

Health News this month



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 can be 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

Rats and Junkyards

When there is a problem like rats in a junkyard, what is the solution? Do we just get rid of the rats or do we address the cause and clean up the junkyard? This analogy is a key one for health and wellness. Do we get sick because “bugs attack us” or are we sometimes available or susceptible hosts?

This is kind of like the age-old question: nature or nurture? Often, we blame the weather, the season, the economy, (the wife LOL) for our illness or our lack of health. Then, we can try to destroy the “rats” of life. Sometimes that is important in the short term, but in the long term, cleaning the “junk yard” condition is much more important. We need to pay attention to our underlying wellbeing, our bodies and minds that set us up to be easy targets and attractive hosts to those rats.

It's easier to blame the outside stuff, isn't it? We all do it, including myself. I lost my superman cape a few weeks ago as I was off work for a week with covid. When I look back at that time I was in a fair bit of stress and had a lot of personal issues to work through where I let things get to me. I was definitely run down and not taking care of myself as I usually do. I was falling into having a temporary pity party at the state of the world and myself. This kind of thinking throws the body into fight/flight mode physiology, which cause stress hormones like cortisol to be released and which in turn decrease immune function.

I don't feel it's a coincidence that after over 2 years of being in everyone's personal space during these days of covid, my body would succumb now! So I say, don't be a victim! Do things to continue to strengthen your body's ability to heal itself and stay well. Promote that shift to the healing part of your nerve system and out of the fight-flight stress response.

How?

Get regular adjustments.
Pump up the vitamin D.
Get regular exercise.

Get help with your anxiety and emotional health if you are struggling. And one of my favourites, take a media fast.

Here's to cleaning up your junk yard!
Dr Andrew

How would you treat a sick fish?



THEORY ONE:
Medicate the fish



THEORY TWO:
Clean the tank

RECIPE OF THE MONTH



Spicy Cashew Chickpea Broccoli Salad with Ginger Peanut Dressing

Ingredients

- 1 (15 ounce) can chickpeas, rinsed and drained
- 1 medium head broccoli, VERY finely chopped into bite sized pieces (3-4 cups VERY FINELY diced)
- 2-3 cups packed shredded red cabbage
- 1 cup shredded carrots
- 1 red bell pepper, diced
- 1/3 cup diced green onions (mostly green part)
- 1 jalapeno, seeded and finely diced
- 1/2 cup chopped fresh cilantro

For the dressing:

- 1/4 cup natural creamy peanut butter
- 2 1/2 tablespoons low sodium gluten free soy sauce or coconut aminos
- 1 tablespoon honey (or pure maple syrup to keep vegan)
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil (or sub olive oil)
- 1-2 teaspoons fresh grated ginger
- 1 clove garlic, finely minced
- Optional: 1/4 teaspoon red cayenne pepper, plus more if you like it extra spicy!
- 2 tablespoons warm water, to thin dressing

To garnish:

- 1/2 cup roasted cashew halves (honey roasted or a fun flavor is yummy)

Instructions

In a large bowl, add the chickpeas, finely chopped broccoli, shredded red cabbage, shredded carrots, red bell pepper, green onion, jalapeno and cilantro. Set aside. Make the dressing by whisking together the following ingredients in a small bowl: peanut butter, soy sauce, honey, rice vinegar, sesame oil, ginger, garlic, cayenne pepper and water. Drizzle over the salad and toss well to combine. Serve immediately with a fresh squeeze of lime juice and sprinkle roasted cashews on top and toss a few more times, or place in the fridge for later (do not add cashews until you are ready to eat for optimal crunch!) Salad will keep well covered in the fridge for up 3-5 days. Serves 4.

The great part about this crunchy chopped Thai-inspired broccoli salad is that it's easy to customize! Here are some suggestions for making it your own:

Keep it vegan. Feel free to sub maple syrup for the honey to keep this salad vegan.

Swap your protein. Cooked, cubed tofu and/or cooked quinoa would be delicious in this recipe, and some cooked chicken, shrimp or salmon works too!

Change up the dressing. Facing a nut allergy? Replace the peanut butter with tahini and skip the cashews. (<https://www.ambitiouskitchen.com/thai-broccoli-salad/>)

It's time for gardening again!

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.

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 the 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 prepare!



"The doctor said I need more calcium in my diet, so I'm switching from dark chocolate to milk chocolate."

Unfortunately, it doesn't work that way, LOL

Calcium matters and it can be very difficult to absorb enough as we age!

And don't forget the importance of Vitamin D and K2 as well as minerals like boron.

CALENDAR OF EVENTS

SATURDAY, APRIL 9th, 2022 @ 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

(Please note our 24 hr cancellation policy. Missed sessions are billed \$15.00)

There will be upcoming dates for May and June before we break for summer. Ask for our waiting list if you are interested!

