



Health News this month

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PRODUCT of the MONTH

Dr. Wanda's Wellness BONE HEALTH FORMULA

Calcium supplementation is recommended for all women over the age of 35 and for everyone over the age of 55 due to risks of bone loss and osteoporosis (unless you have issues with kidney stone formation).

FOR MORE THAN STRONG BONES



Calcium, Magnesium, Vitamins D and more created for stronger bones.

ALSO SUPPORTING:
Nerve Function
Heart Health
Muscle Contraction



BONE HEALTH FORMULA
Quality. Affordability. Effectiveness.

10% off for APRIL

This is more than just Calcium!

Check out our amazing Bone Health Formula for calcium/magnesium PLUS the key minerals and ingredients to help you absorb and utilize those key supplements. It is what goes inside your bloodstream and get's used by your body that counts, not what goes in your mouth!

Find out more about our Bone Health Formula on the website:
<https://stmargaretsbaychiro.com/dr-wandas-wellness-custom-created-nutritional-supplements/dr-wandas-wellness-bone-health-plus/>

10% OFF for APRIL

Dr. Andrew: What I Learned This Month

If you haven't checked out Dr Wanda's weekly podcast, "Beyond Your Wildest Genes", you should! This is one of the places that I go to keep up to date with great experts, health news and current trends.

I urge you to check out one episode specifically from early March called the "Hormone Fix" with Dr Anna Cabeca, MD.

Dr. Cabeca provided some fascinating information about your body's hormones. She makes a very complex issue, very simple. I especially noted her views on the proper way to eat to be healthy and how that can support your body's hormonal changes as we age. She refers to alkalizing (reducing acid) your body each morning with shakes and greens. As you probably know, we have followed this research for many years and advocated for more greens. Now, it seems there are even greater benefits! Your body's pH needs to become more alkaline in most cases. This can easily be measured in our office with little strips that you can check by using mid-stream while urinating or in saliva on the tongue. Ask us if you want to check your pH next time you are in the office.

Good news...we have a wonderful new product that combines plant based protein with blended fruit and greens. VeganPure is organic, non-GMO, dairy-free/soy-free, no sugar added and a better price than our previous greens and shakes! We are always trying to improve on what we use and what we offer to you as well. This product aligns totally with Dr Cabeca's thinking. You get essentially a ketone-rich, healthy start to your day, while alkalizing yourself at the same time! It is a delicious, low inflammatory, nutrient rich way to add better health to your morning or even lunch. Plus, this can be especially helpful for our teenagers that don't want to eat breakfast or are short on time in the mornings :)

Also, check out the podcast with Dr. Wanda Lee and her partners Dr. Noah and Dr. Mike! It's free online at www.beyondyourwildestgenes.com or on iTunes, Spotify or YouTube.

Happy Spring!
Dr Andrew



RECIPE OF THE MONTH



Brussels Sprouts and Kale Salad with Apple Gorgonzola and Candied Pecans

Spring at last... it feels like a month for salads! Although fresh greens may not yet be here in April, there seems to be some good options for kale and brussels sprouts in the stores recently so here is one to try!

INGREDIENTS

For the dressing:

- 1/4 cup olive oil
- 1/3 cup freshly squeezed lemon juice
- 1 garlic clove, minced
- 1 teaspoon sugar (can sub honey or maple syrup)
- 1/8 teaspoon salt
- fresh ground pepper, to taste

For the salad:

- 1 pound brussels sprouts, trimmed, loose leaves removed and thinly shredded
- 1 bunch of tuscan kale, stems removed and leaves finely chopped into ribbons
- 2 medium apples, cored and thinly sliced
- 1/2 cup dried cranberries
- 1/3 cup candied pecans, chopped (Toast the pecans in the oven for 5-7 minutes at 325 F on a baking sheet.)
- 1/4 cup crumbled gorgonzola cheese (we use goat cheese instead to make it non-dairy)
- OPTIONAL: 4 slices cooked bacon, chopped

INSTRUCTIONS

In a medium bowl, whisk together olive oil, lemon juice, garlic, sugar and salt. In a separate large bowl, toss together shredded brussels sprouts and kale mixture with your hands. Slowly pour in dressing and use your hands to massage into the kale and brussels sprouts for about 5 minutes. Cover and refrigerate for at least one hour or up to overnight to allow for dressing to soak into the kale and brussels. Once ready to serve, toss in apple slices, dried cranberries and chopped candied pecans. If you'd like you can add in chopped bacon at this point and toss salad again. Finally, garnish with crumbled cheese. Serve immediately. Season with freshly ground black pepper. Makes about 6 servings.

MASSAGE THERAPY

Massage therapy has been a practice that has been performed for thousands of years. With this long tradition of healing and results, it is an amazing practice to improve health and wellness.

2700 BCE: The first known Chinese text is called "The Yellow Emperor's Classic Book of Internal Medicine." This book was first published in English in 1949, but has become a staple in massage therapy training.

2500 BCE: Egyptian tomb paintings show that massage therapy was also a part of their medical tradition. Egyptians get the credit for pioneering reflexology.

