



Health News this month



PRODUCT of the MONTH

ARCH MADNESS continued...

With all of the disruptions to patient care in March and as we enter April, we have decided to CONTINUE of March orthotics special for April as well.

For the month of April, all orthotic orders will also be 10% off.

And, we want to offer some additional community support during this time of change and stress.

There are a number of key nutrients that our body consumes in higher volumes during stressful times. Many of those are part of our products. There are also products like essential oils that can help just make us feel better in times of stress.

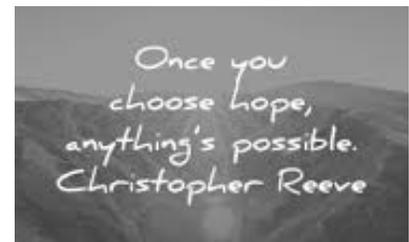
EVERYTHING will be 10% off for APRIL

and as long as limits on leaving home and distancing are in place, we may be able to drop off to your step. **Email us: info@stmargaretsbaychiro.com**

Back to Basics

I write this as I am sitting here in an empty office.

Strange days indeed, but this too shall pass. I am reminded that we can't change circumstances, we can only affect how we react to them. We have full freedom and choice to react however we want to when crisis/change hits. That is fully under our control.



It is a choice to turn off the news and your social media channels. You can choose what you allow in your head. You can choose to be a victim, or rise up and see the opportunities. Put another way, you can look at this situation we are currently under and ask yourself why me? What did I do to deserve this? (Side note and full disclosure: I had my own moment of "thumb sucking" when this began, but that's over.) I am in no way suggesting you stick your head in the sand and ignore what is going on, but be careful to see both sides - not worse that it is nor better than it is.

I am seeing this since this happened :

- New opportunity to connect to family and kids. Claire and Thomas are now home, alot :)
- Time to read some juicy fiction i haven't had time for.
- Catching up on paper work I have been putting off for months
- Learning how to navigate the front computer at the desk (Tammy and Wendy are going to kill me when they return :)
- More time for daily meditation and feelings of gratitude
- More gratitude for Canada and where we get to call home
- More gratitude for the grace and poise of our incredible front line and health care workers, our doctors ,nurses, food workers, mail carriers, (there are many more i could go on), and yes, the chiropractors keeping those on that list working and people with pain out of emergency.
- Watching my son Thomas develop his baking skills.

My general feeling of connectedness with others has never been stronger. These things pull us together and make us remember we are all in this together. What good things are you seeing ?

So remember, you get to choose what you focus on and what you focus on always grows! It's called the Law of Attraction.

When this ends, and yes it will, we will be ready to rock at full tilt and welcoming you all back with open arms to resume care here. We will focus on the good things we can do for our health and continue on your journey to be the best version you can be of yourself.

Lots of Love,
Dr. Andrew (and Dr. Wanda Lee)

ST MARGARET'S BAY Chiropractic Centre
BODY • FAMILY • LIFE

It's all about community!
SAVE 10% ON ALL PRODUCTS

Making health needs available!

WE HAVE ALSO DECIDED TO EXTEND OUR ARCH MADNESS 10% OFF ORTHOTICS PRICING UNTIL THE END OF APRIL IN LIGHT OF CURRENT EVENTS!

If you have special health risks or are in isolation, we can help as well. Please call to preorder and pay over the phone or by e-transfer and we will package your items, spray with medical disinfectant and add to your truck. No need to come inside!
We are all in this together!

RECIPE OF THE MONTH



CACAO FUDGE FAT BOMBS

I don't know about you, but these days of staying at home create more time for cooking and baking (good and bad) and more cravings for "treats".

Here is a healthier option for the next quarantine chocolate craving!

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!



MASSAGE THERAPY



Our massage therapists, like all others in the province, have been closed, even to urgent cases since March 17th. It is fortunate that they don't have to pay a fixed rent like many other self-employed businesses, but no personal income is challenging for everyone involved.

As I write this, the current order is in place until April 5th at noon. That can change daily and we will keep you updated.

One request - when the dust settles and this is behind us - please book asap for massages with our great therapists, Stephanie and Christine. Your support will make a difference. We know you will need them too!

