the front desk staff to show you our large variety of immune building supplements to find one that is right for you. Shaklee DR, Esberitox, Grippheel, Engystol, Colostrum or Cleavers Combination.

MYTHS ABOUT BACK PAIN

Myth: Heat feels good so it must be helping my back pain and back problems

Fact: Heat therapy can reduce acute back pain in the short-term, but does not provide a long-term solution to back problems. It is used to manage pain during recovery, allowing patients to complete a rehabilitation program and participate in daily activities by loosening stiff muscles. Ice helps with the aches.

Myth: Long-term pain indicates I need back surgery for my back problems

Fact: If back pain has reached the chronic stage, spine surgery actually has a reduced likelihood of being successful. Typically, symptoms that suggest back surgery might be helpful occur early in the course of pain and are relatively apparent.

Myth: My parents had bad back pain and back problems so I'm likely to have it

Fact: For the vast majority of conditions related to back and neck pain there is no genetic predisposition, which means that parents do not pass their back conditions on to their children.

Myth: I'm physically active, so I shouldn't get back pain

Fact: While it's true that well-conditioned individuals are less likely to have an episode of back pain than sedentary individuals, back pain can affect all people regardless of the level of

activity. Some sports are more likely to cause back pain, such as golf, volleyball and gymnastics. In all cases, however, the back should be considered a priority in conditioning, because it creates a stable platform from which the arms and legs work.

Myth: Rest is the key to recovery from back pain and back problems

Fact: The two main reasons bed rest may be recommended for back pain are to reduce pressure on the discs in the spine and to stop the mechanical stresses that are irritating pain receptors. A short period of bed rest may help reduce acute back pain. However, in most instances, more than 1 or 2 days of rest can be detrimental to recovery from back pain, potentially leading to increased pain and other adverse results, such as:

- muscle atrophy (1% to 1.5% per day)
- cardiopulmonary deconditioning (15% loss in 10 days)
- bone mineral loss
- risk of blood clots
- loss of wages
- creating an "illness" mindset

Myth: An MRI scan or X-Ray test is needed to diagnose my back problem

Fact: Most health professionals can develop a successful treatment approach for back pain based on a thorough medical history and physical examination. Only specific symptom

patterns in a minority of cases indicate the need for an MRI/X-Ray. Typically, an MRI/X-Ray scan is only used when patients are not responding to appropriate treatment for back pain. Routine X-rays of the spine are unnecessary and often of little value. The spine abnormalities detected with X-rays often have nothing to do with the symptoms experienced. Many people have abnormalities and are completely pain-free.

Myth: If you've slipped a disk (also known as a herniated or ruptured disk), you must have surgery. Surgeons agree about exactly who should have surgery.

Fact: The causes of back pain can be complex to diagnose. Surgery to relieve back pain should only be used as a last resort. Very specific tests should be done to confirm that a disk has been damaged and that the pain is directly related to this damage. Even if tests show a damaged disk, recovery often occurs without surgery. Studies using magnetic resonance imaging (MRI) have shown that the herniated part of the disk often shrinks on its own over time.

Book an appointment to have your spine analysed by a Chiropractor today!

Arthritis Is Expected To Increase – September Is National Arthritis Month Time To Think About Prevention

The already staggering social and economic costs of arthritis in Canada are set to explode during the coming decades, says The Arthritis Society in response to a report released by the Public Health Agency of Canada today.

"The devastating impact of arthritis on Canadian society has gone unnoticed in the public arena for too long," said Steven McNair, President and CEO of The Arthritis Society. "This report confirms that arthritis is becoming a major health challenge for Canada, as more people consume more health-care resources to manage their pain and disability. This means we need to step up our efforts to find better treatments and a cure."

Among the report's many findings:

- Arthritis is among the leading causes of disability in Canada, costing the Canadian economy \$6.4 billion every year in health-care expenses and lost work days. Long-term disability accounts for two-thirds of that.
- More than four million Canadians

aged 15 and older (16 per cent of the population) reported they had arthritis in 2007-2008, with three out of five being under 65. This number is estimated to increase to seven million by 2031.

- Arthritis is the second and third most common chronic condition reported by women and men, respectively.
- Arthritis accounted for six per cent of all hospitalizations in Canada in 2005-2006 (132,000 out of 2.2 million).
- Joint replacements more than doubled in Canada from 2001-2005.

Arthritis affects people of every age, physical condition and ethnic background. There are more than 100 types of arthritis, caused by joint inflammation and degeneration. According to the report, about 60 per cent of Canadians with the disease report difficulties with participating in recreation, leisure, hobbies or social activities.

