

June
2011



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

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National Spina Bifida and Hydrocephalus Awareness Month – June 2011 Message from Leona Aglukkaq, Minister of Health

June is National Spina Bifida and Hydrocephalus Awareness Month.

Spina bifida and hydrocephalus are neurologic birth defects. Spina bifida, which occurs when the neural tube fails to close properly during the first four weeks after conception, affects approximately 97 babies every year in Canada. Hydrocephalus is an enlargement of the brain's ventricles due to abnormal flow of the cerebral spinal fluid and affects approximately 159 babies each year in Canada. While the majority of babies born with these types of birth defects survive, they may experience life-long health problems and may require extensive medical and surgical treatments.

The Government of Canada recognizes the impact that neurological diseases can have on the lives of those affected. That's why our Government is working with Canada's major

neurological charitable groups and investing in a four-year study of Canadians affected by these diseases. This study will provide more information about the prevalence of neurological diseases and the risk factors that might cause them. It will also examine how much those affected by neurological conditions use health services and will calculate the current economic cost and the projected impact of these diseases over the next 20 years.

While there is no single known cause for neural tube defects such as spina bifida, proper nutrition and taking the right vitamin supplements before conception and during the first weeks of pregnancy can help reduce the risk. For this reason, it is recommended that all women who are in their childbearing years, even if they are not planning a pregnancy, should take a daily multivitamin that contains 0.4 mg of folic acid.

Women who become pregnant should talk to their prenatal care provider about a vitamin supplement that meets their needs during pregnancy. Flour and other cereal grain products manufactured in Canada are also a source of folic acid.

Canadians, especially those planning a family, are encouraged to learn more about spina bifida and hydrocephalus. A helpful resource is 'The Sensible Guide to a Healthy Pregnancy', which includes important information for a healthy pregnancy, including information on folic acid. For more information, please visit the Government of Canada's Healthy Pregnancy website <http://www.phac-aspc.gc.ca/hp-gs/index-eng.php>

Leona Aglukkaq
Minister of Health
Government of Canada

Vita-Lea® By Shaklee: The Perfect Multi

The key to good health is a commitment that includes a healthy diet and regular exercise—as well as the daily use of a multivitamin-multimineral supplement. Why? Because despite our best efforts, most of us fail to get all the vitamins and minerals we need from diet alone. In fact, fewer than 25% of adults eat the recommended five to nine servings of fruits and vegetables per day. And over time, poor nutritional intake can lead to impaired immune function, feelings of fatigue, and overall suboptimal health. Leading nutrition experts from multiple organizations—including the American Medical Association and Harvard School of Public Health—acknowledge the importance of a daily multivitamin-multimineral supplement. The best of Shaklee science in one of the most comprehensive and balanced supplements you can buy, Vita-Lea® is specially formulated to provide you with 23 essential vitamins and minerals to promote overall health and vitality. Taken daily, Vita-Lea supports long-term colon, heart, and eye health, promotes strong bones and a healthy immune system, and provides protection against free radical damage. A superior formulation compared to other leading multivitamins, Vita-Lea provides:

- 2 times the calcium to support bone building and maintenance of bone density
- 2 times the vitamin D to support calcium absorption and healthy bones and teeth
- 2 times the beta carotene, the natural, plant-based form of vitamin A
- 2 times the vitamin E to promote immune, heart, and cellular health
- 2 times the magnesium to help maintain heart rhythm, as well as muscle and nerve function
- 3 times the vitamin K to support bone metabolism and blood coagulation
- 6 times the boron to aid in the metabolism of vitamin D and support bone development
- 10 times the biotin, a catalyst for energy production

Fitness programs: 10 tips for staying motivated

Have you ever started a fitness program and then quit? If you answered yes, you're not alone. Many people start fitness programs but stop when they get bored or results come too slowly. Here are 10 tips to help you stay motivated.

