



Health News this month



PRODUCT of the MONTH



We are featuring all of our amazing ORGANIC THERAPEUTIC ESSENTIAL OILS and ALL RELATED STOCK including Dr. Wanda's Organics!

Essential oils offer a variety of benefits and a growing body of research. Our oils come from natural wild and **certified organic** plants so we can help you reduce toxins in your environment.

Use these oils in the bath, a diffuser, a drop in your body lotion, as a room freshener spray or in your cleaning and laundry for a fresh scent.

Aromatherapy is fascinating and we will share more in this newsletter about the value and use of essential oils.

10% OFF for AUGUST

Dr. Wanda's Organic Sprays, Roll-Ons and Creams PLUS all essential oil stock including diffusers, bracelets and oils are also 10% off this month!

BONUS: BUY \$75 and get a FREE aromatherapy bracelet! (for first 10 customers!)

“YOU CANT BE IN GROWTH AND PROTECTION AT THE SAME TIME”

That is a quote from brilliant scientist Dr Bruce Lipton and his famous book The Biology of Belief . I write about this a lot but I also see it a lot in these times as people don't even realize how stressed they are and the negative impact this has on there ability to not only live but create the life they want. It is my conviction and belief and experience, that life happens FOR us and not TO us when we get in that creative heart centred place. The magic place is in the parasympathetic nerve system, NOT the sympathetic nervous system where we often spend more time than necessary. The sympathetic operates full speed ahead when we are in survival mode and maybe “running for your life”. But, it doesn't serve you when 24/7 there is no bear chasing you . Your thoughts/emotions and sympathetic nerve system are so powerful, that just the thought of a bear (or insert another threat like the economy crashing, covid forever, etc) shoots you into an internal sprint as cortisol is released and stress hormones roar through your blood stream.

The next question might be: “ok, but how do I enter the parasympathetic nerve system where rest, creation, gratitude and inspired ideas come from?” In my experience, the first way to step away from the frenzy of the “outside world” behaviour is first limit the media and social media “speculation”. No CNN for me! Choose wisely what you allow into your mind.

Secondly, start your day with some quiet time. Get up early before others in your house and meditate. Create some time and space in your head for quiet and calm. I feel connected to the magic of life when i let my conscious thoughts go and allow the unconscious energy around us and in us to gently whisper. Allow yourself this quiet time before the urgency of the day takes over . I follow up my meditation with a few inspired words or mantras. As a chiropractor/healer so one of my incantations is “I am lead to say the right things at the right times today. My hands inspire healing in whomever they touch”. That inspires me to help, to serve and to listen better. What are your power words?

I make time each day and in my schedule in general to “be”. I take a walk, go fishing and do yoga. I find when I am doing these things, I feel connected and creative ideas come to me. When we have time away from “running”, seemingly coincidental events occur; I run into the right person at the right time! These “lucky” events don't usually occur when you are in a state of fear or protection.

So, I suggest taking time to allow creation to occur for you vs life happening to you. Do more things that make your heart sing. Read a good book this summer, walk on the beach. and put the to do list down for while. Your brain, body and nervous system will thank you and you will create life as you LOVE t!

Enjoy the process !
Dr Andrew



RECIPE OF THE MONTH

Strawberry Lemon Tart

Gluten and Dairy FREE!

Ingredients: CRUST

3/4 c blanched almond flour
 1 1/4 c raw pecans
 3 tbsp brown or coconut sugar
 3 tbsp coconut oil, melted

Ingredients: FILLING

1 c raw cashews (covered in water and soaked at room temp 8 hrs)
 1/2 c fresh strawberries
 1/2 c fresh lemon juice
 1/3 c coconut oil, melted
 5 tbsp maple syrup or honey
 2 tsp lemon zest

Instructions: CRUST

In a food processor combine the almond flour, pecans and sugar until fine ground.

Add oil and process until the mixture sticks.

Press firmly into bottom and up sides of a 8 inch tart pan with removable bottom.

Instructions: FILLING

Drain cashews and add to food processor with remaining filling ingredients. Process until creamy and smooth (2-3 mins), wiping down sides as needed.

Pour into crust and smooth out evenly. Garnish as desired with cut strawberries and/or chopped pistachios.

Freeze for about 3 hours. Chill in fridge or freezer until serving.

Easy to make ahead and no need to turn on the oven!

Essential Oils 101**Where do essential oils come from?**

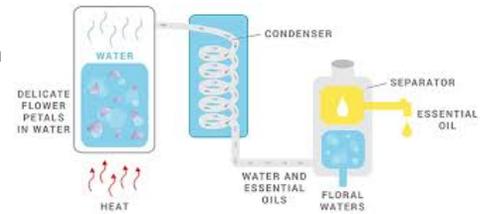
Essential oils are produced all over the world. Like most products, there are good ones and not-so-good ones!

