



PRODUCT of the MONTH

BECAUSE YOU JUST CAN'T EAT THAT MUCH YOGURT



LOVE YOUR GUT
26 Billion specifically selected probiotics in every capsule



PROBIOTIC POWER
Quality. Affordability. Effectiveness

Probiotics are a very important part of a healthy digestive system.

Probiotics support the immune system, balance the intestinal environment and inhibit the growth of pathogenic organisms, like Candida.

These beneficial bacteria help the body to produce vitamins, digest foods, and control the overgrowth of bad bacteria and fungus. Probiotics normally present a barrier to invading organisms. However, when they are impaired through stress, illness, antibiotics, or changes to the diet, they can be disrupted.

Unfortunately, we can't "make" more probiotics ourselves and rely on the environment to supply them. As a baby we gain these in breast milk.

As adults we often need to supplement to replace the live organisms.

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SUMMER IS SHORT!

Life is busy and fast for many of us and summer can come and go in a blink if we don't plan to slow down and "listen to the whispers", as my dad is fond of saying.

It seems strange, but it's true. We all would be wise to make a plan to relax, restore and take a holiday. I know that for our busy lives, we have to plan in advance to have family time and and plan our holiday time or else neither will magically occur. Taking time out to enjoy our beautiful province or simply relax in a "stay-cation" is like telling the universe that you matter too. Your well being and health, mentally and physically, depend on rest and rejuvenation.

One of the biggest issues never talked about in health care is chronic sleep deprivation and fatigue. Rest and deep breathing are essential components of a well rounded and holistic approach to health.

We certainly don't advocate going away and leaving all of your good health habits behind. Sometimes for those of us that work inside, this chance to rest can mean just a change of scenery and time with fresh air and more movement. We love to have some activity in our holidays, besides reading a good book. Finding that balance or moving and rest is easier when we have the freedom of holiday schedules. I have enjoyed doing yoga on the beach, usually before the kids were up when we were camping, and then enjoying the rest of the day relaxing on a beach! Coming back to work rested, restored and stronger both physically and with mental focus are the payoffs for holidays so that everyone around you benefits as well.



We will be taking our own advice and enjoying a week of holiday in August with friends creating new memories and restoring our well-being. Dr. Liz will be here once again to fill in but please check our calendar for clinic hours changes so you are ready to enjoy your time off as well!

I think you get my message. Please plan for yourself and your family, and enjoy our short but sweet summers and beautiful falls here in the Maritimes.

Happy Summer! Dr. Andrew and Dr. Wanda Lee

RECIPE OF THE MONTH**Lemon Snack Bars
by Kevin**

Come on in and try our **NEW** recipe.
No bake snacks for summer heat!

Ingredients:

1 c. Almonds
1 1/2 c. Dates
1 tbsp pure Vanilla Extract
1 tbsp Lemon Zest
1 tbsp Lemon Juice
1 1/4 c. shredded coconut
3/4 tsp sea salt

Instructions:

1. Put all ingredients in food processor.
2. Blend until well combined.
3. Press into approx. 10x14 pan.
(Depending on thickness you want)
4. Freeze.
5. Cut into squares and enjoy!
(Store in freezer or fridge.)



(Continued from Page 1 - Probiotics)

Make sure any probiotics you use are either shelf-stable (like ours with guaranteed potency for 2 months) or have been refrigerated at all stages of manufacturing, shipping, storage and retail display. The beneficial bacteria have to be alive to help us so they must be protected properly.

Dr. Wanda Lee spent years looking for a great probiotic that offered a good mix of bacterial culture and could be transported and stored well. Yes, there are liquid probiotics that are great too but without assurance that they were transported in refrigeration, unpacked and stored at cool temperatures, and are kept in your fridge properly at home, it is hard to guarantee potency. We have done the work of researching and choosing the best available products for the best available price. These are the products that WE take so we feel 100% confident in recommending them to our family, friends, and clients too.

