



Health News this month



PS. We are trying out some new designs...what do you think of this one?

PRODUCT of the MONTH

FOR MORE THAN STRONG BONES



Calcium and Magnesium with key additional ingredients to absorb and utilize.

Also supporting:
NERVE FUNCTION
HEART HEALTH
MUSCLE CONTRACTION



BONE HEALTH FORMULA
Quality. Affordability. Effectiveness.

10% OFF THIS MONTH @
St. Margaret's Bay Chiropractic Centre

One of the main reasons for taking a calcium based supplement is for bone strength and maintenance, but that is not the only reason! Calcium is also a key element of muscle contraction and nerve health as well as other functions.

Calcium needs to work along with **magnesium** and uses other additions like **vitamin C, boron, and other trace minerals** to be utilized properly. Make sure your supplement has these co-ingredients to allow for the best results. (See more on Page 2)

Dr. Wanda's BONE HEALTH PLUS
Calcium, Magnesium PLUS what you need to benefit most!
10% OFF for AUGUST

SUMMER IS FOR AWESOME FOOD!

Summer is short and sweet and like all of you we soak it up as much as we can. Food in the summer is the same - grab that goodness while it is fresh! There is nothing like enjoying fresh veggies right from the garden or market. I love when my dear wife gently sautés fresh organic kale with garlic and wee bit of olive oil and fresh lemon juice. Short on time? Simply boil organic green beans and add a dash of unsalted organic butter, yummy!

There are just so many healthy options this time of year to choose from. The Farmer's Market every Tuesday at Tantallon (<https://www.facebook.com/Tantallon-Village-Farmers-Market-569179796460620/>) is a great place to stop and shop mid-week. On the weekend, the Hubbards Market (<https://www.facebook.com/HubbardsFarmersMarket/>) is bustling and loaded with fresh organic produce as well. And, not to mention the many roadside stands and farmers selling their goods. Although we are grateful for the big supermarkets and convenience year round, we love to support local, organically grown producers and farmers wherever possible.

We like to do the same thing when it comes to our protein sources as well. We buy eggs from local producers that ethically raise chickens without the use of antibiotics and growth stimulants. We are fortunate that there are many in the community. I love what Cavicchi's meats (<http://www.cavicchimeats.com>) share with us and are located just beside the Bike and Bean. We love their great gluten free sausage.

The research is compelling that it really makes a difference to buy organic, non-GMO produce wherever you can. The potential health benefits are too numerous to list. We all have a budget when it comes to shopping for groceries, so now is the best time to stock up when you can at better prices. Check labels in the the big grocery stores and buy local (or at least Canadian) if you can't get to a farm market for fresh food. Look for produce that is grown without the use of pesticides and herbicides.

Here is a list of what foods are most recommended to buy "clean" if budget is an issue and you can't always buy everything organic:

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Peaches
6. Pears
7. Cherries
8. Grapes
9. Celery
10. Tomatoes
11. Sweet bell peppers
12. Potatoes

Enjoy the summer produce and happy, healthy eating to you and yours!
Dr. A.



RECIPE OF THE MONTH



Berry Cashew "Cheesecake"

(Gluten and Dairy FREE!)

Ingredients: CRUST

- 2 c. almond
- 1 c. dates (pitted)
- 1/4 tsp sea salt
- 2 tbsp water

Ingredients: FILLING

- 3 + 3/4 c. cashews
- 2 to 2 + 1/4 c. berries
- 1/4 c. lemon juice
- 3/4 c. coconut oil, melted
- 3/4 c. water (approx.)

Instructions: CRUST

Grind almonds in food processor to flour-like consistency. If you don't have the ability to grind, you can use coarse almond flour instead and modify the liquid as needed.

Add dates and sea salt. Add water until it stays together.

Press into a lined pan or molds and chill in freezer. I use muffin tins for individual servings or mini-muffin tins for bit sizes.

Instructions: FILLING

Blend cashews, berries, lemon juice, coconut oil and water in a high power blender until very smooth.

Pour or scoop into crust(s) and chill in fridge or freezer until firm (1 to 4 hours).

These store well in a sealed container in the fridge for 5-7 days and in the freezer for 1 month (if they last that long!)

(Dr. Wanda's Bone Health Plus - continued from Page 1)

Here are our most commonly asked questions about CALCIUM-MAGNESIUM supplements, like Dr. Wanda's Bone Health PLUS:

Will I get stones from taking a calcium supplement?

One of the most common questions we get about calcium supplementation is a concern about kidney stone formation. There are different forms of calcium in different supplements, and not all are absorbed or utilized the same. Poor quality calcium has been implicated in stone formation.