They are actually not all oils but are concentrated chemical compounds in a condensed liquid after extraction from a plant. Some are made from stems, some from leaves, some from bark and some from flowers.

Frankincense is made from the plant

resin and this makes it very thick compared to other oils.

It takes all of the petals from 30-50 roses to produce a single drop of Rose Otto Essential Oil! That is what makes some essential oils much more expensive than others!

**How do we know what works?**

Research is growing for the use of essential oils. Unfortunately, most natural remedies and products, like organic essential oils, can't be patented and so there isn't the profit margins that fund great medical research. There are thousands of years of historical uses to refer to as well!

Many areas of medical health do look at essential oils and most of the best research is done outside of North America so it may be less familiar here. There are physical and emotional impacts of essential oils. Here are a couple of studies (out of hundreds) for those that like reading:

- Hajhashemi, V., Ghannadi, A., & Sharif, B. (2003). *Anti-inflammatory and analgesic properties of the leaf extracts and essential oil of lavandula angustifolia mill. Journal of Ethnopharmacology*, 89(1), 67-71.
- Lehrner, J., Marwinski, G., Lehr, S., Johren, P., & Deecke, L. (2005). *Ambient odors of orange and lavender reduce anxiety and improve mood in a dental office. Physiology & Behavior*, 86(1-2), 92-95.

Can I make a mistake?

These are chemicals and all chemicals can have reactions that are not intended. One thing to watch for with essential oils is allergy. Just like we could be allergic to the original plant, we can also react to its essential oil. If you are going to use on your skin, dilute and test on a small area first to see if it is right for YOU!

Oral (swallowing) essential oils is only recommended with properly authorized and prepared products that are "food grade". Other than a few oils like peppermint and oregano, there is less research on ingesting oils by mouth. Also, many are NOT recommended to take by mouth so please ask a professional before taking them internally. There have been significant issues with improper use and bad advice.

Where should I start?

Just try **one or two organic essential oils** and an **aromatherapy diffuser or stone**. Or try one of our blended creams. roll ons or sprays to see how you like it! Look at their key benefits, and for what smells good and appeals to your nose and brain. Ask us for more info about the benefits of various essential oils and for references and resources to learn more details.



As always, we carefully select our products for Quality, Effectiveness and Affordability so you get what works at a reasonable cost! We've done the homework for you and share what we use ourselves!

CALENDAR OF EVENTS

HOLIDAY HOURS!

Let us know when your summer holidays are and we can help arrange your care around your schedule! We are here to help keep you on track. AND...if we know you are away, we won't worry when we don't see you :) Let us know when you will be back too so we can help you get back on track after travelling, golfing, driving, playing on the beach or spending days in your garden.

Due to Covid-19 issues, Dr. Wanda Lee and Dr. Andrew have cancelled summer holiday plans for August and we will be here all month (except the Natal Day holiday on August 3rd).

UPCOMING: Mark your calendars!

We are hopefully driving our baby boy to Ontario to attend the University of Waterloo! It will be a quick trip up and back (no stops these days!) as well as a short few days with the Kleinknecht family there.

If travel restrictions are lifted, we will both make the trip. If they are not, Dr. Wanda Lee will make the trip with Thomas and be required to quarantine for 14 days following as per public health orders. Dr. Andrew rest up and be here to make sure you all are taken care of at home during that time!

The office will be closed for chiropractic care from TUESDAY, Sept 1st until after the Labour Day holiday on Monday, Sept 7th.

We will keep you updated as school schedules and Public Health requirements are continually evolving. Whatever the rules are, we will be doing what is safe and necessary.

CORE EXERCISE for BEGINNERS with Christine Somerville

We are planning to resume classes in September as long as public health requirements remain the same. Keep an eye out for new fall dates in our next month's newsletter.

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

We will be keeping a wait list to notify when classes can resume. We may even try outdoor options of the deck when weather accommodates. Stay tuned as things evolve :)

AUG ♥ ST
it's like the sunday of summer

What is WELLNESS?

You have probably heard us use the word "wellness" when we talk about chiropractic and your overall health. Sometimes, that word means different things to different people or different contexts. There are a variety of things that come to mind when we consider overall wellness..

Of course, we focus in the office on many of the physical aspects of wellness in our care and advice. In our overall perspective, we are also thinking about the other parts of wellness that influence how we feel and function.

When we look at all of the areas of our lives that bring joy and peace - and also stress - we must broaden our outlook beyond just the physical aspect of wellness (fitness and nutrition).