1. Set goals. Start with simple goals and then progress to longer range goals. Remember to make your goals realistic and achievable. It's easy to get frustrated and give up if your goals are too ambitious. If you haven't exercised in a while, a short-term goal might be to walk five minutes once or twice a day. An intermediate goal might be to walk 20 minutes three or four times a week. A long-term goal might be to complete a 5K walk.
2. Start slowly. If you push yourself too hard at first, you may be forced to abandon your program because of pain or injury. It's better to start slowly and progress gradually.
3. Think variety. Vary your activities to keep boredom at bay. Alternate walking or biking with swimming or a low-impact aerobics class. When the weather cooperates, do your flexibility or stretching exercises outside. Play soccer with your kids. Join a health club or martial arts center to broaden your access to different forms of exercise.
4. Have fun. You're more likely to stick with an exercise program if you're having fun. If you're not enjoying your workouts, try something different. Join a volleyball or softball league. Take a ballroom dancing class. Trade your running shoes for a swimsuit. Remember, exercise doesn't have to be drudgery.
5. Make physical activity part of your daily routine. If it's hard to find time for exercise, don't fall back on excuses. Schedule workouts as you would any other important activity. You can also slip in physical activity throughout the day. Be creative! Take a walk during your child's music lesson. Take the stairs instead of the elevator at work. Pedal a stationary bike or do strength training exercises with resistance tubing while you watch TV at night.
6. Put it on paper. Are you hoping to lose weight? Boost your energy? Sleep better? Manage a chronic condition? Write it down! Seeing the benefits of regular exercise on paper may help you stay motivated.
7. Seek support. You're not in this alone. Invite a friend or co-worker to join you when you exercise. Ask us for information on getting started with a personal trainer here at the Chiropractic Care and Longevity Center.
8. Track your progress. It may help to keep an exercise diary. Record what you did during each exercise session, how long you exercised and how you felt afterward. Recording your efforts can help you work toward your goals — and remind you that you're making progress.
9. Reward yourself. After each exercise session, take a few minutes to sit down and relax. Reflect on what you've just accomplished. Savor the good feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular exercise. External rewards can help, too. When you reach a longer range goal, treat yourself to a new pair of walking shoes or new tunes to enjoy while you exercise.
10. Be flexible. If you're too busy to workout or simply don't feel up to it, take a day or two off. Be gentle with yourself if you need a break. The important thing is to get back on track as soon as you can. Now that you're enthusiastic again, get moving! Set your goals, make it fun and pat yourself on the back from time to time. Remember, physical activity is for life. Review these tips whenever you feel your motivation sliding.

Ten VERY Common Workout Mistakes

We all make mistakes while working out, be it at the gym or home. Many times small errors can be all that is standing in the way between you and your goals. Take a look at these ten common mistakes and get ready to improve your workouts!

- 1) Not stretching enough. Be sure to stretch after your workout and hold each stretch for 15-30 seconds. No Bouncing!
- 2) Lifting too much. Don't lift more than your muscles can handle. Progress slowly and you will see result; plus staying injury free keeps you motivated.
- 3) Not warming up. Prevent injury by spending at least ten minutes on the treadmill, or cardio machine of your choice.
- 4) Not cooling down. Take a few minutes to lower your heart rate...and stretch!
- 5) Training too intensely. It's more effective to sustain a steady but challenging pace than to exercise intensely for only a few minutes if your body isn't used to it. Get bored easily?? Try intervals.
- 6) Not drinking enough. Water, that is. Don't wait until your throat is as dry as the desert sand to take a sip of water. Hydrate yourself before, during and after exercise.
- 7) Leaning heavily on the step mill. Let's face it: if you're leaning, you're not getting the maximum benefits, and it's also hard on your wrists and back. Lower the intensity if it's too hard to do while standing straight up, and rest your hands only slightly on the rails.
- 8) Not pushing yourself hard enough. You should be working yourself hard enough to work up a light sweat- just be sure to stay in your target heart rate zone. Ask us about purchasing a heart rate monitor.
- 9) Jerking the weights. When you have to use your body's momentum to get the weight up, that means it's too heavy for you. Don't risk injury. Control the weight and don't let it control you.
- 10) Consuming the wrong types of "energy" bars and shakes during moderate sessions. High-energy, also means "high-calorie"- foods aren't needed unless you're training for longer than two hours a day (i.e. a marathon). A low-carb and low calorie **protein** shake, like Ultra-Meal, after a moderate weight training session is a much better option. Read your labels.

