

January  
2011



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

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## New Year's Resolutions That Stick

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

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

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

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

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

stress, and focus on attaining it.

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

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

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

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

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

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

something you look forward to.

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

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

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

Most of all, don't give up.

**Want a lifestyle change?  
Please ask about our new  
8 Weeks to Wellness now  
offered at the  
Chiropractic Care and  
Longevity Center!**

## CHIROPRACTIC STRENGTHENS YOUR IMMUNE SYSTEM

We know that one of the features of the immune system is that it becomes less efficient as we age, which in turn makes us more susceptible to serious and life threatening infections as well as cancer. If you can build a healthier immune system naturally, doesn't that sound better for your health than interfering with drugs every time your immune system seems to have a hard time?

We are building more and more research that shows that the control of immune function is through your nervous system. A recent research paper shows how Chiropractic care of certain areas of the spine increase serum immunoglobulin M levels (an important part of immune function). The author of the paper stated that it is now clear that immune organs and tissue receive direct control from the sympathetic nervous system and that the immune system has specific receptors to receive this vital information. The reality is that there are numerous natural methods to building a body stronger and allowing us to fight infectious disease and/or autoimmune system disorders.

Chiropractic is proving more and more that it is not only capable of fitting into this category but it is leading the way world wide in the fight to educate and to improve people's overall health. Chiropractic thought is not built on the medical process of treating disease or symptoms directly. It is built on the idea that removing interference to how our brain and nervous system CONTROLS our whole body allows for maximum function of all our systems, organs, and tissues. This includes our immune system. As a result, people with asthma, ADHD, bedwetting, Crohn's Disease, ear infections, allergies and host of other so-called internal problems, have greatly benefited from chiropractic care. In fact, chiropractic intervention has been the saving grace with many of these people who have first been elsewhere without receiving the results they were looking for. By helping these problems, does this mean chiropractic treats these diseases? On the contrary, these problems resolve as a result of the body functioning normally through chiropractic.

There is an increasing amount of research to show that Chiropractic care of certain areas of our spine/nervous system will increase our immune strength. (Takeda, D.C. et al. JVSR, March, 2003, Vol.4, No.4 and the CRJ, Vol. 3 No.1). In fact it is shown that Chiropractic patients overall have a stronger immune system than non-chiropractic patients and that they live longer than non chiropractic patients.

### WHAT DOES THIS MEAN FOR YOU?

This accumulating research proves that you have a natural way of increasing the function of your immune system so that you will be more capable of fighting different types of bacteria, viruses, etc. We have known for quite some time now that Chiropractic patients get fewer colds and influenza viruses. They have been shown to get sick less often than the average person and there is even evidence that they get cancer less often. Put quite simply: What do you want in your life? Do you want a body that is built strong naturally, so that it can thrive with vitality, energy and vibrancy throughout life or a body that is constantly compromised? If compromised, your ability to enjoy life will be less, you may use different medication frequently, and eventually the strength of your body dwindles to end life earlier.

**WE CAN EITHER BE CONCERNED WITH CHANGING THE ENVIRONMENT TO SUIT A WEAKENED BODY OR  
WE CAN BE CONCERNED WITH STRENGTHENING THE BODY TO SUIT THE ENVIRONMENT.**



### Heel Winter Relief Pack

The Winter Relief Pack combines Engystol® and Gripp-Heel® (50 tablets of each) to strengthen the immune system and fight the symptoms of cold and flu: runny nose, sore throat, headaches, muscle aches, shivers and mild fever.

*Receive a free Brocosin® cough syrup 125 ml with the purchase of the Heel Winter Relief Pack. This gift is already included in the pack.*

Scientifically proven effective

The combination of Engystol and Gripp-Heel has been scientifically proven to improve the fighting capacity of white blood cells by 41%.

**Winter Relief Kit available here: \$36.52 tax incl.**

## Remarkable Motivation Secret

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

### 1. Have a mission

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

### 2. Measure improvement

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

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

### 3. Make learning a primary goal

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

### 4. Examine your life

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

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

### 5. Separate work from rewards

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

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

## REMEMBER

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

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

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

Remember that the old couple walking annoyingly slow through the store aisles and blocking our

## Believe

I Believe... That just because two people argue, doesn't mean they don't love each other. And just because they don't argue, doesn't mean they do love each other.

