



# Health News this month



## PRODUCT of the MONTH



**Magnesium Glycinate**  
10% OFF for AUGUST

**Magnesium is thought to be the most common nutrient deficiency in the North American diet.**

This product provides magnesium bound to the amino acid glycine, making it very body-friendly and highly absorbable. The primary benefit of this form of magnesium is that it can be taken in high doses without the concern for bowel upset.

**We often recommend Magnesium if you suffer from migraine or muscle tension or if you have trouble sleeping but there are lots of reasons to take this key supplement!**

- Magnesium is required for over 300 essential biochemical reactions in the body!
- Magnesium keeps muscles relaxed, including the heart and blood vessels.
- Magnesium is also involved in adrenal hormone production, which may help to relieve stress and may provide support for those with anxiety or trouble sleeping.
- Magnesium is well known to help with conditions involving muscle spasms or cramp. It is often recommended for assisting those suffering with fibromyalgia as well.
- Magnesium is required for calcium to be incorporated into bone and is important in the support for osteoporosis.

## That's not what my Mom said!

So if you know me at all you realize that I freely share personal anecdotes and stories from life as I feel perhaps they also may help others. With that in mind, this month's article is all about emotional health. Our children are both in university and trying to find their way in life so the topics are top of mind.

Invariably when we feel lost in life, and especially at a young age, we often look to authority figures in our life for guidance. Usually that source is a mother, father, teacher or preacher, as the saying goes. (I know that is only a generalization, but like most there is some amount of basic truth to it.)

I have found that a big part in the process of finding your way is knowing yourself and your values. Values are finger print specific to each individual and there is a hierarchy or ranking of which values drive you most. I highly recommend a free test on Dr John Demartini's website as his work on values (in my opinion) is second to none. You can actually see what really drives you and what is really important to you vs what you thought you "should" value. Its often shocking to find out we are actually often trying to live someone else's life. It has been my experience that we get exactly what we value and want in life but quite often we don't even realize it.

That leads to a lot of misery and trust me, I know! Especially in these days of social media, we fall into the trap of comparing and minimizing ourselves to others (or puffing ourselves up) when really we just have a completely different hierarchy of values. We do not all want the same life and that is what makes life and communities thrive.

**"Know thyself."** Some brilliant Greek philosopher said this and it's so true! Life's journey (in my opinion) is really all about this evolution. The result as we "do the work" to find out who we really are inside is that we are absolutely filled with gratitude and love for the life we are blessed with. What could be better!

Cheers and Love from Dr Andrew

In everything I do, whether in business, philanthropy or my personal life, I am guided by my inner truth, my values.

Shari Adress  
PICTURE QUOTES .COM

### Core Values are the Framework on Which We Evaluate Our Choices

Dedicate yourself to a core set of values. Without them, you will never be able to find personal fulfillment, and you will never be able to lead effectively.

Kenneth I. Charade  
PICTURE QUOTES .COM

**RECIPE OF THE MONTH****Berry Cashew "Cheesecake"**

Gluten and Dairy FREE!  
(\*reprinted by request!)

**Ingredients: CRUST**

2 c. almonds  
1 c. dates (pitted)  
1/4 tsp sea salt  
2 tbsp water

**Ingredients: FILLING**

3 + 3/4 c. cashews  
2 to 2 + 1/4 c. berries  
(I used blueberries)  
1/4 c. lemon juice  
3/4 c. coconut oil, melted  
3/4 c. water (approx.)

**Instructions: CRUST**

Grind almonds in food processor to flour-like consistency. If you don't have the ability to grind, you can use coarse almond flour instead and modify the liquid as needed.

Add dates and sea salt. Add water until it stays together.

Press into a lined pan or molds and chill in freezer. I use muffin tins for individual servings or mini-muffin tins for bit sizes.

**Instructions: FILLING**

Blend cashews, berries, lemon juice, coconut oil and water in a high power blender until very smooth.

Pour or scoop into crust(s) and chill in fridge or freezer until firm (1 to 4 hours).

These store well in a sealed container in the fridge for 5-7 days and in the freezer for up to 1 month.

These taste so great, they won't last long!

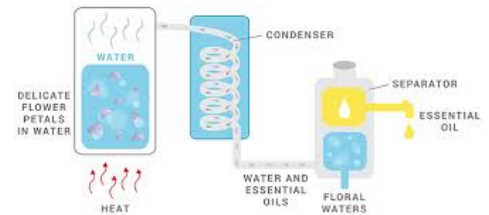
I always make these for summer treats when we are on vacation and fresh blueberries are in season! YUM!!

**The Basic Facts about Essential Oils****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! There are over 200 essential oils produced today - about 100-150 used in aromatherapy.

They are 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!  
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 is generally less familiar in health care here.

**Here are just a few research papers that I find interesting from psychiatry, pain management, gastroenterology, and dentistry:**

- *Psychiatry Res.* 2007 Feb 28;150(1):89-96. Epub 2007 Feb 7. **Smelling lavender and rosemary increases free radical scavenging activity and decreases cortisol level in saliva.**
- Cappello, G, Spezzaferro, M, Grossi, L, et al. (2007). **Peppermint oil (Mintoil) in the treatment of irritable bowel syndrome: A prospective double blind placebo-controlled randomized trial.** *Digestive & Liver Disease*, 39(6), 530-536.
- 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., Jöhren, 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? Are there side-effects?**

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's right for YOU!