Triggers for Migraines

1. **Low Blood Sugar:** a high proportion of migraines are greatly improved by eliminating sugar and caffeine from the diet, and not going long periods of time without food.

2. **Spinal Malrotation:** many migraine patients are helped, at least partially, by regular spinal manipulation by a skilled chiropractor. If the manipulations have to be repeated frequently, however, that suggests persistent spasm of the muscles at the back of the neck, probably as a result of poor posture, stress, or allergy, and these factors should also then be looked into.

3. **Food allergy:** about 80% of migraine patients have hidden food allergies which serve as immediate or delayed triggers for their headaches. Some of the more common offending foods are as follows:

- Chocolate
- Sugar, tea, coffee
- Alcohol (especially red wine)
- Food additives (MSG)
- Pork

- Cheese
- Other milk products
- Citrus fruits
- Fatty, fried foods
- Salt and salty foods
- Beans (lima, Italian, pole, broad, fava, string, navy, pinto, garbanzo, lentils, snow peas)
- Pickles and olives.
- Bananas
- Onions
- Peanuts
- Sea food
- Wheat
- Cold foods
- Dried fruits that contain preservatives (such as raisins, dates, figs, apricots)
- Avocado
- Bacon
- Processed meat

4. **Constipation:** this problem, if severe enough, can trigger headaches.

5. **Candidiasis:** Chronic intestinal infection with the fungus *Candida* is frequently a factor in migraines not responding to

treatment of the previously mentioned factors.

6. **Mental and Emotional Stress:** Although obviously a factor, this is in fact far less significant than commonly believed.

7. **Hormonal Factors:** Puberty, menopause, hormone pills, and pregnancy

8. **Other Allergies:** Inhalants

9. **Prescription Drugs:** drug withdrawal (caffeine, propranolol, tranquilizers)

10. **Dental Problems:** Poorly fitted dentures, malocclusion, TMJ problems

11. **Miscellaneous Factors:** Sleeping in more than 1 hour in A.M., flickering lights, noise and vibrations, certain sports, rapid eye movement, steam, poorly ventilated buildings, uncontrolled hypertension, sexual intercourse, tight clothing, weather, high altitude flights.

"Doctor, I feel so tired all the time." Lack of energy is one of the most common complaints patients have. Doctors hear it all the time. While a medical doctor might recommend prescription "uppers" or stimulants, most people self-medicate.

Every morning an ocean of coffee and sodas are swallowed by a population needing their morning "fix." Donuts, sugar-filled "snacks" and other junk food give a high that's followed by a mid-morning crash which is followed by another sugar and caffeine high ... and while riding this roller-coaster the person's overall health deteriorates.

What causes energy depletion?

One of the most common causes of energy loss is an unbalanced body structure. It saps your energy. How? Let's imagine that you carried a bowling ball at your side for a few minutes. "No problem," you may say. But now move that bowling ball a few inches from your body and try it. "Whew, this is getting heavy," you'd say. That's because it takes lots more energy to hold it away from you.

Chiropractic and Energy

It's the same with your body. If your head or neck or hips or any other body part were out of alignment with gravity (even a tiny bit) it would drain your energy.

Your muscles that work to keep you upright would be off-balance; some would work extra hard and stay tight and contracted (or even go into spasm) while others would be loose and weak. Tension in your body from imbalance can also affect blood and cerebral spinal fluid (CSF) flow to your brain and other internal organs.

Whew! Doesn't that sound exhausting?

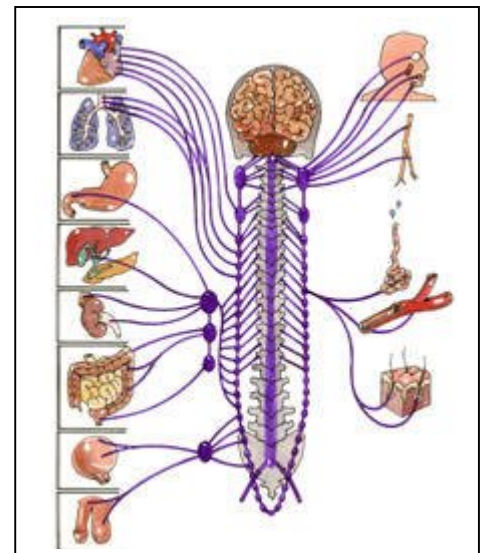
What can chiropractic do?

