

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, 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 2019 at \$10 off! Give wellness this year!

Get 10% off EVERYTHING for the month of DECEMBER!

Don't miss our final #SHOPLOCAL event Dec 14th! Save the tax for one day only!

Family ❤️ Season

Dr Wanda Lee and I are amazed how time flies! Aren't you?

Our son, Thomas, is in grade 12 and next year's plans include flying out of the nest and going to university (we don't know where yet). Our daughter, Claire (some of you may remember her from the front desk) is in second year at Mount Allison University. She is on track to become a third generation chiropractor! Yep, we are all getting older. As soon to be empty nesters, Wanda Lee and I are looking to the next steps as we think about downsizing and then moving from Hammonds Plains to the Bay. We know the "kids" will always want to come home to the beautiful waters of St. Margaret's Bay!

As I reflect upon this past year in our office, there have been many changes. We celebrated our 25th year of business and serving you, our community. WOW, that seems crazy! Renee, after 25 years of smiling and loving service at the front desk, is actually going to retire. We plan to have her filling in here and there but she deserves her time too. Carol, who has been working with us for these past few years is also going to retire. Although we are sad to see them go and will be missing them both, we are also excited for them and as they pursue the next phase of life. We now welcome Christy at our front desk to join Wendy and Tammy and keep up our consistent great service to you all! The people may change over these 25 years but the caring, professionalism and mission to create a healthier, happier community continues!

I can honestly say that I am inspired as much now as I was 25 yrs ago, when that nervous, new, brown-haired young guy "hung out his shingle". We love taking care of you all and a lot of you have become like our second family. It is cliché but so true. We have watched families grow up and now bring their families to us. We have been there to celebrate weddings, babies, new jobs and more as well as shed tears for losses of great community members and extended families. That is what community practice is all about for us.

What now? More chiropractic and always more learning to improve and take cutting-edge, on-going professional continued education. We continue to add to our nutritional services and wellness store. Our purpose is the same as it has always been: offering you all the best chance to be healthy and live your best lives!

(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!
(reprinted by request!)

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)

Stay tuned! We are super excited about a new launch of an online nutritional course coming in January! Dr. Wanda Lee has been working on this program for months and it is almost ready to go. Look for more information and registration links in our January newsletter and start 2020 with wellness, tools, information and empowerment to create your best health.



Most of all, during this special holiday season, we want to thank you all for choosing us as your source for natural, vitalistic health and healing. May your holiday season be blessed and we hope you enjoy your family as much as we will be enjoying ours.

Happy Holidays and Merry Christmas to all!
Dr. Andrew and Dr. Wanda Lee,
Claire and Thomas

PATIENT STORY OF THE MONTH

We ❤️ to share these stories!

"I am an extremely active person and love playing hockey. I played varsity hockey during university. I have had some whiplash injuries along with 2 concussions and each time I made sure to take proper time off and get cleared by doctors before returning to play.

It's been about 3 years since the last major whiplash and I've continued to deal with daily neck pain and tension headaches. Going to see a chiropractor has been a wonderful decision. After 2 weeks of treatment I finally have headache relief and neck pain relief. I want people to know that maybe it doesn't have to be a constant cycle of physio and massage only. I finally see sustainable improvement.

Thanks to Dr. Kleinknecht and his awesome team at St Margaret's Bay Chiropractic!"

Thanks Jessica for sharing your great story. We love that chiropractic is so effective in helping you get well and stay well, especially for athletes and active people at every age!



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 :)

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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

CALENDAR OF EVENTS

Saturday, December 14, 2019
930am - 130pm
SHOP LOCAL & TAX FREE

Save 15% one day only!

Join us for some healthy gift ideas or just a great deal to start your new year off right! All in stock items are tax free on the regular price and Dr. Andrew will be on hand to answer questions too.



HOLIDAY HOURS 2019

CHIROPRACTIC HOURS:

We are **OPEN** regular hours on **MONDAY DEC 23** with afternoon/evening appointments. Plus, the docs have extend hours as needed to get everyone taken care of before the "big day".

We are **closed** for chiropractic care from **December 24-27th** and on **New Years Day**.

OPEN - MONDAY DEC 30th with both Dr. Wanda Lee and Dr. Andrew for regular pm/evening hours.

OPEN - Tuesday Dec 31 in the **MORNING ONLY:**
 Dr. Andrew 7am-11am
 Dr. Wanda Lee 10am-1130am

MASSAGE THERAPY HOURS:

There WILL BE OPEN massage therapy available with Stephanie:
 Monday, December 23 (regular hours)
 Friday, December 27
 Sunday, December 29 (by appt only)

(CLOSED Dec 24-25-26 and Jan 1)

There WILL BE OPEN massage therapy available with Christina:
 Tuesday, December 31 (12-4 pm only)
 Thursday January 2 (regular hours)

(CLOSED Christmas week and Jan 1)

MASSAGE THERAPY @ SMBCC

Happy holidays! With the stress of the holiday season in full swing, here is a reminder that the most important gift is you!