Oral (swallowing) essential oils is only recommended with properly authorized and prepared products that are "food grade". Also, many are NOT recommended to take by mouth so please do your homework and ask a professional before taking them internally. There have been significant issues with improper use and 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, rollers or sprays to see how you like it! Just look for what smells good and appeals to your nose and brain. Also, use the guides we have in-office to help select the aromatherapy components for you.



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!**

**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.

**Dr. Andrew and Dr. Wanda Lee are away Monday, August 2 (Natal Day) until Friday, August 6, 2021**

**Stephanie is also away so both massage therapy and chiropractic care are closed for the full week.**

During that week we will have emergencies only coverage with Dr. Amy. Please call the office for details as our staff is also getting a break and only here intermittently. We will have the emergency contact info on the answering machine for ongoing access.

If you can wait until we return, please call and book in advance for the week of August 9th. We will have extended hours as needed to get everyone in!

**The phones will be answered for limited hours for the week so you can call or email for appointments even when we are away.**

**Thanks for your understanding as we give our spines a break too!**

**UPCOMING: Mark your calendars!**

We will be closed on Monday, Sept. 6 for the Labour Day holiday and Thursday, Sept. 30 for the new Diversity and Inclusion statutory holiday.

**CORE EXERCISE for BEGINNERS with Christine Somerville**

Our next class is in September! 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 and cancellation fees apply. **Please register at the office or call 902-826-1088 or email us: [info@stmargaretsbaychiro.com](mailto:info@stmargaretsbaychiro.com)**

**HIRING - PART TIME with some EVENING and EARLY AM hours!**

Some of you have probably heard that our Amber is moving to a full time job with the hospital. We have enjoyed having her skills and smiles over the past year and hate to see her go! We wish her well in her new job and know she will be an asset to Halifax and Nova Scotia Health!

We are hiring immediately and will be conducting interviews asap. Over the years, our clients have been some of our best sources of new team members. You know what you like and what fits with our community here at St. Margaret's Bay Chiropractic. If you have a great idea for our next part time (25 hours per week) team addition, please share this notice asap. Hiring will be before mid-August so we have training time with Amber!



**WANT TO BE A PART OF OUR TEAM?**

**We are hiring a 4 day per week, part-time permanent position for an admin and clinical assistant!**

ARE YOU a great fit?

- Energetic and friendly
- Love helping other people
- Enjoy natural health and healing
- Love being busy and moving

Must be able to work some evening hours and one early morning required

No experience necessary, training will be provided.

Position available August 2021. Please submit resume in person to 5715 St Margarets Bay Road or email asap to [info@stmargaretsbaychiro.com](mailto:info@stmargaretsbaychiro.com)



**PATIENT STORY OF THE MONTH**



"Our family has been benefitting from the care of Dr Andrew and Dr Wanda Lee for the past 15 years. Whether for our usual on going maintenance or for acute care after an injury the team at St Margarets Bay Chiro has been there for us always."

Thanks for sharing Pat and Cooper!  
We love taking care of families ❤️

\*Required disclaimer: Any and all information is shared with the expressed written consent of the patient. Results are individual and are not meant to promise or imply the same for others. A full examination and consultation is required to determine if chiropractic care can help you and your family.

**"Swimmer's Ear"**

We reprint this popular recipe every year... and the requests have started already, so here it is for Summer 2021! Although we aren't ear experts, this is good general health info and an excellent preventative measure that can help with **mild to moderate swimmer's ear**.

**\*\*For severe cases or things that don't resolve, please see your medical doctor as the ear can narrow and require attention!**

**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!



**MESSAGE THERAPY @ SMBCC**

**FAQ: How often should I get a massage?**

How often you receive massage depends on why you're seeking massage. From dealing with the general tension of everyday commutes, computer work, and time demands, a monthly massage may be enough to maintain your flexibility and support your posture.

On the other hand, if you're seeking massage for chronic pain, you may need regular treatments every week or two. Or, if you're addressing an acute injury or dealing with high levels of stress, you may also need more frequent sessions. Your situation will dictate the optimum time between treatments, and your massage therapist will work with you to determine the best course of action.

In general, experts note that a "regular" regimen is preferable, but how regular depends on your unique situation! The effects of massage are cumulative, like any healthy habit. The more often you get a massage, the greater and longer-lasting the benefits.



**Dr. Caleb Burgess**

@drcalebburgess

Her: My back is \*bad\*.. I have a bulging disc.

Me: Don't let your MRI results scare you. Approximately...

- 30% of 20 year olds
- 40% of 30 year olds
- 50% of 40 year olds
- 60% of 50 year olds
- 69% of 60 year olds
- 77% of 70 year olds

...have disc bulges with NO PAIN

**We are not doomed! Great stats!**

As I hunt down the exact source, one series of research studies is well proven and has been repeated for both back and neck issues.

When studying MRI results, researchers find JUST AS MANY disc bulges in people with NO SYMPTOMS as they do in people with pain.

What does this mean?

1. The bulge may not be the cause of pain and this explains those who do not have improvement after surgery.
2. Having a disc bulge doesn't have to be a life sentence for suffering. Conservative management (like chiropractic care and massage therapy) and good home care/self care practices can keep you feeling well despite the diagnosis!