I Believe... That we don't have to change friends if we understand that friends change.

I Believe... That no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that.

I Believe... That true friendship continues to grow, even over the longest distance. Same goes for true love.

I Believe... That you can do something in an instant that will give you heartache for life.

I Believe... That you should always leave loved ones with loving words. It may be the last time you see them.

I Believe... That you can keep going long after you think you can't.

I Believe... That we are responsible for what we do, no matter how we feel.

I Believe... That either you control your attitude or it controls you.

I Believe... That heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.

I Believe... That money is a lousy way of keeping score.

I Believe... That my best friend and I can do anything, or nothing, and have the best time.

I Believe... That sometimes the people you expect to kick you when you're down, will be the ones to help you get back up.

I Believe... That sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.

I Believe... That maturity has more to do with what types of experiences you've had, and what you've learned from them.....and less to do with how many birthdays you've celebrated.

I Believe... That it isn't always enough to be forgiven by others. Sometimes, you have to learn to forgive yourself.

I Believe... That no matter how bad your heart is broken the world doesn't stop for your grief.

I Believe... That our background and circumstances may have influenced who we are, but we are responsible for who we become.

I Believe... Two people can look at the exact same thing and see something totally different.

I Believe... That even when you think you have no more to give, if a friend cries out to you...you will find the strength to help.

I Believe... That credentials on the wall do not make you a decent human being.

I Believe... That the people you care about most in life are taken from you too soon.

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

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

Check your answers on the back page of the newsletter.

## Myth Busters

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

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

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

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

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

**Adjustments make your spine loose.**

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

**Adjustments are not safe.**

Not true. A New Zealand government study concluded that chiropractic adjustments are "remarkably safe". Taking an over-the-counter pain reliever is about 1000 times more risky.

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

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

## HealthToons

by Mark Parisi



## Steak Salad

### Ingredients

- 1 1/2 pounds beef sirloin steak
- 8 cups romaine lettuce, torn into bite-size pieces
- 6 roma (plum) tomatoes, sliced
- 1/2 cup sliced fresh mushrooms
- 3/4 cup crumbled blue cheese
- 1/4 cup walnuts
- 1/3 cup vegetable oil
- 3 tablespoons red wine vinegar
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 3 teaspoons Worcestershire sauce
- 1/8 teaspoon liquid smoke flavoring

### Directions

Preheat oven on broiler setting. Broil steaks for 3 to 5 minutes per side, or to desired doneness. Allow to cool, then slice into bite-size pieces.

On chilled plates, arrange lettuce, tomatoes, and mushrooms. Sprinkle with blue cheese and walnuts. Top with steak slices.

In a small bowl, whisk together oil, vinegar, lemon juice, salt, pepper, Worcestershire sauce, and smoke flavoring. Drizzle over salad.

## Ultra Clear – Detox on a metabolic level – 10 day program

- Addresses altered energetic function.
- Provides nutrients that support hepatic detoxification processes.
- Supplies low-allergy-potential rice protein concentrate with added limiting essential amino acids L-lysine and L-threonine to increase the biological value of the protein.
- Rich in the antioxidant vitamins A, C, E, and beta-carotene, which may help protect against oxygen free radicals generated during the hepatic detoxification process.
- Provides high-molecular-weight rice dextrins as the carbohydrate source and medium-chain triglycerides as a source of readily absorbed and metabolized lipids.
- Comes with a Quick-Start Guide or a more comprehensive Patient Guide for complete program guidelines.

### What is detoxification?

Detoxification is the elimination of toxins from the body that are exposed externally from environmental sources, and internally from products generated by ongoing, normal daily cellular processes. Your liver is the principal player in detoxification, and the UltraClear is designed to give this organ, as well as other tissues, nutritional support for the detoxification process.

### Why do I need a detoxification program?

Today, we are all exposed to toxins in the foods we eat, the air we breathe, and the water we drink. In addition, we produce toxins within our bodies in the processes of digestion and elimination, combating disease and infection, and dealing with stress.