EASTER

We will be closed for Good Friday on April 15, 2022.

SCHEDULE CHANGES: FREEDOM 55 (and Fishing season)

Dr. Andrew will be closed on Fridays starting April 1!

He has added additional hours within Monday to Thursday so there is still time for everyone. After almost 29 years of practice, we are giving him an extra day of recovery so we can keep him around here for another 20 years!

Dr. Wanda Lee has also had to make changes to her schedule. See more info >>>>>>>>>>

See our new hours on the next page, Facebook, Google and posted on our website!

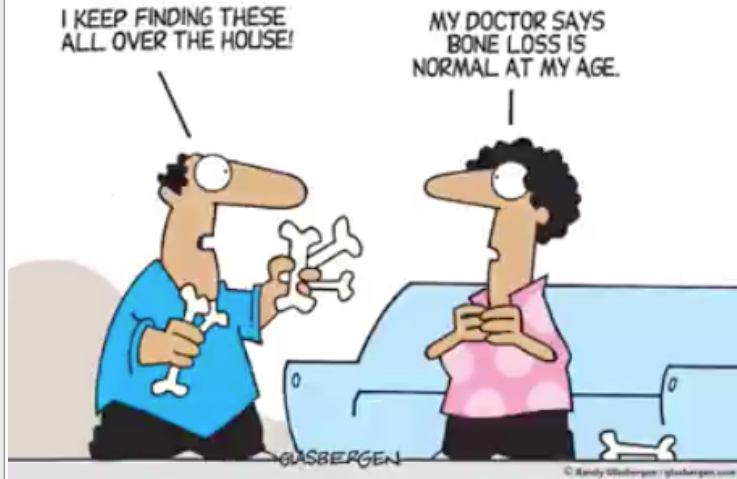
VACATION TIME:

Dr. Wanda Lee will be away from April 25 - 29 for a girls trip in the sunshine!

Dr. Andrew will be away May 2-6 for "fish slaying" in Mooseland.

The clinic will be OPEN with one chiropractor on board for those weeks.

MASSAGE THERAPY is OPEN both weeks as well!



Funny...but not funny! Bone loss is not normal but it is common. Our best offence is a good defence - be preventative with supplementation of Calcium, Magnesium, Vitamin D, Vitamin K, Boron, and more in our BONE HEALTH FORMULA! Along with exercise and weight-bearing, supplementation can help prevent and manage bone loss.

10% off for April

A SPECIAL NOTE FROM DR WANDA LEE:

I am moving to a new clinic schedule starting March 21. I know, again! I do apologize for the inconvenience and wouldn't do this if it were not absolutely necessary.

This time it isn't to make more time for patient visits, but to limit my adjustments per day due to some chronic wear and tear on my own back. Fortunately, good chiropractic, exercise, yoga and massage have kept things going this long and minimized any joint/ nerve issues for all of these years..

At the risk of "oversharing", I want tell you a bit about my recent X-rays. There are several bones in my middle back that have taken the strain of 29 years bending over and delivering adjustments. I have remarkably little degenerative "arthritis" in there (YAY chiropractic!), but we don't have much control over the bone breaking down. It's not the end of the world, and I am safe to work so please don't worry. However, it changes the rules of my practice ability for now. Above all, I want to do what I would tell any of you to do - prevent this from getting worse and be able to keep looking after you all for at least the next 10 years!

Starting March 21, I will be here Monday through Thursday (adding an extra day!) BUT only a maximum of 2 hours per day of adjusting as we let these compressions settle and don't add any more in there. It does cut a couple of hours out of my schedule and it may not be as convenient to "get in" at the last minute. Advanced booking is recommended! Luckily, Dr. Andrew is here to help as well!

Thanks in advance for understanding as we work out the new schedule and try to help you all find the best new spot for your appointments if your favourite time is no longer available. I know many of you will be worried to hurt me by coming in, but please do not be concerned. I am making these changes so this is safe for me to keep doing what I love - providing your chiropractic care!



MASSAGE THERAPY

DID YOU KNOW THAT WE ALSO OFFER COLD LASER THERAPY!



Laser therapy is the application of laser light to help speed healing of injured tissue, using the body's own natural healing ability. Laser therapy uses light from a low intensity laser head to treat musculoskeletal injuries, chronic degenerative conditions and is also used for wound healing.

The light source is placed in contact with the skin allowing the energy to penetrate tissue to stimulate quicker healing.

Some common conditions that laser is helpful with include injuries and issues with inflammation and soft tissue damage like carpal tunnel syndrome, tennis elbow, tendonitis, rotator cuff strains, frozen shoulder, ankle sprains, knee strain, and multiple arthritic conditions.

