

Health News this month



PRODUCT of the MONTH



Just in time for Christmas gift giving and stocking stuffers!

Great ideas for body and home...check out our organic essential oils and aromatherapy products like diffusers, spritzers and inhalers.

Want a ready made option? Try Dr. Wanda Lee's essential oil rollers and organic creams and butters!

Pillows, supplements, wholefoods, shakes, greens and readymade orthotics are also on the shelves. A great option for gifts that make a healthy difference for those you love.

We also offer massage gift certificates for use in 2018 at \$10 off!

This is our way of saying Merry Christmas and Happy Holidays! Get 10% off EVERYTHING!!

Christmas, Holidays, Stress and You

I love the holiday season! For Dr Wanda Lee and I, it's a time for family and fun and probably too much sugary food :). It can also be a very stressful time on our bodies as well as our minds, as **we don't follow many of our regular health routines**. We skip the gym or sleep in and miss my morning meditation routine. We put off yoga or the lunchtime walk we usually do when the schedule is different and we are off from work for a few days. We might even be tempted to skip our chiropractic appointment but don't, and here is why!

"Stress-proofing" your body with chiropractic care is one of the best things you can do leading up to the busy Christmas Season. Often, you don't even realize you are carrying your shoulders up around your ears until it is too late and your headaches increase. Pain killers can't get that alignment back and release that nerve tension!

You have probably heard me say this before, but when you "go out of alignment" and need an adjustment, there are messages from your spine to the part of your brain that regulates the autonomic nerve system and your bodies stress response. This is often known as the **fight/flight response** or survival mode. This vicious cycle continues and you end up even more anxious with tighter neck muscles, less restful sleep and get more run down. When you get an adjustment, it is not just relieving tension in your neck and reducing those headaches (although both happen regularly were happy to report!), it's also changing your brain and helping your body to actually deal with stress better.

What else can YOU do for YOURSELF?

We hope you attend our clinic workshop on December 1st at 10am where Dr. Wanda Lee, Christina and Stephanie will share



(Continued on Page 2)



RECIPE OF THE MONTH

Chewy Chocolate-Ginger Cookies

These are adapted by Dr. Wanda Lee from Martha Stewart recipe so they can be gluten free but they are a once a year treat that we all love!

INGREDIENTS:

1 1/2 c plus 1 tbsp gluten free flour blend suitable for cookies
 1 tsp ground cinnamon
 1/4 tsp freshly grated nutmeg
 1 1/4 tsp ground ginger
 1/4 tsp ground cloves
 1 tbsp cacao powder
 1/2 c unsalted butter (room temp)
 1/2 c dark brown sugar, packed (you can sub coconut sugar as well)
 1 tbsp grated, peeled fresh ginger
 1/4 c molasses
 1 tsp baking soda
 1 1/2 tsp boiling water
 7 oz chocolate cut into chunks
 1/4 c of coconut or granulated sugar (for rolling)

DIRECTIONS:

1. Preheat oven to 325.
2. Line 2 baking sheets with parchment.
3. In a med. bowl sift first 6 ingredients.
4. In an electric mixer, beat butter and grated ginger until light (ap. 4 min).
5. Add brown sugar, beat, add molasses and beat until combined.
6. In a small bowl, dissolve baking soda in boiling water.
7. Beat half of flour mix into butter mix.
8. Beat in baking soda mix.
9. Beat in remaining flour mix.
10. Stir in chocolate and turn out onto plastic wrap.
11. Pat dough out 1 inch thick and refrigerate until firm (2 hrs or overnight - sometimes I use freezer for 45 mins).
12. Roll dough into 1 1/2 in. balls and place 2 inches apart on baking sheet.
13. Refrigerate 20 mins then roll in sugar.
14. Bake until surfaces crack slightly, about 10-12 min and rotating half way through.
15. Let cool on sheets 5 mins. Transfer to a wire rack to cool completely.
16. Try to keep from eating them all.

(continued from page 1)

some awesome tools. Plus learn how to make your own personalized Bach Flower Essence blend or essential oil Bath Blend to further help your body stress-proof itself!

You can also check out our new Dr Wandas Product called '**Stress Re-Balancer**'. She has done the research and joined forces with a local naturopathic doctor to create these high end products. Stress Re-Balancer is a potent combination of just the right combination of vitamins and herbs clinically proven to help your body deal with stress better. [Check our website out for more details and research.](#)

Take a deep breath and enjoy your family on this holiday season. I know we will. This Christmas we will be closing for the week and enjoying our extended family in the Florida sunshine. **Our last day for chiropractic appointments is the morning of Friday, December 21st and we will return with extra hours on Wednesday, January 2nd.**

Happy Holidays and Merry Christmas to all!
 Dr Andrew and Wanda Lee



Looking for a great gift idea?

Ask us about chiropractic and massage therapy gift certificates!

2019 Gift Certificates for massage therapy are \$10 off during the month of December

PATIENT STORY OF THE MONTH

After a fall, this beauty was having headaches...so bad that they woke her at night multiple times.

A nerve scan examination, a check by Dr. A and after her adjustment, a perfect sleep without pain. It is not just adults who benefit from chiropractic care!

Helping out after acute injuries like this one or in the more common daily posture damage that many kids develop over time on phones and iPads (and computers, and video games...) are what we love to do. Prevention and early correction are the keys! So glad that Mom and Dad knew where to call to get this injury healing asap!



Want to share your story? We post one on Facebook most weeks to celebrate our client's great wins and bring inspiration to others to get well and live better. Let us know at the front desk or at your adjustment visit and we can make it happen :)

CALENDAR OF EVENTS

HOLIDAY HOURS

We are closed for chiropractic care at 11 am on Friday December 21st. There are planes to catch, so Dr. Andrew will be on his way promptly and last patient appointments will be at 10:30 am.