### What is unique about UltraClear medical foods?

UltraClear is patented as a medical food specifically designed for the nutritional support of detoxification. No other medical food

product on the market has been patented for this use. This product is a powdered beverage that contains specific amounts and types of protein, carbohydrates, and fats that are easily absorbed and utilized. A specific core of nutrients and phytonutrients are added to help nutritionally support important detoxification activities.

### Want more details?

See the invitation on the last page of our newsletter to attend a workshop all about detoxification.



## The Heel Detox-Detox on a cellular level

### The Heel Detox-Kit:

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

### Detoxification Why?

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

### Detoxification – How?

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

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

#### Lymphosot® 30 ml Oral Drops

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

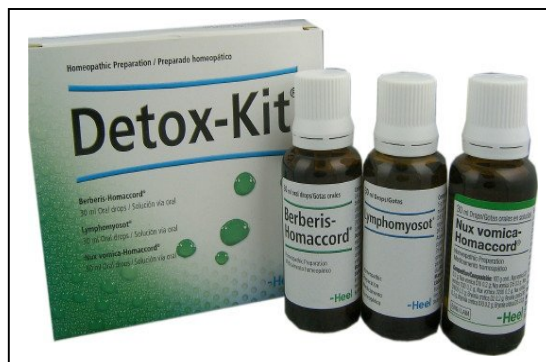
#### Nux vomica-Homaccord® 30 ml Oral Drops

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

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

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

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



### Heel Detox Kit:

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

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

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

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

A systemic cleansing and detox is definitely the way to go after each holiday. It is the key to fighting high blood pressure, heart disease, cancer, and other health-related illnesses.

[Lee Haney](#)

## 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)

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

### More effectively manage stress:

- B-Complex
- Get adjusted regularly
- Have regular massage therapy treatments
- Inner peace kit

### Quit smoking:

- Smokers Cleanse
- B-complex (for cravings)

### Overall better health:

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

### Be happier:

- Happy Tea

## The Toxicity Epidemic A Must Attend Seminar

A tremendous amount of research literature associating toxin exposure to disease has been published, and current estimates suggest that between \$568 and \$793 billion is spent in the U.S. and Canada every year on toxicity-related diseases<sup>1</sup>.

**Exposure to Toxins** – such as heavy metals, pesticides, industrial compounds and pollutants – is a causative factor for many types of **cancers**, **Parkinson's disease**, conditions such as **chronic fatigue syndrome (CFS)** and **multiple chemical sensitivities (MCS)**, and is suggested to affect diverse conditions such as **atherosclerosis** and **diabetes**<sup>2</sup>.

**Cancer Statistics Alone are Alarming** – Our environment may account for as much as 80% of cancer cases<sup>3</sup>. Cancer is the third leading cause of death in children<sup>4</sup>. In particular, the incidence of non-Hodgkin's lymphoma and brain cancer in children have increased 30% and 21%, respectively, between 1973 and 1997, and strong associations exist between these cancers and exposure to environmental toxins like organochlorinated pesticides<sup>5</sup>.

**The Question for Preventive Medicine is...** How do we protect ourselves from the damage toxins can produce in order to promote optimal health and longevity? We simply cannot remove ourselves from all exposures to toxins but we can provide protection from the influence these toxins have on our health by promoting the endogenous systems that protect the body from their effects! The primary system that performs this task is detoxification, or the biotransformation system of enzymes in the liver, which include Phase I bioactivation and the Phase II conjugation. And, since these enzyme systems require many key nutrients to function optimally, phytonutrients can play a major role in promoting healthy detoxification and protection from toxicity.

**Please join us for a free evening seminar and learn about what you can do to protect yourself from these harmful chemicals. Donations to the food bank are welcomed and appreciated.**

### SEMINAR DATE & LOCATION:

**Tuesday January 11<sup>th</sup>, 2011, 7:15pm-8:15pm**  
here at our office (5 Gore Street West, Perth, On.)  
Please RSVP at [chirocare@primus.ca](mailto:chirocare@primus.ca) or call 613-264-0616.

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

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

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

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

### Body quiz answers:

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

**Experience the Benefits of Monthly Chiropractic!**