Thanks to all of you for being part of our clinic family. We are all looking out for each other ❤️! Dr. Wanda Lee





ST MARGARET'S BAY
Chiropractic Centre
BODY • FAMILY • LIFE

It's all about community!
SAVE 10% ON ALL PRODUCTS

Making health needs available!

WE HAVE ALSO DECIDED TO EXTEND OUR ARCH MADNESS 10% OFF ORTHOTICS PRICING UNTIL THE END OF APRIL IN LIGHT OF CURRENT EVENTS!

If you have special health risks or are in isolation, we can help as well. Please call to preorder and pay over the phone or by e-transfer and we will package your items, spray with medical disinfectant and add to your truck. No need to come inside! We are all in this together!

CALENDAR OF EVENTS

* CANCELLED FOR APRIL

CORE EXERCISE for BEGINNERS

with Christine Somerville

Future dates planned: May 16 and June 13.

We usually take a break for the summer so please keep these dates in mind to plan ahead!

APRIL SCHEDULE CHANGES: COVID-19

Well, isn't that the million dollar question?!

What we know for sure: **Emergency and urgent care only until at least noon on April 5th** when the current state of emergency order expires. There have been numerous indications that this will be extended.

How long? No idea. Currently we are assuming that this will be for 2 more weeks. We should know later this week.

What will that look like? No idea, could be closed, could be able to see more needs, could be the same. We are hoping that we can stay open as much as possible to help our community and our essential workers stay working and out of emergency rooms.

What we do know is that **we will be in touch with you**. We send emails plus follow us on Facebook for updates. We promise to let you know as soon as we do.

We will also be calling those with current appointments as soon as we know the details of the new order and regulations. We have spent hours on the phone arranging and rearranging with these changes so far and will do that again as soon as we have the details.

We do not have any staff right now :) so be patient when calling and please leave a message. We WILL call back asap.

Dr. Wanda's NUTRITION and MORE

This course is online and gives us something to learn from as we are #stayinghome and want to stay healthy!

You can register online and join in for just \$59.

<https://stmargaretsbaychiropracticcentre.vipmembervault.com/products/courses/view/3>

Any questions or difficulties, email Dr. Wanda Lee at info@stmargaretsbaychiro.com and we can get you set up and ready to learn! Let's use this time for our wellbeing too :)

FACEBOOK LIVE

Dr. Andrew is online at least every week! Stay in touch with us virtually as we finish these days of social distancing and reduce chiropractic care options.

Dr. Andrew is on our Facebook page live most Wednesdays and a few other times a week right now since we have more time on our hands!

<https://www.facebook.com/stmargaretsbaychiro/>

STORY OF THE MONTH

This was posted on our Facebook page during these days of emergency and limited chiropractic access.

It was heartwarming to know we could still be here to make a difference! It is wonderful to share some good news at a time when it seems harder to come by...

"So I wanted to write this thank you to Dr Wanda Lee MacPhee and staff. I have been a patient here for 15 years or more and during that time have had a few instances where my back has bothered me.

However this Sunday as I was exiting my car I had an episode like no other. For about 24 hours prior my back was stiff (nothing I haven't experienced before) however after taking a few steps and giving my back a stretch everything changed. The pain that I experienced in my back was so excruciating it dropped me. And I mean dropped me. To the point where I dragged myself to my front door on my stomach, just hoping to get inside and into bed where I could rest it. Well I got to



the bottom of my steps. The pain was so severe that I had to have an ambulance to come get me and take me to the ER in an effort to get some pain relief. Well, 15 hours in the ER and dozens of milligrams of narcotics I was finally able to stand enough to get home and into bed. Where I spent the next 2 days. Being a paramedic the next 2 days were emotional for me I thought my career was over.

Fast forward to yesterday. My wife made a emergency appointment with Dr Wanda Lee. Well, it took close to a half hour and 4 milligrams of Dilaudid to get out of bed. Getting to the car was a nightmare. I finally made it struggling into the office.

Well I must say that the choice to have that adjustment was the best decision I could have ever made. Leaving there was the difference between night and day. I actually was able to stand walk and navigate my way back to my car. The relief that I felt was breathtaking.

Over the past 24 hours I have more improvement in my back then I could have had with any amount of physio or trips to a neurologist. I am able to get up move around some and have very little fear of pain to move. Yes, I still have pain and I know I have a long road to recovery but I do know that without my chiropractic adjustment and previous regular treatments life would be much different for me. Thank you Dr Wanda Lee you are a game changer if anyone ever doubts the benefits of regular chiropractic care send them to me I can attest to those benefits first hand."