There will be no chiropractic hours between Christmas and New Years Day.

In case of a chiropractic **emergency, Dr. Amy Robinson at The Lifehouse** at 1387 Hammonds Plains Road will work to fit you into her schedule! Her clinic phone number is 902-446-4030.

She is available at her clinic on:
Thursday, December 27
 8-11 am and 3-6 pm
Friday, December 28
 8-11 am only

There WILL BE massage therapy available with Stephanie Locke on Thursday, Dec 27.

Massage therapist, Christina Renaud, will also be closed over the holidays.

Dr. Wanda Lee and Dr. Andrew will be back on Wednesday, January 2, 2019!

Dr. Andrew will be open 7 am and will have extra PM hours.

Dr. Wanda Lee will have additional hours on Wednesday and Thursday PM to get everyone back on track to health for 2019!

****NOTE****

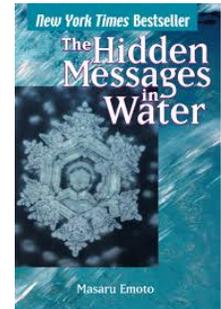
Phones will be monitored, emails checked and calls will be returned on Thursday, Dec 27, Friday Dec 28 and Monday Dec 31 for a few hours each day. Please leave a message or email us to arrange any



THE SEASON OF GRATITUDE

We are in the season of giving, caring and sharing, but sometimes the holiday season can feel like the season of expectations and increased stress.

Your thoughts and vibration can effect the molecular structure of water. A Japanese scientist and researcher, Dr. Emoto, revealed over years of study that water changes depending on what it is exposed to.



He showed thousands of photos of water crystals and the most beautiful crystals were formed after the water was exposed to the words "love" and "gratitude".

Dr. Emoto discovered that water from clear springs and water that had been exposed to loving words displayed brilliant, complex and colourful snowflake patterns while water from polluted sources or exposed to negative thoughts formed patterns that were incomplete, irregular or explosive.

Our body is made up of 70% water! It makes sense that thoughts and words can have a profound impact on our health and well-being.

Let's all try to approach this season with daily gratitude. To appreciate all that we have in our lives (and not so much what we do not have!). When we wake up in the morning, just the fact that we are alive and have a new day in front of us is something to be grateful for.

We can focus on what good things we could do with this day, what good things we can say and what good things we could feel. This alone can set a positive tone for the day...and change the molecular structure of your own inner water environment!

(Submitted by Christina Renaud, RMT)

Looking for stocking stuffer ideas? Secret Santa?

We have you covered in our 12 Days of Christmas that will be featured on Facebook from December 1-12! Check out our daily posts for some great ideas that start at under \$10. Good health is priceless and you can share it this Christmas!



PS. Our teacher clients like these too...hint hint. Glad we could help with the tough shopping decision too :) Better than chocolate!

CHRISTMAS TREATS with the CHEAT!



HEALTHY and TREATS can go together! You know that what you eat affects your health. So how do you keep your body from stressing out on all the sugary foods at Christmas time?

It can be done!

Here are a few of Dr. Wanda Lee's go-to websites for Christmas treats that will please your kids and company with less "cheat" in the "treat"!

Living Healthy with Chocolate (don't you love that name!)

These are paleo and gluten free. It is usually easy to substitute the dairy for something better like ghee or coconut oil for butter and cashew milk for cows milk.

Step Away From the Carbs (another great name)

These are all keto friendly so low in sugar and carbohydrates!

Paleo Hacks

These are all dairy and gluten free but not taste free :)



ESSENTIAL OIL of the MONTH Organic Therapeutic Essential Oil: YLANG YLANG

This is perhaps the "Queen" of all essential oils and many of us will recognize its fragrance as part of other blends and perfumes. But **Ylang Ylang** is more than just a pretty smell! Studies have looked at some of the many mentioned effects of Ylang Ylang essential oil. Let's look at a few:



1. Effects of Ylang-Ylang aroma on blood pressure and heart rate in healthy men (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3836517/>). In this study, they looked at the sedative effects of Ylang Ylang by measuring blood pressure and heart rate using an electrocardiogram and sphyngomomanometer. Inhaling the Ylang Ylang essential oil significantly decreased the heart rate and blood pressure in healthy men.

How you can use this research: Add 3 drops ylang ylang, with 2 drops of lavender and lemon or sweet orange into your diffuser and enjoy for at least 30 minutes!

2. Modulation of cognitive performance and mood by aromas of peppermint and ylang-ylang (<https://www.ncbi.nlm.nih.gov/pubmed/18041606>). These scientists compared peppermint and Ylang Ylang essential oils with a control group of no aroma. Peppermint was found to enhance memory and alertness while Ylang Ylang decreased alertness and improved calmness.

*How you can use this research: To enjoy the calming effects and to end your day on a stress-free note, mix 2 drops of ylang ylang essential oils with 1 tablespoon of **sweet almond oil** and massage over abdomen before bed.*

Your own experience is also part of the evidence. Try different oils and see how you respond! Use your oils depending on your needs and activities rather than someone else's blend. Different days, moods or activities may indicate different oils are best for that time.

We are each an experiment of 1 so test oils for yourself and make sure that you are not sensitive to them before you use them everywhere. Rub a little on your inner arm in some coconut oil. There shouldn't be any rash (some redness may be ok if this is an oil, like Ylang Ylang, that relaxed blood vessels) and you shouldn't be get stuffy sinuses.

Ask us for our info sheet at the clinic to help if you are starting out. It doesn't have to be overwhelming...we can help! Ask for our handout guide to essential oils in our clinic. There are also some great resources in our Library to borrow and learn more!