



**ST MARGARET'S BAY
Chiropractic Centre**
BODY • FAMILY • LIFE
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Serving the St. Margaret's Bay and surrounding communities since 1994.

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.

RESILIENCY MATTERS

Being adaptable or resilient is an essential part of human health. I see it in my practice family for 30 yrs and energetic or spiritual healers often mention these concepts as a key to an ever-expanding meaningful existence.

As a chiropractor, I stand for prevention and promotion of health and we promote regular chiropractic care to help. I am convinced, after 30 years of practice, that people receiving regular chiropractic care have a body and nerve system that functions at a higher level than others. It is a definite advantage over others. It's one thing to wait for symptoms, call in and do enough chiropractic adjustments to dampen those symptoms. That can work to help with acute issues in the short term and that is valuable. Unfortunately, it can work "too well" and what invariably happens when you choose this approach is that it never actually gets to the root of the problem to deal with it at a deeper level. At some point, this short term approach doesn't "work" as well and your spine or health is beyond conservative repair so more aggressive medical interventions are needed.

I have seen for 30 years that those people who choose to come regularly for care (before bad symptoms appear) are definitely healthier and they bounce back quicker from life's bumps and bruises in many ways. These are often the same folks that exercise regularly, prioritize sleep and eat well regularly too. All of our healthy habits make us more resilient.

We are often trained in 'western medicine' that health need only be addressed when we have lost it...when we have symptoms. This is proving to be bad advice. For example, think of high blood pressure the silent killer, the first symptom is often a serious or deadly heart attack. Doing things to improve your health on a regular basis, before you have symptoms is a great key strategy to make you and your body more resilient and adaptable in the world.

Enjoy the summer!
Dr. Andrew and the MacPhee-Kleinknecht family



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!



PATIENT STORY OF THE MONTH

This is our story of kids that swim a lot and spend hours with ears underwater in pools, lakes and ocean.

Younger children haven't fully grown and the external ear tubes do not drain as well as adults. This makes children vulnerable to otitis media or swimmers' ear.

Our Claire was a prime example and we needed to prevent and carefully manage swimmers' ear. We also had medical help with drainage wicks and medications for severe episodes. Prevention was key to ensure summer was about fun and not ear pain!

This can help with **mild to moderate swimmer's ear** as well. For severe cases, see your medical doctor as the ear can narrow and require attention with stronger medication and even drainage wicks.

SWIMMER'S EAR REMEDY

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

*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.



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 is extending Natal Day as a vacation week once again. This is usually when most of you are on holidays as well!

Monday, August 7 until Friday, August 11, 2022

The clinic will be closed.

During that week we will have emergencies only coverage.

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

UPCOMING: Mark your calendars!

We will be closed on Monday, September 4 for Labour Day.

Dr. Andrew will add additional hours that week on Friday, September 8, as needed to ensure everyone has a spot!

CORE EXERCISE for BEGINNERS with Christine Somerville

Our next class is AUGUST 19th!

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