



Health News this month

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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.

Don't Do, "Be" for This Summer

The following excerpt is from a key note presentation I did a few years ago. I think its timely - it's the summertime after all. I hope you enjoy.

Cheryl Richardson is a famous self-help author. She said "what I know is that goofing off is actually critical to my journey in life". When we're searching for something like a job, a new partner, we tend to push, push, push. When really, your answers will come when you do something that makes you smile and your soul sing.

When I was a little boy, I was ADD and sometimes a real shit disturber :). So one day, my family went camping. I was driving my siblings and parents crazy! My parents stuck a fishing rod in my hands, put me at the end of a dock and ran for cover...because I'm sure they thought this kid was going to make a mess out of this fishing thing.

But within seconds something happened to me.
I was mesmerized.

To this day, I remember hanging on to my fishing rod and praying to God for hours that a fish would bite my hook. I mean think about it ... this crazy 5 year old ADD kid fishing quietly for hours. I felt so connected in the still and quiet of Mother Nature. I feel that God, mother nature or source (whatever you want to call it) talks to me when I'm in that "BE" place. That's where the magic happens.

It isn't by pushing for more. So, slow down, drink more coffee or tea, read more books, take a nap, take a walk and let yourself find what makes your soul sing. I regularly meditate, read, walk in nature, fish, drink a coffee and just spend more time being in the moment rather than doing more all the time.

I know some of you are saying: "this is great but I don't have time to just be". Look, if I can find the time then I know you can too. As the Italians say, let's be "Living la Dolce Vita" this summer!

Cheers, Dr Andrew

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!

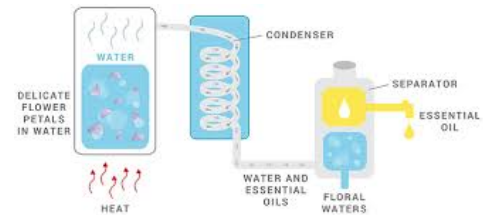
I always make these for summer treats when we are on vacation and fresh blueberries are in season! YUM!!

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 1 (Natal Day) until Friday, August 5, 2022
The clinic will be closed.

During that week we will have emergencies only coverage with Dr. Amy.

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 Dr. Andrew a break too!

UPCOMING: Mark your calendars!

We will be closed on Monday, Sept. 5 for the Labour Day holiday.

Dr. Wanda Lee has plans to return to the clinic on Tuesday, Sept 6! This will be a gradual increase in hours to test out those healing bones.

We are incredibly grateful to Dr. Shannon for helping out for the month of July. Dr. Andrew will be taking on all appointments in August. We appreciate your support - she is definitely feeling much better!

Dr. Wanda Lee's hours for September will be:

TUESDAYS 1130am-1pm
WEDNESDAYS 330pm - 6pm

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**



CONSTRUCTION UPDATE!

This is an exciting summer in our front yard. We know some of you drive by regularly and see the action, but for those that don't come around the corner to 5798 St Margarets Bay Road, here are some action shots from July!

Building is a bit frustrating these days. So far we have had shortages in rock and in cement...who knew that was even possible! Our roof trusses will take 12 plus weeks instead of 6 and who knows what else will crop up.

SO...for all those asking...we are planning on transitioning to the new clinic in December BUT that is subject to changes beyond our control. Until then we plan to stay in the building here and release it to the future new owners (whoever they may be) at the end of the year. Fingers crossed!

A HUGE THANK YOU TO DR SHANNON!

It isn't everyone who will give up their afternoon off in the summer to help a friend out for the entire month of July!! We are so grateful for the help both in helping Dr. Wanda Lee feel less stressed about being off and helping Dr. Andrew to provide the care that you all want and need.



PATIENT STORY OF THE MONTH



How cute and relaxed does this face look!? It always amazes parents and grandparents when they see the little ones just soaking up their chiropractic care.

They know what feels good!



*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 re-print 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.

Severe cases can cause quite nasty swelling that requires medical attention so the ear can drain. If you don't detect this early or if the symptoms progress, medical treatment is needed, so please be aware.

This remedy is our favourite early intervention 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!

We used these drops preventatively too. Applying occasionally after swimming in places like public pools can help prevent infection from taking hold.



We will be closed for the week of August 1 - August 5, 2022.

Happy Summer Vacation to our team!

WHAT WOULD YOU LIKE TO SEE IN OUR STORE AREA?

With a bit more time on her hands, Dr. Wanda Lee has been reviewing our health products to see what is popular with our clients and our community.

There are some clear winners like Dr. Wanda's Turmeric Boost, Joint Formula, Probiotic Power, Magnesium Glycinate and Vitamin Ds. There is also a regular demand for our Ascenta Omegas, Bone Health, Collagen, Digestive Boost and Vitamin C. We love hearing the stories of how much these products have helped you to feel better and function better!

Some of our essential oils are clearly more popular than others. As we look forward to our move, we will have less shelf space so we will probably edit our offerings accordingly!

GO ON, SIT DOWN, BREATHE DEEP & ASK YOURSELF... WHAT DO I REALLY WANT?

WE WOULD LOVE YOUR FEEDBACK!

What would you like to make sure stays on the shelves?

What would you like us to ADD that would help you live healthier?

EMAIL US at info@stmargaretsbaychiro.com or mention to our team on your next visit so we make sure we serve your needs best!