We use calcium citrate (one of the most absorbable forms) and calcium hydroxyapatite (one of the best used by bones) along with the added balance of magnesium and the additional ingredients of Vitamin D and K, along with trace minerals that help you use the supplement better and quicker so it doesn't build up where you don't want it. These are worth so much more than the slight cost of adding them in! It matters more to know what ends up in your bloodstream than the numbers on the bottle.

Who needs a calcium-magnesium supplement?

Most people could benefit but we are especially vulnerable as we age. With poorer digestion and absorption of calcium from food, we need more ready calcium in our bloodstream for use by muscles (including the heart), nerves, bones and many other body functions. If we don't have enough calcium floating around, we take it out of our bones and that leads to increases in osteoporosis. After the age of 35, we don't add to our bone density well, so we are working to protect it by keeping stored calcium in the bones! Prevention is a key factor in managing osteoporosis for both men and women, but women carry the higher risk so we need more calcium and should take it regularly.

How much do I need?

There are various guidelines and recommendations in science and health research. The exact numbers vary slightly depending on the focus on taking the supplement. For example, treatment and management of osteoporosis is a bit different than prevention and maintenance.

The recommendations are also based on age as needs change. Here is the recommendation from the National Institute for Health in the USA and most functional medicine recommendations consider this to be the MINIMUM for most people, including what we get from food. (see right).

Table 1: Recommended Dietary Allowances (RDAs) for Calcium [1]

Age	Male	Female	Pregnant	Lactating
0-6 months*	200 mg	200 mg		
7-12 months*	260 mg	260 mg		
1-3 years	700 mg	700 mg		
4-8 years	1,000 mg	1,000 mg		
9-13 years	1,300 mg	1,300 mg		
14-18 years	1,300 mg	1,300 mg	1,300 mg	1,300 mg
19-50 years	1,000 mg	1,000 mg	1,000 mg	1,000 mg
51-70 years	1,000 mg	1,200 mg		
71+ years	1,200 mg	1,200 mg		

* Adequate Intake (AI)

How to I get the most from my supplement? Is there a better time to take it?

Older adults often lack enough stomach acid to properly break up and absorb calcium and these people need it most! Having vitamin D, vitamin K and trace minerals built into the supplement allows us to give you what research shows to be better absorption, better utilization and more value.

Research also shows that we absorb this supplement best at 500 mg or less per dose so breaking up your supplement into a couple of smaller amounts per day can give you more where it counts, inside your body!

Ask us for more information about the benefits of Dr. Wanda's Bone Health PLUS or ask for our information sheet at the office to read the details!

CALENDAR OF EVENTS

HOLIDAY HOURS!

Let us know when your summer holidays are and we can help arrange your care around your schedule! We are here to help keep you on track. AND...if we know you are away, we won't worry when we don't see you :) Let us know when you will be back too so we can help you get back on track after travelling, golfing, driving, playing on the beach or spending days in your garden.

Vacation is great rest for the brain and spirit....but not always a rest for the body and spine with driving, flying and enjoying different activities.

Dr. Andrew and Dr. Wanda Lee are away from **Monday August 6 until Friday August 10.**

During that week we will have hours available once again with Dr. Liz Hallett for two days to get you taken care of!

Here are Dr. Liz's hours:

WEDNESDAY AUGUST 8
2 pm - 8 pm

THURSDAY AUGUST 9
7 am - 11:30 am

The office is CLOSED on Monday, Aug 6 for the Natal Day Holiday, but the phones will be answered for limited hours for the rest of the week so you can call or email for appointments even when we are away.

Claire is going to Mt Allison!

We will be **closed on THURSDAY, AUGUST 30** to move Claire and all of her "stuff" to Mount Allison University.

There will be **additional hours on WEDNESDAY, AUGUST 29** to get your appointments arranged.

Sorry for the inconvenience of odd schedules but we wouldn't want to miss this special day!

CORE EXERCISE for BEGINNERS with Christine Somerville

Our next class is in September! We offer the class at **no charge** to our patients but spots are limited so please register at the office or call 902-826-1088 or email us: info@stmargaretsbaychiro.com

MASSAGE THERAPY

Can you benefit from massage therapy if you have cancer? Is it safe?

Light, relaxing massage can safely be given to people at all stages of cancer. Tumour or treatment sites should not be massaged to avoid pressure on the affected area and underlying organs. If you have any specific concerns, talk to your doctor and massage therapist to address your specific needs and issues.