THANK YOU for sharing your health journey with us Laurie 😊

We love seeing and sharing the positive effects of chiropractic care that help our clients stay working, moving, and enjoying vitality in life. So rewarding to watch! We need you and our other essential services ready and able to look after our communities. We are privileged to have a part to play in that teamwork.

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

REQUIRED DISCLAIMER This story is reprinted with client permission. Results are unique to each individual and may vary. This is not meant to imply or guarantee results for others.





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.

With more #stayinghome going on this month and our snow leaving the ground, we are anticipating more gardening to start up.

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. Stretch afterward too!

Body Movements

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

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.

Normally, we would be here to help get you "tuned up" for the gardening season. Many of you have told us how much you are missing your adjustments! Although not (yet) an emergency, we know things are not going in the right direction. Come on in as soon as we get the "all clear"!

In the meantime, practice great self-care and if you become injured, please call or email us. We are here for you over the phone and, when needed, in person to help!

ESSENTIAL OIL of the MONTH: ORGANIC LAVENDER

Prior to the whole Covid-19 crisis, we had already planned on talking about my favourite essential oil, Organic Lavender.

Now, with stress levels high and people messaging us for tips on staying relaxed, encouraging sleep quality and generally managing this time of more anxiety, it is very timely.

In some encouraging research, Lavender essential oil has been found to reduce harmful bacteria, relieve muscle spasms, relieve flatulence, disinfect and soothe inflamed skin especially when resulting from an itchy bug bite or sting, promote speedy healing of irritated and scarred skin, and to relieve muscle tension when used in a massage.

Used in aromatherapy, the fragrance is inhaled and scent receptors in the brain's emotional powerhouse process the smell as calming, allowing the brain and body to relax. Similarly, a few drops smoothed onto a pillow may promote faster onset of deeper sleep with a decreased number of sleep disturbances. Its ability to reduce emotional stress such as anxiety and its potency in alleviating headaches also extends to its ability to reduce feelings of motion sickness and to improve the mood. It is believed that Lavender can reduce symptoms of hay fever when inhaled deeply.

How do I know what is a "good" lavender essential oil?

The distillation part of the production process determines the oil's value, due to the fact that the pressure or temperatures applied to the flowers during the distillation process could potentially alter the structure of the fragrance molecules and thus change the oil's chemical constituents. If the oil comes in contact with free water during the preheating stage of distillation, the oil quality and the efficiency of extraction may both be weakened.

The highest quality essential oil is derived from steam distilling only the fresh Lavender flowers and no other part of the plant. It is believed that the first distillation produces an oil that is clear and of the highest quality. The second distillation is believed to produce oil of a pale amber colour and a strong scent that is less pleasant than the first oil. When selecting a Lavender essential oil, it is more relevant to consider a company's complete essential oil production process from field harvest to the bottling of the final product.

Is lavender essential oil safe for pets?

A few common essential oils that are SAFE to use for your cat include lavender, copaiba, helichrysum, and frankincense. If you diffuse oils in your home, it should not cause a problem for your cat, as oil used in a diffuser is highly diluted (versus direct topical application or dietary supplementation). (<https://apvet.com/holistic-vet/essential-oils-cats/>)

Experts also agree that lavender is safe to diffuse around dogs, however, remember that their sense of smell is much greater than ours so modify the intensity accordingly!

Love research? Read more:

Lavender and sleep (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3159017/>)

Lavender and stress (<https://www.ncbi.nlm.nih.gov/pubmed/19962288>)

Lavender and migraine headache (<https://www.ncbi.nlm.nih.gov/pubmed/22517298>)

10 LAVENDER ESSENTIAL OIL BENEFITS

Studies have shown that lavender oil helps provide the following 10 benefits:

- | | |
|-------------------------|------------------------------|
| 1. Hair growth | 2. Anxiety and stress relief |
| 3. Improved sleep | 4. Pain management |
| 5. Anti-tumor potential | 6. Head lice treatment |
| 7. Wound healing | 8. Antimicrobial properties |
| 9. Headache relief | 10. Antioxidant properties |

