



PRODUCT of the MONTH



Turmeric Boost
Natural Anti-Inflammation
60 vcaps

Turmeric BCM-95®

Turmeric contains the chemical "curcumin". Curcumin and other chemicals in turmeric can act to decrease inflammation in many areas of the body. There are also anti-oxidant benefits, as curcumin is shown to neutralize free radicals and stimulates the body's own antioxidant enzymes.

Because of this, turmeric can be beneficial for treating conditions and/or symptoms that involve inflammation. Studies have shown benefits in conditions like:

- ▶ **Arthritis**
- ▶ **High Blood Pressure**
- ▶ **High Cholesterol**
- ▶ **Autoimmune disorders**
- ▶ **Fibromyalgia**
- ▶ **Inflammatory Bowel Disease**
- ▶ **Psoriasis**
- ▶ **Mild depression**
- ▶ **Alzheimers Diseases**

WHY CHOOSE THIS ONE?

Turmeric BCM-95™ is a reconstituted purified and standardized extract of turmeric rhizome with a unique blend of essential oils (tumerones) and curcuminoids to enhance absorption and efficacy (7x bioavailability).

OUR DOOR IS ALWAYS OPEN!

Spring always brings back people in our community of patients that haven't been here in a while. Starting up in the garden, getting busy with sports, or just wanting to move and feel better all seem to be even more important to us as the weather improves and we come out of hibernation!

We are honoured when you think of us again and, more importantly, that you have chosen to improve your health again with chiropractic care.

Most of you know that we feel "proactive" and preventative health care beats "reactive" illness care and there is lots of research to support the long benefits of regular chiropractic care. We also know that sometimes life just happens to us! Despite our best intentions, we can get off track, It is never too late to start again and we are always here to help. Some wise soul said that "Life is what happens when we are busy making plans". Man is that true!



So, if it has been a while, come on back! Spring is a great time to resume your care and you are always the final decision maker on when to stop care as well. You will get our best advice, our best techniques and our heartfelt caring - we always want what's best for you!

Whether you come regularly or when you need some repair work done, our door is always open!
Dr. Andrew and Dr. Wanda Lee

Thanks to the Hammonds Plains TOPS group for inviting Dr. Andrew to share nutrition and healthy living strategies!



RECIPE OF THE MONTH**CACAO
FUDGE
FAT
BOMBS****Ingredients:**

- 1 cup unsweetened almond butter
- 1 cup organic coconut oil
- 1/2 cup raw cacao
- 1/3 cup coconut flour
- 1/2 tsp sea salt
- 1/2 tsp vanilla extract
- 1/4 tsp powdered stevia (optional)

Directions:

Melt and whisk almond butter with coconut oil.

Add cacao, coconut flour, sea salt, vanilla and stevia (if using).

Combine well and pour into silicone molds on a tray. Alternatively, let set in a bowl and then scoop into balls.

Let them set in the fridge or freezer.

Store in a glass container in the fridge.

When you need a quick snack or a sweet treat, grab one of these sugar-free ketogenic bites!

I'm only wishing to go
a-fishing; For this the
month of May was
made.

Henry Van Dyke

M ♡ Y
we've been waiting for you

(continued from page 1 - TURMERIC)

One 400 mg dose of Dr. Wanda's Wellness Turmeric BCM-95™ is equivalent to taking 2772 mg of standard 95% curcumin extract!

WHO SHOULD NOT TAKE TURMERIC?

Turmeric is considered very safe but, as with all body chemistry, there are some who do not tolerate turmeric supplements. The high quality and purity of this BCM-95 blend make it easier to digest with less stomach irritation and no documented reactions, but caution is advised for the following:

- ▶ Turmeric might slow blood clotting. Stop using turmeric at least 2 weeks before a scheduled surgery. It should be used with caution and with medical supervision in those taking blood thinning medications like warfarin, heparin, Plavix, etc.
- ▶ Turmeric can cause stomach upset in some people. Do not take turmeric if it worsens symptoms. This brand of Turmeric BCM-95 has significantly less stomach irritation than other Turmeric supplements and is well tolerated by most!
- ▶ Use with caution if you suffer from gallstones or bile duct obstruction.
- ▶ Do not exceed dose indicated if you have iron deficiencies.
- ▶ Please see our reference sheet for more info or ask us about your specific health history if there are any concerns.

WHO SHOULD TAKE TURMERIC?

We recommend Dr. Wanda's Wellness Turmeric Boost for those who need help reducing inflammation. It is helpful in all kinds of arthritic and overall inflammatory joint, muscle, gut, and brain symptoms. It is recommended for post-concussion injuries. Dr. Wanda Lee has been using and testing different turmeric for about 1 year and has noticed definite improvements!