These are the probiotics chosen for Dr. Wanda's Probiotic Power Blend:

- **L. plantarum** - This is temp and acid resistant and able to assist in breaking down fibres to assist with bloating or gas. It is able to break down bile acids and associated with lowering cholesterol.
- **L. rhamnosus** - This is a transient bacteria with high resistance to bile salts and stomach acid. Beneficial in vaginal and urinary tract infections and used with eczema, constipation, diarrhea, IBD, and food allergies.
- **L. brevis** - This species provides anti-inflammatory benefits and helps boost immune function by increasing natural killer cells. Benefits are shown in constipation and IBD, even in some colon cancers.
- **L. reuteri** - This species is best known for fighting pathogenic microbes. It is bile and acid resistant. It has been shown to have effectiveness for diarrhea, rotavirus, vaginalis, eczema, urinary tract infection and H. pylori.
- **L. acidophilus** - This is the most prevalent species in the body and makes up 20% of normal flora. Used for those with lactose intolerance, IBS, lyme, acne and more.
- **B. longum** - This species breaks down bile salts, helps synthesize B vitamins, decreases "bad" bacteria like E coli, clostridia and Coliform plus stimulates the immune system. In studies, it improves constipation.
- **B. breve** - This is shown to repress ulcer-inducing bacteria and other non-beneficial rotavirus and clostridium species. It is helpful in colonizing infant bowels as well.
- **B. lactis** - This acid tolerant species stimulates mucosal and cellular immunity. Research supports benefits in preventions of cold and flu, diarrhea and constipation as well as GI inflammation.
- **B. bifidum** - This is the second most prevalent species in the body and produces B vitamins plus helps with absorption of minerals and inhibits growth of unfriendly bacteria. It is helpful in IBD and reduces inflammation.

These probiotics are generally considered quite safe for most people. However, as with all chemicals, there are some people who are sensitive to specific components.. Please consult your doctor if you have any specific questions or concerns about your suitability. No contraindications are known but potential drug interactions may exist.

CALENDAR OF EVENTS

MONDAY, JULY 2, 2018 Canada Day Holiday

We are closed for the statutory holiday!

Dr. Andrew and Dr. Wanda Lee will have **additional hours on Tuesday** and Dr. Wanda Lee will be staying **later also on Thursday pm** to make appointments available instead of our Monday hours.

ADDITIONAL HOURS CHANGE for Dr. Wanda Lee:

PLEASE NOTE

Dr. Wanda Lee will also be unavailable on **THURSDAY, JULY 12 for the Eastern Canadian U16 Football Championships with Thomas in Ontario.**

She will have additional openings on Monday and Tuesday, July 9 and 10 to accommodate your appointments!

SUMMER 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!

Dr. Andrew and Dr. Wanda Lee are away from **Monday AUGUST 6 to Friday AUGUST 10, 2018**

We will have chiropractic hours available once again with Dr. Liz Hallett!

Here are Dr. Liz's hours:

**WEDNESDAY, AUGUST 8
2 pm - 8 pm**

**THURSDAY AUGUST 9
7 am - 1130 am**

Summer is a great time for Massage Therapy!

Time for a massage before the summer activity aches and pains catch up?

With the nicer weather starting to appear, it's very common for people to spend a lot of time outside enjoying it. Camping, hiking, road trips and summer sports are all common activities that people do this time of year. Have you ever gone camping and, after sleeping on an air mattress, have a hard time getting moving in the morning? Regular massage will combat those tight muscles from sleeping in a tent or sitting at picnic tables for an extended period.

If you enjoy hikes in the summer, do you notice that those hills are getting tougher on your legs and it's taking longer for the muscle soreness to disappear? Think about having regular massages to keep your legs loose so you can power through those hikes without the stiffness!



(Thanks to Stephanie Locke for contributing this article)

Check our schedules in office for massage therapist vacation times. We will do our best to accommodate all your special summer schedules as well!

Patient Story of the Month



"When Dr. Andrew asked me to write a little something about how Chiropractic care has helped me, I jumped at the chance to share my story. I am in my early 50s and have had back, neck and sciatica problems for the last 35 plus years. Then on top of that, I developed Plantar Fasciitis and heel spurs on both feet from working a job where I was on my feet 8 – 10 hours a day. I was a mess! I am sure if I was a horse, they would have put me down...lol.

I had been off work since November and was having a very hard time trying to find a job that I thought I could handle due to all this. I decided to try Chiropractic care and my best friend recommended Dr. Andrew. So off I went...I was really impressed by the thorough assessment and testing that was done at the initial visit after which I was sent for xrays. The results came back and I began my adjustments right away. My treatment plan includes adjustments 3 times a week, Laser Therapy for my feet and I treat myself to a Massage every 2 weeks. This has been going on now for almost 2 months and what a difference it has made in my life!