The Arthritis Society says many of the risk

factors associated with arthritis, such as physical inactivity and poor diet, can be modified to reduce pain and increase joint flexibility. "We hope this report will serve as a wake-up call for people to take control of their disease through a healthy lifestyle and with the benefit of current treatments," added McNair. Life with Arthritis in Canada (<http://www.phac-aspc.gc.ca/cd-mc/arthritis-arthritis/lwaic-vaaac-10/index-eng.php>) brings together data from national population health surveys, provincial physician billing, drug databases, hospital admissions and mortality statistics, among other sources. It was developed in consultation with leaders from the scientific and research community, as well as stakeholder groups such as The Arthritis Society.

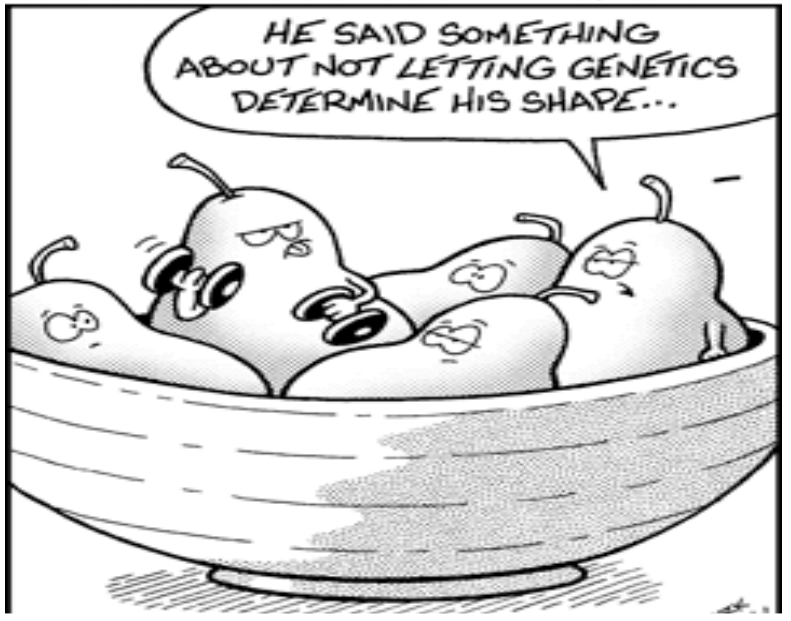
Ask the front desk staff for literature on the Collagen and Alfalfa and how it can prevent and treat arthritis.

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."
--St. Francis of Assisi

Chiropractic Monthly Newsletter

HealthToons

by Mark Parisi



Fun Facts

Tablecloths were originally meant to be served as towels with which dinner guests could wipe their hands and faces after eating.

Until the nineteenth century, solid blocks of tea were used as money in Siberia.

Tourists visiting Iceland should know that tipping at a restaurant is considered an insult.

When glass breaks, the cracks move faster than 3,000 miles per hour. To photograph the event, a camera must shoot at a millionth of a second.

A violin contains about 70 separate pieces of wood.

During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants.

Dolphins sleep with one eye open.

A sneeze travels out your mouth at over 100 m.p.h.

There wasn't a single pony in the Pony Express, just horses.

Fingernails grow nearly 4 times faster than toenails.

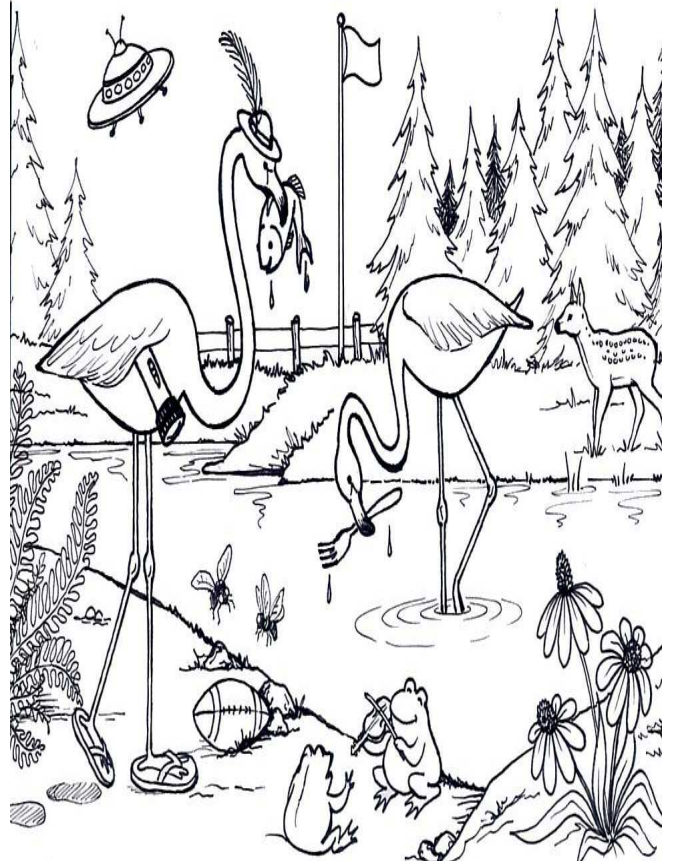
The man who played the voice of Bugs Bunny was allergic to carrots.

