

LaHave River Chiropractic & Health Centre

Winter 2012 Newsletter

Happy New Year! We hope you had a relaxing and joyful holiday season!!!

If you haven't yet seen the pictures up in the office or on our Facebook page, we would like to take this opportunity to welcome the newest member of our chiropractic family: Braeden Daniel MacLeod was (finally!) born on November 18, 2011! He weighed 9lbs 2oz and was 22" long. Dr. Fahie and her husband John are very grateful to everyone for all the well wishes and gifts.



Speaking of Dr. Fahie, she is looking forward to returning to practice on Monday, February 6. Thank you to Dr. Laura Flynn for providing excellent care to our patients for the past 3 months! Upon Dr. Fahie's return the clinic hours will be changing slightly to:

Monday Dr. Cowie: 8:30am – 1pm
 Dr. Fahie: 2pm – 7pm

Tuesday Dr. Cowie: 3pm – 9pm

Wednesday Dr. Fahie: 11am – 2pm; 4pm – 7pm

Thursday Dr. Cowie: 8:30am – 2pm

Friday Dr. Cowie: 9am – 1pm } alternating each week
 Dr. Fahie: 1pm – 7pm }

How to contact us:

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Website: www.lahaveriverchiro.com

Facebook: www.facebook.com and search for "LaHave River Chiropractic and Health Centre"



February Product of the Month: Keeping Your Heart Healthy! CholesterEx by Adëeva



High cholesterol and/or triglycerides are important risk factors for heart disease, stroke and other cardiovascular problems, which are the leading cause of death in North America. Individuals should strive to attain a fasting blood cholesterol level below 3.9 mmol/L (150 mg/d) and triglyceride level below 1.13 mmol/L (100 mg/dL). Lifestyle strategies include eating less animal fat, staying lean, exercising, and consuming foods high in cholesterol-lowering fibre (beans, peas, oats, many fruits and vegetables, ground flaxseed, psyllium husk fibre and salba grain) and taking Adëeva's *CholesterEx* supplement. If lifestyle strategies alone do not return cholesterol and triglyceride levels to the ideal range then your doctor may consider placing you on a cholesterol-lowering drug.

CholesterEx contains two natural agents that are proven to lower blood cholesterol and triglycerides in human clinical trials. These natural agents include Gugulipid and Artichoke Leaf Extract.

Human clinical trials demonstrate that Gugulipid and Artichoke Leaf Extract can lower cholesterol up to 27% and triglycerides up to 30%. These are very significant reductions, which are comparable to the benefits of many cholesterol and triglyceride-lowering drugs.

Gum Guggul or Gugulipid is derived from the mukul myrrh tree, which contains the active constituent guggulsterones that account for its cholesterol and triglyceride lowering effects. Gugulipid was granted approval in India for marketing as a cholesterol and triglyceride-lowering drug in June 1986, due to its impressive efficacy and safety.

Artichoke Leaf Extract contains active constituents that help flush cholesterol out of the body via the fecal route. It increases the flow of cholesterol (and bile, which is a building block of cholesterol) from the liver to the intestinal tract.

Gum Gugulipid and Artichoke Leaf Extract do not cause liver, muscle or kidney damage, making CholesterEx a very effective and SAFE way to help lower cholesterol and triglycerides levels, naturally.

Can You Take CholesterEx With Cholesterol Or Triglyceride-Lowering Drugs?

Yes, if you are already taking drugs to lower cholesterol or triglycerides, you can also take CholesterEx, which in many cases will enable your physician to lower the required dosage of your prescription medications (and in some cases eliminate their need altogether).

February Question of the Month:

Recent research has shown that chiropractic adjustments significantly affect the cardiovascular system in the following way:

- a) Increase blood LDL ("bad") cholesterol
- b) Decrease systolic and diastolic blood pressure
- c) Increase resting heart rate
- d) Decrease blood supply to the spine

For the month of February we will be donating all the proceeds from our Casual Fridays to the **Heart and Stroke Foundation** of Canada!



Fill out a ballot at the front desk with your answer for a chance to win your choice of: the Product of the Month, Orthogel, or an Ice Pack!