Some people worry that massage can spread cancer cells throughout the body via the lymphatic system, part of the immune system. Lymphatic circulation occurs naturally when we move. Cancer may spread into the lymphatics via the lymph nodes or may start in the lymphatic system itself. It is generally felt that circulating lymph from massage or other movement does not increase the risk of spreading cancer. Research shows that massage of muscle and soft tissue does not spread cancer cells.

What are the benefits of massage for cancer patients?

Studies looking at the effects of various body-based practices on people undergoing cancer treatments like chemotherapy, show that massage may reduce:

- pain
- nausea
- fatigue
- anxiety and depression

Massage may also generate positive improvements in:



- better sleep
- higher reported quality of life
- feeling more positive about their body
- improved range of movement

Taking a break from the pain and stress can be a wonderful boost with massage therapy!

(Thanks to Christine Renaud, RMT for submitting this article.)



PARKING LOT and SCHEDULING

There are days when everyone seems to arrive at the clinic at the same time :) An unfortunate side effect of summer schedules also seems to be a parking lot that is fuller than normal.

Please be careful and do try to stay within the lines to allow space for everyone.

We are working on options to help. We are juggling our service times and hours slightly on Mondays and Thursdays to help as well, so please understand if we need to re-arrange a few appointments by a few minutes to fit all the pieces together even better:)

“Swimmer’s Ear”

We reprint this popular recipe every year... so here it is for Summer 2018!

This is an excellent preventative measure and can help with **mild to moderate swimmer’s ear** as well. For severe cases, see your medical doctor as the ear can narrow and require attention with stronger medication and even drainage wicks.

- SWIMMER’S EAR REMEDY**
1 part white vinegar
1 part rubbing alcohol
1/4 part hydrogen peroxide (optional)



Swimmer’s Ear is also called OTITIS EXTERNA. It is an irritation and/or infection of the outer ear canal. This is where pool and lake water can leave behind some bacteria or dry out the canal and make it vulnerable to other bugs moving in. Be very careful not to use cotton swabs in the ears too! These can irritate and scrape the lining and create more challenges. If you pull or wiggle the outer ear and it causes pain...it is likely swimmer’s ear! Children are more vulnerable than adults, but anyone can develop this common summer ailment.

This remedy is our favourite and has worked well for our dolphin-like children who love the water. The alcohol is both antiseptic and drying as it combines with any water in the ear and evaporates. The acidity of the vinegar keeps bacteria from growing. The hydrogen peroxide is also antiseptic and the bubbling sound lets your child (or you) know that there are wee bugs getting eliminated in the ear which is reassuring!



PATIENT STORY OF THE MONTH



I have been living with **regular headaches and migraines for about two decades**, and I gave up trying to find a solution or relief years ago and just ‘existed’ through it (you have to live, right?). Last summer, I was in a car accident; a result of which was constant headache and migraine – I made it to a record **24 days straight**. I had never been to chiropractic before, but after six months of physiotherapy I knew I needed to try something different, even if it was only to take me back to where I was pre-accident.

This is where Dr. Kleinknecht comes in. The care I have received has been incredible – to not only have someone listen and understand what I have been dealing with, but to **really** be able to help, has been simply amazing. While I still experience the occasional headache or migraine, the difference the last few months have made really is life changing and I am beyond grateful. **Starting chiropractic has been one of the best decisions I’ve ever made, and I wish I’d made it sooner.** (L.R.)

We so love this!! Thanks for sharing your amazing chiropractic story, Laura! We hope this inspires others to hope for relief and better life too.

ESSENTIAL OIL of the MONTH
Organic Lemongrass!

Lemongrass is most commonly mentioned in summer as a bug repellent - especially mosquitos and ants! It also is a flea killer and is considered safe to spray on pets.

Lemongrass has many other great benefits that you may not know.

Lemongrass helps to relieve muscle pain and body aches, kill bacteria and assist in digestion. It has a wonderful light lemony smell with earthy undertones and blends well with many other essential oils. It is stimulating, relaxing, soothing and balancing.

Lemongrass is a natural deodorizer and works well as both a mist in your diffuser or as a spray. Along with lavender or peppermint it creates a wonderful scent for your bathroom, kitchen or laundry room.

Lemongrass is healing for skin and acts as a natural toner. It also helps with anti-inflammatory and pro-circulatory properties and can alleviate headaches or muscle pain in a cream or bath.

Lemongrass is also a potent addition to cold and flu fighting season as fall approaches. Add this to your diffuser with eucalyptus, peppermint and other favourites to fight bugs in the air around your home as well as in your body!

Enjoy adding organic lemongrass to your essential oil stock and take advantage of all of these potential benefits for you and your family.