Now I know that each case is different depending on the circumstances, but my results have been truly amazing for me... The pain I was experiencing daily for the last 35 years is now all but gone. I have full mobility in my neck again and it has stopped that god-awful cracking sound. It actually doesn't hurt to stand and sit straight anymore. My feet are doing great as well and I am now able to be up and around doing the things I want to do. A few surprises have happened as well. My breathing is much better, the migraines I was having are gone, my vocal range for singing is returning and amazingly enough, I am now standing 2 inches taller. All this and it has only been 2 months. There is more work to be done but I am now well on my way.

None of this could have happened if it wasn't for Dr Andrew and his amazing staff. I now have an active life again and am enjoying doing things pain-free. For anyone reading this and wondering if chiropractic might be able to help you, I say definitely give it a try and I hope you will be as amazed with your results as I am with mine."

Submitted by: Dar Snyder (and shared with permission)

Thank you, Dar! We are thrilled for you and love sharing this to help others know that healing is possible even after many years!



Best wishes to Thomas Kleinknecht and the U16 12-man NS Football Team as they compete this month in Guelph, Ontario for the Eastern Canadian Championship vs teams from Ontario, Quebec, Saskatchewan and New Brunswick.



We wish them all a safe and successful event!

THANK YOU!

A very sincere thank you to all who made time to stop in, send best wishes and participate in our "official launch" of Dr. Wanda's Wellness on June 13th. We are thrilled to offer locally encapsulated, quality formulas that have solid value and effectiveness.



CONGRATULATIONS to all of our prize winners too!



**ESSENTIAL OIL of the MONTH
Organic Grapefruit!**



With Grapefruit the Essential Oil is present in its peel, and extracted by compression. Many of its helpful properties match those of the essential oils of other citrus fruits. Here are some of the possible health benefits of using Grapefruit Essential Oil that are notable:

Lymphatic effects: Its activity as a lymphatic substance is probably the best property of grapefruit essential oil. The lymphatic system plays a vital role in our body in clearing toxins. Combine 2 drops with a bit of Fractionated Coconut Oil and rub directly over areas of cellulite. Grapefruit oil is a lymphatic stimulant, and because cellulite is stagnant lymphatic tissue, it may help reduce cellulite.

Antioxidant effects: Like the fruit itself, the essential oil of Grapefruit is rich in antioxidants like Vitamin C. This boosts our immune system and fights against the activity of free radicals. This oil can be effective in protecting the body from harm done by various oxidants and toxins, including premature aging, degeneration of tissues and other related problems.

Disinfectant and Antiseptic effects: The antiviral and antimicrobial properties of grapefruit essential oil make it a good disinfectant. It not only protects the body from new infections but also eliminates the infections which are already there. Grapefruit essential oil keeps the skin clean. The antiseptic properties of grapefruit essential oil make it perfect for application on bruises, wounds, cuts, and acne to protect them from microbial infections. Dilute 2 drops with a little Fractionated Coconut Oil and apply to oily skin or acne to better manage breakouts.

Mood boosting effects: Like the essential oils of most citrus fruits, grapefruit essential oil has an uplifting and relaxing effect on mind. First, due to its aroma and second, due to its stimulating effects of certain hormones that have uplifting effects on the brain.

Appetite Suppressant effects: If you think you need to eat less and have a good appetite then, this essential oil could be very helpful. However, that doesn't mean that you need to take it just before the dinner. Put 3 drops in a diffuser to help reduce sugar cravings.

Diuretic effects: It helps in the removal of excess water, fats, sodium, uric acid and other toxins from the body and also reduces blood pressure to keep the heart healthy. Frequent urination also keeps the urinary tract free from infections. It cleans the kidneys of all calcareous and uric deposits and protects them against renal calculi and infections.

Muscle effects: It can also be beneficial for treating stiffness and cramps in the muscles and we use it in our muscle relaxing blend for this reason.

A Few Words of Caution: Grapefruit essential oil can cause skin irritation if exposed to strong sunlight after application. Essential oils can vary in quality and strength so refer to product information for the specific oils that you use for more.

Blending: Grapefruit Essential Oil blends very well with Bergamot, Frankincense, Geranium, Lavender! Blend with Peppermint for additional muscle relaxing effects. Blend with Frankincense for cell repair and anti-aging potential. Grapefruit works in any blend as a citrus component and is also lovely on its own. We love our grapefruit!