1500 and 500 BCE: The first known written massage therapy traditions come from India, but practice may have actually originated around 3000 BCE or earlier. Hindus used the art of healing touch in the practice of Ayurvedic medicine.

Early 1800s: It was from this early massage therapy history that the Swedish doctor, gymnast and educator Per Henric Ling developed a method of movement known as the "Swedish Movement System." This is regarded as the foundation for Swedish massage most commonly used in the West today. Today the most common types of massage practiced in the western hemisphere are Swedish massage and different methods of massage for sports, to infants, pregnancy and many more.

Considering the long history of massage, its incorporation into Western medicine is still evolving. It is a more accepted medical modality by Insurance companies and is a basic part of many Health benefit plans. The potential for growth and research of the healing properties of therapeutic massage and body work has gained great momentum. Using massage therapy to promote balance and maintain internal and external health is something that is now a standard part of the North American lifestyle.

In the health care industry, massage is commonly used in hospitals, nursing homes and birthing centers. It is also used in physiotherapy and in chiropractic clinics like St. Margaret's Bay Chiropractic. Have you tried massage therapy with your chiropractic care yet? Maybe it is time to add this ancient healing to your routine!

Submitted by Christine Renaud RMT)



Funny...but not funny! Bone loss is not normal but it is common. Our best defence is a good defence - be preventative with supplementation of Calcium, Magnesium, Vitamin D, Vitamin K, Boron, and more in our **BONE HEALTH FORMULA**. **Take advantage of 10% off for April.**

CALENDAR OF EVENTS

Wednesday, APRIL 3, 2019
630 pm @ TANTALLON LIBRARY
Stressed? Learn natural ways to help manage and reduce stress!

Join Dr. Wanda Lee as she discusses natural ways to manage your busy, stressful lifestyle. What can you do for yourself? How can others help? Find out what our family does in our own busy lives using a combination of professional care and self-care with massage, chiropractic, essential oils, supplements, Bach Flower Essences and more!

SATURDAY APRIL 6, 2019 @ 9am
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

Future dates: May and June, 2019
 We usually take a break for the summer so please keep these dates in mind to plan ahead!

APRIL SCHEDULE CHANGES: EASTER

We will be **closed** for Good Friday and Easter Monday holidays (**April 19-22**). There will be extra hours on other days to schedule your appointments! Happy Easter to all :)

COMING UP NEXT MONTH:

Wednesday, MAY 8, 2019
630 pm @ TANTALLON LIBRARY
Arthritis, Pain and Inflammation

Are you suffering with painful, inflamed joints because of arthritis? Have you stopped exercising and doing what you love because of the pain? Have you ever wondered if natural additions to your care could help you get relief and live better? Join us for this presentation to find out more and get your questions answered with Dr. Andrew!

Tuesday, MAY 7, 2019
6 pm @ St. Marg. Bay Chiropractic
MAKE YOUR OWN THIEVES OIL
Essential Oil Workshop

We are going to make one of the most historical and useful essential oil blends together. Thieves oil has been used since the 1400's and is a well known blend for preventing illness and cleaning your body and environment. Join Dr. Wanda Lee and Christina as we create custom blends from the basic ingredients and your personal preferences.

There is a \$15.00 workshop fee to cover supplies and you will take home your own full bottle of Thieves Blend worth over \$25.00!

Please register in advance as space is limited.
902-826-1088 or email
info@stmargaretsbaychiro.com

STORY OF THE MONTH

We love getting emails like this!

"Hi Andrew,
 I just wanted to let you know that I passed my Black Belt test last night. It was probably one of the hardest physical feats that I have ever accomplished! This test was over two hours long and required maximum flexibility, agility and endurance. The fact that I was able to meet this personal goal just before I turned 50 makes it even more meaningful. It was more than four years of hard work, lots of bumps and bruises and a few broken bones as well. I would like to thank you for helping me keep my body running as smoothly as possible. My regular visits and your care made it possible for these middle aged bones to carry me across the finish line.
 Many thanks, Alan"

(*story shared with permission, of course)



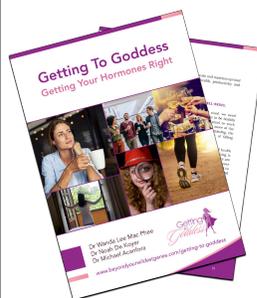
THANK YOU for sharing your health journey with us Alan!

We love seeing these positive effects of chiropractic care that help our clients do what they want to do with better health, strength and movement. Having a coordinated nervous system along with maximum alignment, flexibility and recovery power are keys to all sports and living at our best.

Chiropractic is a key part of all athletes' health teams!

Would you like to share YOUR story? Just let us know for a future newsletter.

if you watch how nature deals with adversity, continually renewing itself, you can't help but learn.
 — Benito Singsel MD



Getting Your Hormones Right

Dr. Wanda Lee and her partners at Beyond Your Wildest Genes, Dr. Michael Acanfora and Dr. Noah De Koyer, have released a **new free ebook, especially for women** that you can download and use to improve your hormone health and wellness.