Apples are more effective at keeping people awake in the morning than caffeine.

The average bed is home to over 6 billion dust mites.

No president of the United States was an only child.

Circle at least 18 things that begin with the letter "F"?



SPICY HUMMUS: QUICK CHICKPEA SPREAD

Ingredients

1 (14.5 ounce) can chickpeas (garbanzo beans), drained
2 rounded tablespoons tahini sesame paste, found in both dairy and dry specialty foods sections
A drizzle extra-virgin olive oil
1/2 teaspoon crushed pepper flakes
1 teaspoon (1/3 palm full) ground cumin
1 teaspoon (1/3 palm full) ground coriander
1 clove garlic, crushed
Coarse salt
1/2 lemon, juiced
Pita breads, grilled and cut into wedges for dipping

Directions

Combine beans, tahini, oil, pepper flakes, cumin, coriander, garlic, salt, and lemon juice in food processor bowl and grind into a smooth paste. Transfer to a small dip dish and surround spread with warm pita wedges. This recipe makes a great appetizer, or anytime snack.

"People who say that it can't be done should not interrupt those of us who are doing it!"

10 Ways to Boost Metabolism

1. Drink Lots of Water

Yes, that old advice about 8 glasses of water really is good for us. Why? First of all, water flushes out the toxins that are automatically produced when the body burns fat. The majority of our bodily functions also involve water, and too little water in our system causes the body's operations to decrease, producing stress on your organs. Too much stress can lead to illness and disease over time.

2. Eat Breakfast Every Day

Another piece of tried and true advice. Breakfast really is the most important meal of the day. Your body needs something in it to use for fuel after many hours without food.

Surprisingly, studies have shown that people who eat breakfast are thinner than those who do not. Here's another important consideration:

Metabolism can actually slow down considerably if you eat breakfast later in the morning or if you wait until the afternoon to eat. So there's a simple metabolism booster - just eat a bit of healthy breakfast to get you started on your day.

3. Eat Smaller Meals

It is better to consume 4 to 6 small meals that are timed 2 to 3 hours apart than the 3 larger meals most of us eat. It is just easier on your body and gives your body food to work on all the time, rather than a large amount of food, then nothing for hours.

4. Never Skip Meals!

People tend to skip meals thinking that will help them lose weight. Skipping meals actually slows down your metabolism, which is not the effect you

are looking for.

If you plan your meals ahead it is much easier to make sure you don't skip a meal.

5. Eat Spicy Foods

Hot peppers contain a chemical called capsaicin, which contributes to their spiciness. There is some scientific evidence that capsaicin can actually increase metabolism. A word of caution though; peppers are not a magic food and you would have to eat lots of spice to dramatically speed up metabolism.

6. Avoid Sugar

This is good advice for so many reasons. First of all, sugar enables the body to store fat. It also increases blood glucose levels quite quickly and an even level of blood glucose is important for optimal health and to prevent Type II diabetes, a disease that is rampant in North America.

7. Eat a Rainbow

Remember to include lots of fresh fruit and vegetables in your diet. A wide variety of vegetables and fruits from all the color groups lead to optimal health. As well, legumes and whole grains are high energy foods.

8. Drink Green Tea

Green tea has been proven to boost metabolism somewhat. This is partly because of the caffeine it contains, but it does increase metabolism greater than other caffeine containing drinks. Drinking green tea on its own probably won't cause you to lose weight but if you substitute soda pop or fruit juices with green tea you are on your way.

9. Decrease Your Stress Levels

Stress not only decreases metabolism, but causes so

many other negative things to happen in your body, it really is a killer over time.

Whether it is emotional or physical in origin, stress triggers the release of a steroid called cortisol and cortisol decreases your metabolism.

Another negative of being stressed is that people have been shown to eat more when they are stressed. So find ways to relax and let it all go for a bit.

10. Exercise to Build More Lean Body Mass

Building more muscle and lean body mass really does boost metabolism. Your ability to burn calories and shed fat is very largely determined by the amount of muscle you have.

Metabolism does decrease with age but it is possible to counter those negative effects. Exercise is essential of course. It's really the only way to do it. Even if you start out slow, any movement is an improvement.