ESSENTIAL OIL of the MONTH: Organic Eucalyptus

Eucalyptus oil benefits are well-known and wide ranging, and its properties include anti-inflammatory, antispasmodic, decongestant, deodorant, antiseptic, antibacterial, stimulating, and other medicinal qualities. Eucalyptus essential oil is colourless and has a distinctive taste and odour. The health benefits of eucalyptus oil can include the following:



Wounds/Bites: Eucalyptus essential oil has antiseptic qualities because of its germicidal quality. It is also an effective salve for insect bites and stings.

Respiratory problems: Eucalyptus essential oil is effective for treating a number of respiratory symptoms including cold, cough, runny nose, sore throat, asthma, nasal congestion, bronchitis and sinusitis. Eucalyptus oil is antibacterial, anti-fungal, antimicrobial, antiviral, anti-inflammatory and decongestant in nature. A study published in Laryngoscope in 2004 shows its usefulness in treating non-bacterial sinusitis. Patients suffering from non-bacterial sinusitis showed faster improvement!

Mental exhaustion: Eucalyptus oil, a stimulant, can improve exhaustion and mental sluggishness. It can also be effective in the treatment of stress. Eucalyptus essential oil is used in some classrooms as a form of aromatherapy to increase student performances.

Muscle pain: If you are experiencing joint and muscle pain, massaging eucalyptus oil in a lotion on the surface of the skin helps to relieve pain and inflammation.

Insect Repellent: Due to its well-known qualities as a bug repellent and natural pesticide, it is frequently used as a natural treatment of lice. Check our recipe on page 4 for more!

Room freshener: The antiseptic and deodorant nature of eucalyptus oil makes it a perfect room freshener. It also kills bacteria and germs in the air, keeping the environment of the rooms clean and sterilized. It is great in your diffuser to clean the air and prevent the spread of viruses.

CALENDAR OF EVENTS

**Saturday, MAY 12, 2018
BAY SENIOR WELLNESS EXPO**

Join Dr. Andrew at the Bay Seniors Expo. Stop by to say hello and see what we have for specials and give-aways.

**SATURDAY, MAY 12, 2018 @ 9- 10 am
CORE EXERCISE for BEGINNERS
with Christine Somerville**

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

**MONDAY, MAY 21, 2018
Victoria Day**

We are closed for the statutory holiday! Dr. Andrew will have additional hours on Tuesday PM and Dr. Wanda Lee on Tuesday and Thursday PM to make appointments available instead of our Monday hours.

**MARK YOUR CALENDARS!
Dr. Wanda's Wellness OPEN HOUSE
Wednesday June 13, 2018
Drop in from 6-8 pm**

Drop in and join us for the "official launch" of our new supplement line, Dr. Wanda's Wellness. Find out more about each of the products and how they are selected, enter to win door prizes and giveaways and share some healthy snacks.

**DO YOU KNOW WHAT IS
IN YOUR SUPPLEMENTS?**

WE DO.



Each ingredient in our supplements was chosen specifically, so you get exactly what is needed. Nothing more, nothing less.

Quality. Affordability. Effectiveness.

**JOIN US FOR OUR OPEN HOUSE
AND FIND OUT MORE!**

**St. Margaret's Bay Chiropractic Centre
Wednesday, June 13th, 2018
6 - 8 pm**

Door Prizes and Healthy Snacks too!
5715 St Margaret's Bay Road
902-826-1088

CLIP AND SAVE: 10% OFF PRODUCTS.

Expires June 30, 2018

CHIROPRACTIC CARE DURING PREGNANCY

Receiving chiropractic care while pregnant is safe when performed by a **licensed chiropractor**

Did You Know?

Pregnant women who sleep less than 6 hours average 29 hours in labor; women who sleep 7 or more average 18 hours

80% of pregnant women don't receive treatment for muscle pain related to pregnancy

CHIROPRACTIC CARE CAN HELP YOU AVOID:

- LOW BACK PAIN
- SCIATICA PAIN
- MEDICATION USE DURING PREGNANCY
- SLEEP PROBLEMS DUE TO PAIN

A LONGER DELIVERY
Pregnant women who receive chiropractic care experience 25% less time in labor

A BREECH BIRTH
The chiropractic Webster Technique had an 82% success rate in moving babies from breech to cephalic position

Know someone who is pregnant or trying to be?

Chiropractic care is an amazing way for MAMA and BABY to enjoy a better pregnancy and delivery.

Back pain , neck pain or headache does NOT have to be part of the pregnancy experience and avoiding medication is good for baby as well.

Try chiropractic first!

Ask us for more information. We can also get permission to talk to some of the great Mamas in our office and hear how chiropractic helped them :)

Massage Therapy

Have you seen those cups on Stephanie's desk and wondered what that was all about?

Cupping is actually an ancient alternative medicine and is a great addition to massage therapy for many clients. Many of the same benefits from traditional massage also apply for cupping. These include: helping with pain, inflammation, increasing blood flow, relaxation and well being and can be used as deep tissue massage.