Your chiropractor is specially trained to locate areas of imbalance in your body that are causing unnatural pressure on your skeletal structure and nervous system. This imbalance can drain your energy and cause weakened resistance to disease, ill health, premature aging and chronic fatigue.

Chiropractic care can improve your quality of life, giving you more energy and physical and mental health. Why wait? Fatigue or exhaustion may be just the first

sign of subluxation deterioration that can affect your vertebrae, discs, muscles, joints and internal organs.

If you know anyone who is tired all the time, living on coffee, sugar and other stimulants, please suggest chiropractic care.



You can't control the wind, but you can adjust your sails.
 – Yiddish proverb

“Health by Choice, Not by Chance” Are You a Good Role Model?

! What are you teaching your children about health? Children learn from those who are important to them in life, like parents and teachers. They learn, not from what you tell them but from your *actions*. What are you teaching them about health? Are you leaving them with a legacy of health and wellness, or one of sickness and disease? Are you teaching them how to be sick, with poor eating habits, high stress, little exercise, and subluxations that go unnoticed, and uncorrected? Do you take drugs for every little ache and pain, teaching them to cover up important symptoms? Symptoms are the alarms our body sends off, to tell us that our behavior is creating disease, or to tell us that something within the body is malfunctioning. When you feel “bad”, do you take drugs to feel better? Do you take aspirin or Tylenol when you have a headache? Are you teaching them how to be well with a nervous system that is free of subluxations, and by living a healthy lifestyle?

By consistently making good decisions with your lifestyle, you teach your children to do the same. The healthiest families on earth are the ones under chiropractic care. The healthiest families exercise, and eat healthy foods. The healthiest families create stress-free environments for their children. The healthiest families are pro-active about their health. They actively *seek* health, as opposed to simply *react* to sickness.

If you are reading this, you are either already one of our practice members, or someone that needs to hear this information. Proactively seeking health in your life, is one of the greatest gifts that you can give to yourself, and your loved ones. If interference in your nerves is being corrected on a regular basis, we applaud your efforts to actively seek health in your life. However, we also want to encourage you to complete the equation of a wellness lifestyle, through regular (and effective) physical activity, and nutrition that enables your tissues to thrive. Your health is a gift, and most people only begin to care about their health, when their health begins to fail. Like the song lyrics say, “You don’t know what you got, ‘til it’s gone...” This widely accepted approach is a tragedy in our society, and it is no wonder that 5 out of 6 North Americans will die of heart disease or cancer. We encourage you to take the steps necessary to seek wellness in your life. Remember, your children are watching you, and they will follow in your footsteps. Where you lead them, is up to you.



Eager to pull a prank on his chiropractor, Dennis taped a bag of potato chips to the small of his back.

Chiropractic Children

Fact: Children under regular chiropractic care have better overall health than non-chiropractic kids.

Fact: Chiropractic kids take fewer prescription drugs and have fewer visits to emergency rooms and medical doctors offices.

Fact: Athletic kids under chiropractic care have ‘enhanced ability to perform sports, faster recovery from injuries and improved reaction or reflex time.’

Fact: Chiropractic care is safe for children of all ages and has beneficial effects on health and fitness from newborn to adult stages.

RHYMES WITH ORANGE Hilary B. Price



Entertainers under Chiropractic:

Demi Moore, Clint Eastwood, Whoopi Goldberg, Cher, Liza Minelli, Bruce Willis, Patrick Swayze, Richard Pryor, Sylvester Stallone, David Duchovny, Tea Leoni, Richard Gere, Robin Williams, Denzel Washington, Jerry Seinfeld, Arnold Schwarzenegger, Mel Gibson, Bob Hope, Doris Day.

Recording artists under Chiropractic:

Madonna, The Eagles, Lou Greenwood, members of Bon Jovi, The Beach Boys, Paul McCartney.

Sportspeople under Chiropractic:

Micheal Jordan, Joe Montana, Dan O’Brien, Evander Holyfield, Cathy Turner, Lance Armstrong, Rocky Marciano, Muhammad Ali, Scottie Pippen, Brett Hull, Jerry Rice, Barry Bonds, Mark Macguire, Wayne Gretzky.