The laser wavelengths are selected to stimulate rapid cell growth and anti-inflammatory reactions, which decrease pain to area and help damaged or injured tissue heal faster. **Ask our docs or Stephanie for more information about your treatment!**



APRIL 1, 2022

NEW HOURS!

Dr. Wanda Lee's NEW Hours:

MONDAY @ 4pm - 6pm
 TUESDAY @ 1130am - 130pm
 WEDNESDAY @ 4pm - 6pm
 THURSDAY @ 1130am - 130pm

Dr. Andrew's NEW Hours:

MONDAY @ 130pm - 730pm
 TUESDAY @ 2pm - 6pm
 WEDNESDAY @ 7am - 1230am
 THURSDAY @ 130pm - 730pm

Stephanie's Hours: (no change)

Mon, Wed, Thur, Fri and Sun

**Front desk hours are in addition to our chiropractic/massage hours.

ESSENTIAL OIL of the MONTH: ORGANIC LAVENDER



Lavender essential oil is one of the most popular and versatile essential oils used in aromatherapy. Distilled from the plant *Lavandula angustifolia*, the oil promotes relaxation and is believed to treat anxiety, fungal infections, allergies, depression, insomnia, eczema, nausea, and menstrual cramps. In essential oil practices, lavender is a multipurpose oil. It is purported to have anti-inflammatory, anti-fungal, antidepressant, antiseptic, antibacterial and antimicrobial properties, as well as antispasmodic, analgesic, detoxifying, hypotensive, and sedative effects.

Health Benefits: Lavender essential oil and its properties have been widely studied. Here's a look at the research:

Anxiety

While there's currently a lack of large-scale clinical trials testing lavender's effects on people with anxiety, a number of studies show that the oil may offer some anti-anxiety benefits.

Several studies have tested lavender's anxiety-reducing effects in specific populations. For example, a study published in *Physiology & Behavior* in 2005 focused on 200 people awaiting dental treatment and found that breathing in the scent of lavender both lessened anxiety and improved mood.

In addition, a pilot study published in *Complementary Therapies in Clinical Practice* in 2012 indicates that lavender-essential-oil-based aromatherapy may help soothe anxiety in high-risk postpartum women. In an experiment involving 28 women who had given birth in the previous 18 months, researchers found that four weeks of twice-weekly, 15-minute-long aromatherapy sessions helped alleviate depression in addition to lowering anxiety levels.

A more recent review of the literature found 5 studies (2010, 2010-2, 2014, 2015 and 2016) showed benefits in participants with moderate to severe anxiety.

Insomnia

Several studies have shown lavender essential oil may help promote sleep and fight insomnia.

A 2015 study published in the *Journal of Complementary and Alternative Medicine* found a combination of sleep hygiene techniques and lavender essential oil therapy helped college students get a better night's sleep than sleep hygiene alone. The study of 79 students with self-reported sleep problems also found inhaling lavender at bedtime improved daytime energy and vibrancy.

A 2018 study published in *Holistic Nursing Practice* confirms lavender's effect on sleep. In this study of 30 residents of a nursing home, lavender aromatherapy was found to improve sleep onset, quality, and duration in an elderly population.

Possible Side Effects

Lavender essential oil may cause skin irritation or an allergic reaction in some individuals. If you experience nausea, vomiting, or a headache after using lavender, discontinue use immediately.

Because consuming lavender essential oil can have toxic effects, this remedy should NOT be ingested unless under the supervision of a medical professional. We do not recommend ingesting lavender. Lavender is toxic for cats but not for dogs according to the veterinary experts. Ask your vet if you are concerned.

Dosage and Preparation

There is no recommended daily allowance for lavender essential oil. According to the principles of aromatherapy, breathing in the scent of lavender essential oil or applying lavender essential oil to the skin transmits messages to the limbic system, a brain region known to influence the nervous system and help regulate emotion.

One popular approach involves combining lavender oil with a carrier oil (such as jojoba or sweet almond). Once blended with a carrier oil, lavender essential oil can be massaged into your skin or added to your bath. You can also sprinkle a few drops of lavender essential oil onto a cloth or tissue and inhale its aroma, or add the oil to an aromatherapy diffuser or vaporizer.

What to Look For

Essential oils are not regulated by the FDA and do not have to meet any purity standards. When purchasing essential oils, look for a supplier who either distills their own material or deals directly with reputable distillers, and uses gas chromatography and mass spectrometry (GC/MS) to analyze the quality of the product. We are very fussy about our sources!

(Excerpt and edited from <https://www.vervewellmind.com>. References available on request.)