These are eight key aspects of wellness:

1. **Physical** - includes exercise, movement, nutrition, sleep
2. **Intellectual/Mental** - increase understanding, improve skills, open to new ideas and continually challenge yourself.
3. **Environmental** - living in an environment that promotes good health and well-being
4. **Spiritual** - our values, faith, how we foster relationships, and the meaning and purpose of our lives.
5. **Emotional** - ability to handle life's stresses, adapt to change, cope with difficult times and create satisfying experiences.
6. **Social** - feeling of connection, support and belonging in a community
7. **Financial** - satisfaction, independence and peace with current and future financial situations.
8. **Occupational** - satisfaction and enrichment from work.



So, when you come into the clinic with a headache, sore back or trouble bending over, there is certainly a lack of physical wellness. Sometimes when issues arise, you say: "I didn't DO anything. I don't know what happened." That is when we know it may also be time to also look at some of the other aspects of wellness in your daily life. It is not as easy as it sounds, of course. Life is complex and wellness is more complicated than just what we "do".

As chiropractors, we can help with the "now" issues and with preventing the impacts of stresses from building up in our spine, muscle and nerve systems. As wellness advocates, we also want to help get to the root cause(s) and help you find the best level of wellness possible in all areas of life.

What areas of wellness are most at risk in your life?

Where is your greatest level of "stress"?

How can you improve all areas of wellness for yourself?

Health is ultimately our own job and responsibility. There are lots of professionals, like chiropractors and massage therapists, to help but your choices are up to you. Let us know how we can help! There is no better time than now to improve our wellness and be at our best level of health ♥

MASSAGE THERAPY
Have you tried CUPPING?

Cupping Therapy:

With the Covid precautions we can still add cupping to your massage treatments. We wash them with hot soapy water to cut the grease from the massage gel used, and then when dried spray them with the same disinfectant used for the tables. So what is Cupping Therapy and the benefits? Cupping uses plastic little cups that suction the skin and tissue upwards. People like it for various reasons, it can help with pain, blood flow, inflammation of the area, and deep tissue massage.



SCHEDULE CHANGES:

Stephanie vacation days [Tuesday August 25th](#) to [Saturday August 29th](#). Back in on [Sunday August 30th](#)

Massage therapy is available Mondays, Wednesdays, Thursdays, Fridays and most Sundays! Schedule by calling us at 902-826-1088 or email the clinic at info@stmargaretsbaychiro.com.

Evening appointments are available. Openings are available most days or within a few! Take advantage of summer schedules to book yours 😊



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

OPTIONAL MASK POLICY

Masks are now required in public spaces in NS.
Our clinic is a private office space.

NO MASK REQUIRED



But it is UP TO YOU and YOUR HEALTH needs.

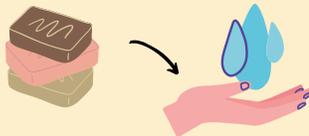
Please feel comfortable to wear one if you wish or you are at higher risk.

WE HAVE LIMITED STOCK FOR PURCHASE.
\$2 each

We DO require hand washing or sanitizing IMMEDIATELY upon entry to the practice.

We also **SCREEN** all people in the building to ensure there are no Covid-19 symptoms on entry.

In addition, all clinical surfaces and tools are **disinfected** fully and public spaces sanitized repeatedly.



If you do choose to wear a mask or you are here for massage therapy and must wear one, please ensure that you are putting it on and off safely.

Remove your mask without touching the face and dispose of it in a closed container when you return to your vehicle.

PLEASE DO NOT DISPOSE OF USED MASKS IN THE CLINIC or LITTER ON

“Swimmer’s Ear”

We reprint this popular recipe every year...and the requests have started already, so here it is for Summer 2020! We are definitely not “ear experts”, but this is an excellent preventative measure during swimming season and can help with **mild or recurrent swimmer’s ear**.

SWIMMER’S EAR REMEDY

- 1 part white vinegar**
- 1 part rubbing alcohol**
- 1/4 part hydrogen peroxide (optional)**

Swimmer’s Ear is also called OTITIS EXTERNA. It is an irritation and/or infection of the outer ear canal. This is where pool and lake water can leave behind some bacteria or dry out the canal and make it vulnerable to other bugs moving in. Be very careful not to use cotton swabs in the ears too! These can irritate and scrape the lining and create more challenges.

If you pull or wiggle the outer ear and it causes pain...it is likely swimmer’s ear! Children are more vulnerable than adults, but anyone can develop this common summer ailment.

This remedy is our favourite and has worked well for our dolphin-like children who love the water. The alcohol is both antiseptic and drying as it combines with any water in the ear and evaporates. The acidity of the vinegar keeps bacteria from growing. The hydrogen peroxide is also antiseptic and the bubbling sound is kind of a fun way to know it is working!

****For severe cases, worsening symptoms or those that don’t resolve in a few days, please see your medical doctor as the ear can narrow and require attention!***