The material of the cups is hard plastic and the air is suctioned out with a pump. The skin is pulled up into the cup which creates the skin to look reddened because the blood vessels are expanding, which is completely normal. During a treatment the cups can be stationary, or massage lotion is applied and the therapist will move them around to help separate the layers of tissue and get blood flowing through the layers. People note that if the area is a little sensitive to touch that cupping is beneficial because it isn't pushing down into the tissue.



If you find this interesting, have other questions or think this is a treatment you may want to try, book your appointment with Stephanie Locke RMT and try it out today. This treatment can be reimbursed under Massage Therapy benefits.

Call 902-826-1088 to schedule your time for a spring tune up! Christine and Stephanie are conveniently available for daytime, evening and weekend appointments to meet your needs...6 days a week!

PATIENT STORY OF THE MONTH



"Bonnie's Story"

"Starting in February 2018, I was feeling very weak and was having trouble walking and standing. By early March, I was falling down and unable to get back up. This happened multiple times in one day in the beginning of March and then I ended up in the hospital in Twillingate, Newfoundland. I was in the hospital for 5 days where they provided me with daily blood tests and one X-Ray. This did not help with the weakness in my legs or explain why I was so weak. The hospital proceeded to discharge me on a Tuesday, without explaining or investigating the problem further than a single X-Ray. As I was leaving the hospital, I fell again! I was re-admitted to the hospital, no further tests were given to figure out what was going on, and they released me again on that Friday. I went home, alone, barely able to walk using a walker supplied by the hospital Red-Cross. No home care was available and no answers were ever given.

The following Wednesday my son Josh flew to Newfoundland and packed me up and brought me back to Nova Scotia. I arrived on a Monday and by Tuesday I had an appointment with Dr. Wanda-Lee and the team at St. Margaret's Bay Chiropractic where they did a much more thorough exam and diagnosis than I received in the hospital in Newfoundland. I received my first treatment on March 20, 2018. By that Friday, I had received 3 treatments with Dr. Wanda, and I was able to walk with my cane, no walker and not much wobbling while walking.

Fast forward to today, April 25, 2018 and I am walking without my cane, I am walking up and down stairs without the help of anyone and without the fear of falling. I have not used my cane for 2 weeks now and I have not felt this good in at least a year. The treatment I have received here has been amazing and has changed how I can live my life. I can stand up without much effort, I can go to the gym and walk around the track, I can take care of myself without fear of falling or stumbling.

THANK YOU for sharing, Bonnie! It is amazing how many wonderful changes you have made in such a short time. Your story is inspiring!

BUG AND TICK REPELLANT using Organic Essential Oils

We have had so many questions lately about using essential oils to create a "homemade" bug or tick spray, that we thought this was a perfect month to share some favourites using our organic essential oils! Unfortunately, we just don't have time in the schedule for a workshop so here is the next best thing!

Eucalyptus as our feature this month - it is a well-known insect repellent and used for many years around the world. We also have some small and medium spray bottles in stock to help you get started right away!

Using Essential Oils always requires dilution so it isn't too strong on your skin. Please make sure that you have appropriate carrier oils and liquid balance when working on these recipes for yourself.

Along with Eucalyptus, other essential oils to try for insects are Lavender, Tea Tree, Rosemary, Lemongrass, Peppermint and Geranium. Ticks seem most responsive to avoiding Peppermint, Geranium and Tea Tree. Ants don't like Peppermint so spray around areas they may access to discourage them from coming indoors!



All Natural Insect Repellent & Bug Spray:

In a small to medium spray bottle, with a fine mist setting, combine:

- 4 ounces of distilled water (or carrier oil for lotion)
- 15 drops of Organic Lavender essential oil
- 15 drops of Organic Eucalyptus essential oil
- 5 drops of Organic Lemongrass essential oil
- 5 drops of Organic Rosemary, Geranium, Tea Tree OR Peppermint essential oil

Add a few drops of alcohol (eg. vodka) or witch hazel as a preservative as these do break down quickly, especially if you decide to make a bigger "batch". If you don't want to use the preservative, just make a small amount like this and replace weekly.

Shake before spraying as the oils will settle in the water and need to be mixed again!

This blend can be sprayed on the skin, on the clothes, and even used as a room spray. Avoid the eyes, and be careful with sensitive skin – spray on a small area of skin first before using on the whole body.

Don't have all of these ingredients?

Start with Eucalyptus and Lavender - these have the widest application and effectiveness (and are safe for dogs) and add to your supplies as you go!

What about pets?

Tea Tree and Citrus oils should not be used on pets. Lavender, Eucalyptus and Lemongrass are generally recommended for dogs. There is conflicting information regarding cats but generally essential oils are used sparingly or not at all due to all that grooming!

Don't like sprays or want more options?

Bug repelling organic essential oils can also be added to your natural body cream, body butter, or coconut oil and used on the skin as a lotion. Sprays can be easy to reapply and great for pets or on the go, but a lotion can give you a head start on the day. This can also be a great option for kids to make sure you get all the vulnerable spots covered!