The Amazing Lymphatic System of the Body

Did you know...

- the average body has between 600-700 lymph nodes
- our body contains about 50% more lymphatic fluid than blood
- the lymphatic system has no natural pumping mechanism and depends on movement, exercise or massage, to keep the lymph fluid circulating

The Lymphatic System is made up of:

- lymph fluid, which starts out as plasma, the fluid portion of blood
- lymph nodes, which filter cellular debris, pathogens and toxins
- lymph vessels, which are similar to blood vessels but only have one way valves, that carry the lymph
- lymph ducts, which are the drainage areas for the body

Integrated Lymph Drainage is a precise technique designed to support the function of the lymphatic system. It cleanses the connective tissue of inflammatory materials and toxins; enhances the activity of the immune system; reduces pain; and promotes the optimal functioning of the parasympathetic nervous system. Therefore, it facilitates the healing of injuries, acute or chronic conditions, by decreasing inflammation.

Benefits of ILD

This deeply relaxing technique can be beneficial in relieving the discomfort and chronic pain associated with conditions such as:

- arthritis
- fibromyalgia
- sinusitis
- headaches
- injuries
- whiplash
- TMJ
- varicose veins
- poor circulation
- wounds and scars

What can I expect during the treatment?

It is a very gentle and relaxing technique that can be used to encourage the relaxation and healing response within the body. It is different than a regular massage in that no oil is used and only very gentle, specific palpation is applied to the body. *There is a great deal occurring during a session despite the stillness.*

When combined with other therapies, treatment schedules can be shortened and tissues rebalanced which often prevents reoccurrence of symptoms. Regular treatments will assist to increase lymphatic

circulation and regulate the flow of fluid throughout the entire body, nourishing and cleansing cells, flushing the body of harmful wastes while increasing resistance to sickness and disease.

Will there be any side effects?

Side effects will vary with each individual depending on their overall health, duration and frequency of treatment. Generally a feeling of well-being and deep relaxation will be experienced. Clients may feel the need to sleep after a treatment. Clients may experience increased urine and waste elimination.

Other Modalities to support optimal function of the Lymphatic System:

- Infra Red Sauna
- Rebounding

ReBouncing is an exercise that improves balance, coordination, timing and rhythm. It is one of the most effective ways to move lymph and strengthen the whole body. This is the only exercise that will stimulate the cells of your internal organs, veins and arteries as well as bones and muscles while increasing circulation and flushing the lymphatics. Rebounding exercises support chiropractic, massage and acupuncture treatments.

Infra Red Sauna

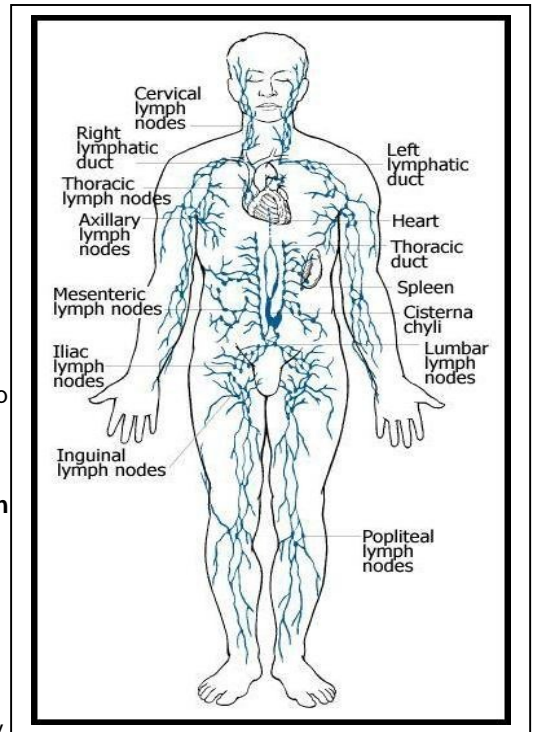
The benefits of infrared saunas include the following:

Boosted immune system: the infrared heat strengthens the body's immune response, resulting in increased resistance to disease. Recent studies show cold and flu symptoms are reduced dramatically if treated early with infrared heat. Infrared sauna benefits include strengthening of your immune system by raising your white blood cell count.

