




**ST MARGARET'S BAY  
Chiropractic Centre**  
BODY • FAMILY • LIFE  
Dr. Andrew Kleinknecht B.Sc. D.C.

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Serving the St. Margaret's Bay and surrounding communities since 1994.

## PRODUCT OF THE MONTH

### MAGNESIUM GLYCINATE

10% OFF IN AUGUST!



Magnesium is thought to be the most common nutrient deficiency in the North American diet. This product provides magnesium bound to the amino acid glycine, making it very body-friendly and highly absorbable. The primary benefit of this form of magnesium is that it can be taken in high doses without the concern for bowel upset. We often recommend Magnesium if you suffer from migraine or muscle tension or if you have trouble sleeping but there are lots of reasons to take this key supplement!

- Magnesium is required for over 300 essential biochemical reactions in the body!
- Magnesium keeps muscles relaxed, including the heart and blood vessels.
- Magnesium is also involved in adrenal hormone production, which may help to relieve stress and may provide support for those with anxiety or trouble sleeping.
- Magnesium is well known to help with conditions involving muscle spasms or cramps. It is often recommended for assisting those suffering with fibromyalgia as well.
- Magnesium is required for calcium to be incorporated into bone and is important in the support for osteoporosis.



## REMINDERS FOR A GOOD LIFE

These are the intentions I have that I thought I would share. Hope they land well for you too :)

1. Go with the flow
2. Let love in
3. Relax-slow down
4. Smile more
5. Compare less
6. Look for the good stuff
7. Tell someone you love them just the way they are.
8. Tell yourself the same
9. Appreciate more
10. Sit in nature somewhere

That's all I've got -it aint much but I figure it's a darn good start!



Dr Andrew

### FEE UPDATE

On September 1, 2024

Fees for Chiropractic services will increase to:

ADULTS \$60

SENIORS \$58

CHILDREN/STUDENTS \$53

If you would like to take advantage of saving the cost of inflation, we can help! Talk to us about a financial plan before Sept 1st .

\*\*All current plans will be honoured at their purchase rate until complete



## CALENDAR OF EVENTS



Closed Monday Sept 2nd  
Labour Day  
(We have added extra hours  
on Friday Sept 6th)

## Recipe of the Month

The Ultimate Healthy Blueberry  
Crumble



### INGREDIENTS:

- ¾ cup old fashioned oats (gluten free if necessary)
- ¼ cup whole wheat flour or millet flour
- 1 tsp ground cinnamon
- 2 tbsp pure maple syrup, room temperature
- 1 ½ tbsp unsalted butter, melted
- 6 cups blueberries (fresh or frozen)
- \*If using fresh blueberries, then add 3 tablespoons of water to the blueberry filling, just before adding the cornstarch
- 3 tbsp cornstarch

### INSTRUCTIONS:

Preheat the oven to 350°F, and coat an 8" square pan with nonstick cooking spray or oil.  
To prepare the topping, whisk together the oats, flour, and cinnamon in a small bowl. Make a well in the center. Pour in the maple syrup and melted butter. Stir until fully incorporated.  
To prepare the filling, toss the blueberries with the cornstarch in a large bowl until completely coated. Transfer the filling to the prepared pan, and sprinkle evenly with the topping. (The topping tends to clump, so break it up into really small pieces!) Bake at 350°F for 45-55 minutes or until the juice is bubbling at the sides of the pan. Cool completely to room temperature; then refrigerate for at least 3 hours before serving to allow the juices to fully thicken.

## Patient Testimonial of the Month



Dr. Andrew takes the time to explain the work he performs by educating his patients on how to properly take care of your body. I have felt significant improvement in my pain levels & headaches because of the corrective care & knowledge I have been given. I believe his work is crucial for anyone wanting to prolong their health or just live a better day to day life - I am so thankful to be a patient at St Margaret's Bay Chiropractic Centre. From the lovely front desk staff, to the incredible Chiropractic care by Dr. Andrew, every visit to their clinic leaves me feeling more like myself! As a Makeup Artist, I'm constantly on my feet - it wasn't until seeing Dr. Andrew that I realized the importance of correcting your body's alignment & acknowledging when, and why discomfort is present - starting this process has been the best choice yet! Forever grateful for St Margaret's Bay Chiropractic Centre!

Eilidh MacPhail Cantwell

\*\*Please note that all information is shared with the expressed permission of clients. This is the experience of an individual and is not meant to imply or guarantee results in others. Health care is unique to each person's history, diagnosis and condition.

