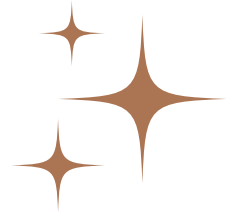


Newsletter



St. Margaret's Bay Chiropractic Clinic

April 2025

Welcome Spring!!

*The season comes when,
from her three month trance,
The earth awakens; already her deep heart
begins to stir, and send its life abroad.
- Thomas Buchanan Read (1822 - 72)*



Dr. Andrew's Blog

Get in the Zone- Stress proof your Body:

What do I mean by that?

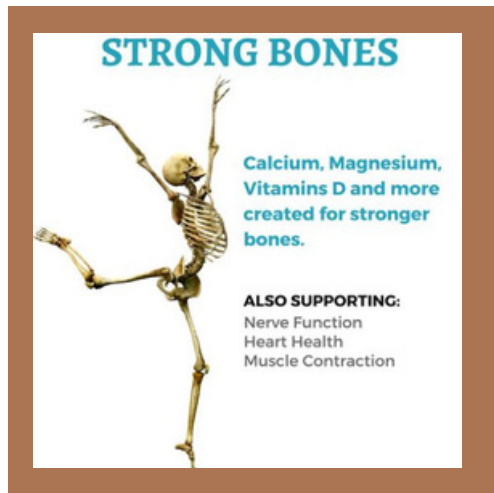
Well first of all, in my experience, we don't get "rid of stress", in fact some stress is good for growth. Those of us who are parents know that if all we do is praise our kids and tell them how wonderful they are things don't work out so well. Sometimes we need to be challenged to grow and develop and fail and fail again before dusting ourselves off, getting up, learning and keep going... You get my drift here. We can't control what others do to us "out there" in the world. We can only control our reaction to the stress. After 30 plus years in practice and through my own mistakes and human flaws, I feel there are a few key things to remember.

I call it getting in the zone because, without getting too far into the neuro physiology of stress, we want to do things for our body and mind that get us in the calm/peaceful/restful/creative place where we are grateful, creative, see possibilities and endless abundance. That zone, the opposite of the fight/flight response, is where you want to have your nerve system reside. That's why regular chiropractic adjustments are so incredibly valuable. They actually change your brain and spinal cord function and after a while it's like an adjustment empties your bucket so you can deal with more "stuff from out there". Chiropractic care gives you more bandwidth to handle things. Getting rid of pain is step one but regular long term care is where the real magic is.

Other things that get you into the zone are things you love to do that bring a smile to your face eg. gardening, rug hooking, playing cards, fishing, cooking, painting, hiking, reading a good book, having coffee with a dear friend. Do more of those things that make you smile. Sometimes we make things way too complicated.

So as the weather starts to change get in the zone - get regular chiropractic care and do something that's makes you smile and feel gratitude and peace.

All my love,
Dr. Andrew



There is a lot of "crap" on the market. When buying a supplement compare apples to apples. Calcium should be in the form of citrate and not carbonate. And the following elements should be included in the supplement:

- Bamboo Extract
- Zinc
- Boron
- Manganese
- Cooper
- Vitamin K2
- Vitamin D3
- L Glutamic Acid

10% off Dr. Wanda's Bone Health Supplements

Upcoming Events

April 1st - New Fishing Hours
April 21st - Easter Monday Regular Clinic Hours
April 22nd - Earth Day



Earth Day Quiz

1. How much of the plastic that we discard everyday is recycled?
2. How many years have we been celebrating earth day?
3. How much time in nature do you need spend to start to feel the physical and mental benefits?
4. What do bees collect from flowers?
5. How much edible food is waster?

** answers below - don't peak**

Visit Farmers Almanac Website for more information:

<https://www.almanac.com/content/earth-day-date-activities-history>



The adult version of "head, shoulder, knees and toes" is "wallet, glasses, keys and phone".

Lemony Cheesecake Tart with Pistachio Crust

Pistachio-Oat Crust

- ¾ cup old fashioned oats
- ¾ raw pistachios or hazelnuts
- Scant ¼ tsp salt
- 3 tbsps sugar
- 6 tbsps unsalted butter, cut into small pieces at room temperature

Filling

- 8 ounces cream cheese at room temperature
- ¼ cup sugar
- 1 tbsp lemon zest
- 2 tbsps lemon juice
- ¼ tsp vanilla
- ⅛ tsp salt
- 1 large egg

- Grease tart pan with removable base with butter. Line bottom with parchment paper cut in a circle to fit pan.
- Process oats in food processor until resemble fine sand.
- Add pistachios and salt. Process until resemble coarse sand. Transfer to bowl.
- Combine butter & sugar in food processor until butter & sugar are smooth - 30 sec.
- Pour flour mixture back in and process 30 secs to 1 min.
- Press dough into tart pan and prick crust all over with fork. If dough isn't cooperating refrigerate for 10 mins to firm up before baking.
- Bake 10 to 14 mins at 350 until center is firm to the touch. Cool 30 mins.
- While crust cools, mix cream cheese, sugar, lemon zest & juice, vanilla & salt until smooth. Add egg and mix. Gently tap bowl on counter to remove any air bubbles.
- Pour filling into the crust and bake for 15 to 20 minutes until it's set around the edges and slightly wiggly in the center.
- Let tart cool to room temperature on cooling rack and then transfer to fridge to cool completely.
- Slice with a warm knife for tidy slices. **recipe from cookieandkate.com**

The Book Corner



Dr. Andrew's recommendation:

Thank and Grow Rich

by Pam Grout

Our Patients Speak

"I have nothing but great things to say about Dr. Andrew. He kept his word and really helped my condition. My treatment is ongoing, maintaining my health and well being and more importantly, I feel happy again." AW



Answers: 1. Only 9% of plastic is recycled; 2. 55 years; 3. 120 mins per week (less than 20 mins per day); 4. Nectar & Pollen; 5. 25% of food is never eaten due to being less than perfect.

ST. MARGARET'S BAY CHIROPRACTIC CENTRE

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