Pain-reliever: increased blood circulation improves nearly any condition. The delivery of oxygen-rich blood to all muscles and joints stimulates the healing process for joint and muscle related ailments.

Detoxification: the deep penetration of the infrared rays into your body and the resonance with your body tissue cells ensure quick removal of body toxins. Your body's natural sweat reaction in the infrared sauna ensures that your skin is deeply purified and that toxins find their way out efficiently.

Skin regeneration: infrared energy is a natural phenomenon. The sun emits infrared energy. Most living creatures emit infrared rays (that is why they can be seen with infrared night viewers). Infrared waves penetrate to the



deeper layers of the skin and assist cell replacement and deep cleansing of your skin. Other effects include purging clogged pores of deeply imbedded impurities and dead skin cells. You will be amazed by your glowing radiant skin. The increased blood circulation encourages a healthy flow of nutrients to your skin that helps relieve acne, eczema, psoriasis and burns. Saunas will also encourage the healing of lesions and minor cuts.

Stress reliever: the warm soothing effect of the radiation will provide immediate benefit to tightened and knotted muscles, leaving you feeling refreshed and invigorated.

Tips when using an infrared sauna:

Ensure that you are adequately hydrated prior to using the sauna. This means that you should drink water and plenty of it. Your infrared sauna will assist in weight loss, but it's not a good idea to replenish the lost calories with high-calorie drinks.

- You can open the front door a bit or open the ceiling vent (if your sauna has one) to allow fresh air to enter. You will continue to enjoy the infrared sauna benefits even while fresh air is circulating through your sauna.
- Place towels on the bench seat and under your feet to absorb perspiration and maintain the cleanliness and hygiene of the unit.
- Limit the use of lotions or oils prior to using the sauna, as these products block pores and limit perspiration.

Book an appointment to have a IDL treatment with Beth Fequet, RMT!

Try our Infra Red Sauna!
First session in the Sauna is free!

The Chiropractic Care
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If you have any
comments or
suggestions about
our Monthly
Newsletter please
email them to Hanna
Murphy at:

E-MAIL:
hmurphy@primus.ca

Thank you for reading
our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

Also:



8 Weeks to Wellness Information Session

Chiropractic Care & Longevity Center

5 Gore Street West, Perth

Tuesday June 7th 2011

7:15pm-8:30pm

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.

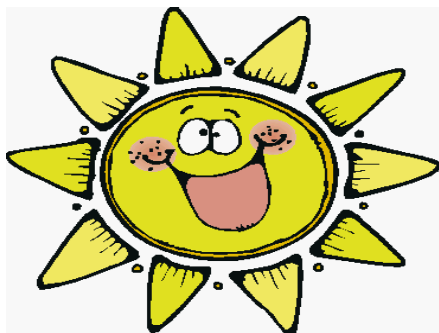
Come learn the details of this program

- 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!

If you miss this date please ask the front desk staff for information for the next session.

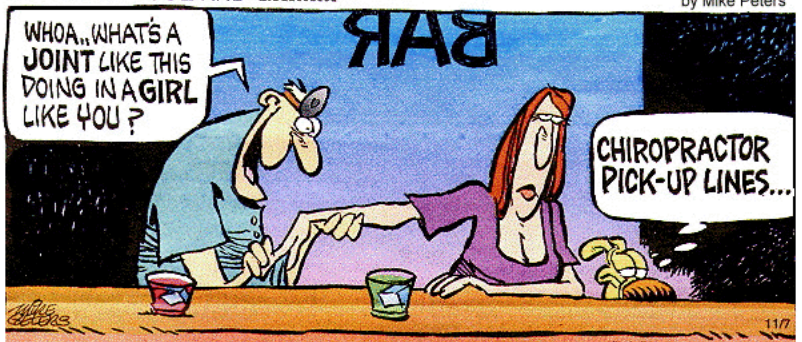
HAVE A SAFE AND
HAPPY SUMMER!



Happy Father's Day!

MOTHER GOOSE AND GRIMM

by Mike Peters



Experience the Benefits of Monthly Chiropractic!