This ebook is full of natural options to help balance your hormone health better, regardless of what age or stage of life you are experiencing. We are more in control than we think! A few different choices in products, foods, home environment and supplements can change your energy, fitness, mood, and overall well-being for the present and future.

DOWNLOAD FOR FREE: <https://beyonduyourwildestgenes.com/hormones/>



APRIL is GARDEN TIME!

As peaceful and relaxing as gardening can be, it also brings with it a lot bending, twisting, reaching and pulling. Your back, upper legs, knees, shoulders, and wrists can all become affected while gardening and it's important to take the necessary precautions before, during and after enjoying your favourite hobby.

Stretch

Before you even head outside with your favourite gardening attire, give your muscles a good stretch. Warm muscles will work more efficiently and be less likely to be injured. Do stretches after gardening to help to rebalance muscles and posture as well!

Body Movements

Gardening is full of repetitive motions, which, over time, can cause you a whole host of problems. One of the most important things to think about when it comes to gardening is to reduce amount your body is twisting. A good rule of thumb to follow is to squarely face whatever you are working on to reduce twisting. To go along with this, never over reach; move to the job and keep moving to be close to your work.

Tools

Believe it or not, the shovel, spade, rake, etc., you are using could be the direct cause of your discomfort. It is important to buy tools that are appropriate for your size. Try out your gardening tools before you purchase them to make sure handle size, length of spindle, and weight are right for you. It's also important to make sure tools meant for digging are kept sharp as that will reduce the amount of effort needed to move your dirt.

Visit Your Chiropractor

Now is a good time to get "tuned up" in preparation for more garden time. Moving well is the first key to preventing injury in the garden and especially important after our long winter with more sitting and less activity. Come on in and get ready for spring planting!

ESSENTIAL OIL of the MONTH: ORGANIC CEDARWOOD

Cedarwood is one of the new additions to our essential oil shelf! It is a perfect add to your collection with spring just around the corner. It blends well with Bergamot, Cypress, Cassia, Clary Sage, Vetiver, Rosemary, Ylang-ylang. It is a workhorse, with researched benefits for acne ([reference](#)), hair loss/alopecia ([reference](#)), reducing stress ([reference](#)) and more. Here are 3 of the most interesting studies:



Cedarwood essential oil is known to drive away pests, especially ants, ticks and fleas. You can dilute the oil in water to spray on your skin as a natural bug spray to keep them away outdoors, or use a diffuser to keep them out of the house or apartment. You can also spray diluted cedarwood essential oil on your furniture to keep pests away. One study measured the effectiveness of cedarwood oil and its active component cedrol towards ants and ticks. ***The study found that the essential oil acted as a strong repellent to fire ants while the black-legged tick nymphs experienced dosage-dependent death when exposed to cedrol. Additionally, when the cedrol was used at the highest dosage (6.3 mg/ml), the cedrol killed off 100 percent of the ticks. (reference)*****

Another interesting study using Cedarwood was done to see if this oil would help to manage focus in those with ADHD. A study performed by Dr. Terry Friedmann M.D. and Dennis Eggett from Brigham Young University found that using cedarwood oil on children could greatly improve their focus and learning capacity. Thirty-four children with ADHD were given one of three essential oils (cedarwood, vetiver or lavender) to inhale or nothing at all. ***Children held up a bottle of essential oil to their nostrils and took three deep inhalations three times a day for thirty days. At the end of the study, there were 30 subjects who retook an EEG and T.O.V.A. test. The researchers found that both the vetiver and cedarwood oil groups experienced improvements in brain activity and reduced the ADHD symptoms. (reference)*****

Another controlled study looked at improving sleep in elderly patients with dementia. Simply putting towels in the room at night with cedarwood, lavender, sandalwood, or laurel essential oils had ***positive impacts on sleep time and sleep quality*** when measured in these patients. Although not a large study, it was overwhelmingly positive and the researchers from this school of nursing were very encouraged at a safe, simple and effective option for patients in their care. ([reference](#))**

Cautions for Cedarwood Essential Oil:

Cedarwood essential oil should ***only be used externally***. Although some essential oils can be added to food or ingested orally in minimal amounts, it's not safe to consume cedarwood essential oil internally. If consumed internally, cedarwood essential oil side effects can include vomiting, nausea, thirst and extensive damage to the digestive system. ***Women who are pregnant should not use cedarwood*** essential oil. If used in high concentrations, cedarwood essential oil can cause skin irritation. ***Always dilute*** cedarwood oil with a carrier oil like coconut oil before using it on the skin and avoid the eyes, mucous membranes and sensitive areas. Like all essential oils, keep cedarwood out of the reach of children and pets.

(**Click on references for our online newsletter. If you are reading the print version, ask us for the links!)



Certified Organics: This Organic Oil is NOP Certified. The National Organic Program develops, implements, and administers national production, handling, and labeling standards for organic agricultural products. The QAI also accredits the certifying agents (foreign and domestic) who inspect organic production and handling operations to certify that they meet USDA standards.