Here is what the experts say about exercising to boost metabolism:

Work out at least twice a week, ideally using weights.

In between workouts, do simpler exercises like walking whenever you can and using the stairs instead of the elevator. All of it burns off calories.

The experts always advise a mix of strength training and cardiovascular exercises.

Strength training involves using resistance and building your level of resistance, which is why you work out with weights. Cardiovascular workouts include walking and aerobics.

Attention Deficit Hyperactivity 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 between 1-20% with 7.4% of children in North America being the more accurate definition. 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 fulfill homework and tasks of daily living and at school
- Cannot organize homework tasks
- Easily distracted
- Forgetfulness during day to day living

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, cannot play quietly
- Excessive talking, often interrupts others
- Cannot wait his or her turn
- Interrupts and often disturbs others during conversations and playing

Homeopathic Products We Recommend:

Spascupreel: Often in 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) 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 bodies natural functions.

The Chiropractic Care

& Longevity Center

5 Gore St. W.
Perth, ON K7H 2L5

PHONE:
(613) 264-0616

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

Chiropractic can be likened to the fence...it is preventative and deliberate by nature, whereas conventional medicine is the ambulance – it was designed to treat illness and disease, not prevent them in the first place with diet, exercise, positive mental attitude, and a healthy lifestyle including chiropractic care.

Office Lending

We would like to continue our office lending, but we are having a hard time getting some of the items such as pillows, back-supports and videos back from some of our patients. If you have any of our products on loan please bring them back to the office so that others can have the benefit of trying them.
Thank you!

Erin Dillon, RMT offers 'Contemporary Acupuncture' combined with Massage Therapy to get the best results!

Why combine massage therapy with acupuncture?

Massage combined with acupuncture promotes circulation, relaxes any remaining tense structures, and cleans up any residual metabolites that may have been released by the needles. The two treatments together provide more therapeutic effects than either treatment alone.

To book an appointment with Erin Dillon, RMT (Diamond Reader's Choice Award Winner for best Massage Therapist in the Perth area, at the Chiropractic Care and Longevity Center at: (613) 264-0616

Thermal Palms Massage: Available at The Chiropractic Care and Longevity Center By Beth Fequet, RMT

A Thermal Palm Massage is a massage that uses soft hot sacks that provide a continuous source of deeply relaxing penetrating heat to the skin and muscle. There are several advantages to thermal palms massage; first the soft sacks mould to the contours of the body and can be used on bony surfaces (i.e. the spine and neck). Secondly, thermal palms can be customized. By this I mean you can have a full spa massage that uses 8 thermal palms or a target massage where you use 2 or 4 sacks to target your problem areas. This allows thermal palms to be used with a 30, 45, or 60 minute massage.

A Thermal Palms Massage can also be combined with aromatherapy to further enhance the relaxation effect.

Thermal Palms Massage helps with: muscle aches and pains, stiffness, poor circulation, arthritis, fibromyalgia, back pain, stress, anxiety and tension, relaxation

The use of deep heat during a massage:

Improves local and general circulation and enhances lymphatic drainage. This in turn flushes waste products released from tissues during the massage more easily. It creates a mild and temporary numbing effect. When deeper massage techniques are indicated, this numbing can help prevent an increase in discomfort. In addition, massaging with heat can reduce the incident of muscle and soft tissue tenderness the day after the massage. It stimulates the parasympathetic nervous system. This is the body's rest and repair mode. When the nervous system is calmed, pain signals to the brain are reduced. This helps the body to recuperate from **stress and relax!**

So indulge yourself with a Thermal Palms Massage! To book an appointment with Beth Fequet, RMT at The Chiropractic Care and Longevity Center at (613)264-0616.

Lymphatic Drainage Massage

Does your body need a helping hand?

In our bodies, the lymphatic system plays a vital role in filtering out toxins, aiding in blood circulation and maintaining a healthy immune system. Lymph cleanses almost every cell in your body.

Environmental toxins, poor diet (processed foods and chemical additives), stress and inactivity are some of the factors that make it difficult for the lymphatic system to successfully eliminate waste. According to some physicians, impaired lymph circulation plays a role in the development of cellulite.

Lymphatic drainage massage is a technique designed to cleanse the human fluid system. This body therapy is excellent in combination with a nutritional cleansing program and infrared sauna sessions.

Benefits:

- ▽ Promotes detoxification
- ▽ May reduce cellulite
- ▽ Stimulates immune system

To book an appointment with Beth Fequet, RMT at The Chiropractic Care and Longevity Center at (613)264-0616.

Experience the Benefits of Monthly Chiropractic!