One of the ways you can give yourself a gift is a holiday massage/ Take a break from the preparations, the decorating, the shopping, the cooking and the "to-do list" to come in a relax, recharge and de-stress. Our table warmers are on and we can even play some Christmas music (if you wish).

Gift certificates are also available to gift loved ones, teachers, friends or for a secret Santa.

From us to you: Have a happy, healthy and safe holiday season!

(Submitted by Stephanie Locke, RMT)



Coming in JANUARY 2020!

Dr. Wanda's Online Wellness and Nutrition Program



Nutrition and More with Dr. Wanda's Wellness
 Good health starts with making good decisions.

There is so much information out there these days. We hear clients that they want to do better, eat better, make better choices...but it is overwhelming!

We have created an easy-to-start, "one-stop" kickstart better health habits. We will cover sections on nutrition, meal planning, detoxes, food selection, and supplements. We will look at why we make those choices, the role of movement, setting goals and creating better self-care habits for sleep, stress-management, essential oils and more. You can make better choices, act in healthier ways and create an environment for optimal health and well-being for you and your family. This program is here to help make that easier.

Our introductory special will be \$59 for a full 13 module program. It is flexible to fit your timing and delivered online so you can do at your own pace as well. At less than \$5 per week during our launch special, this is an amazing opportunity to learn more, access the right tools, find out what do do first and create some momentum to make 2020 (and beyond) easier, healthier, more energized and better than ever.

Look for more in our January newsletter and our social media channels! We will have dates and times for registration posted soon on Facebook and in the clinic so be sure to follow us for more information along the way to our January release.

Looking for stocking stuffer ideas? Secret Santa?

PS - Our teacher clients say these are awesome too. HINT HINT



December: |də-'sēm-bər| -n.

A month of lights, snow, and feasts. A time to make amends, and tie up loose ends. A time to finish what you started and hope that your dreams come true.

CHRISTMAS TREATS without the CHEAT!

HEALTHY and TREATS can go together! You know that what you eat effects 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!

Enjoy the holiday treats and choose wisely whenever you can! We are never "perfect" but it helps to be mindful and find the balance in our choices during this season of over-indulging!



ESSENTIAL OIL of the MONTH Organic Therapeutic Essential Oil: FRANKINCENSE

What better oil to learn about in December than this King of Oils, Frankincense. This ancient and revered oil was one of the gifts of the Kings to the baby Jesus in the Bible and is mentioned in many other texts over thousands of years.

Today, we still love Frankincense! It is a distinctive scent and we are seeing science add to the tradition of healing for this oil. It is steam distilled from the resin of the *Boswellia serrata* (picture).



This is one of the most well researched and multi-purpose essential oils to add to your stock! It is a proven tool for cell repair which makes it a great healing aid as well as a strong anti-aging remedy. It is wonderful as a few drops in bathwater, in a bath salt blend, skin lotion or cream or in your diffuser. Frankincense blends well with a medium note like Lavender and a high note like Sweet Orange to lift it's wonderful earthiness.

Potential Benefits of Frankincense Essential Oil:

Helps Reduce Stress Reactions & Negative Emotions

When inhaled, it has been shown to reduce heart rate and high blood pressure. It has shown mood improvements in those with mild depression and reduces feelings of anxiety in studies. As an added benefit, it does not cause unwanted drowsiness despite calming.

Helps Boost Immune System Function and Prevents Illness.

Studies have demonstrated that frankincense has immune enhancing abilities which may help destroy dangerous bacteria and viruses. Frankincense oil has been shown to help fight cells of specific types of cancer. A 2012 study even found that a chemical compound found in frankincense called AKBA is successful at killing cancer cells that have become resistant to chemotherapy. Frankincense is an antiseptic and disinfectant. It has the ability to help kill cold and flu germs from the home and the body naturally and can be used in place of chemical household cleaners.

Heals Skin and Prevents Signs of Aging

Frankincense has the ability to strengthen skin and improve its tone, elasticity, defence mechanisms against bacteria or blemishes, and appearance as someone ages. It helps tone and lift skin, reduces appearance of scars and acne, and improves wound healing.

Dr. Wanda Lee has chosen Frankincense for our Anti-Aging blend for this reason!

Balances Hormone Levels

Frankincense oil can reduce symptoms associated with menstruation and menopause by balancing hormone levels. Frankincense oil also helps with regulating estrogen production.

Eases Digestion

Frankincense helps the digestive system to properly detox and speeds up the secretion of digestive enzymes. It has been shown to be beneficial in helping to reduce symptoms in those with leaky gut syndrome, chronic colitis, ulcerative colitis, Crohn's disease, and IBS.

Helps Decrease Inflammation and Pain

Frankincense can inhibit the production of key inflammatory molecules. It can be useful in helping to prevent the breakdown of the cartilage tissue and has been shown to significantly reduce levels of dangerous and painful inflammation, making it a natural treatment option for pain-related conditions that effect the muscles, joints, and tendons. **It is also a part of Dr. Wanda Lee's Muscle Relaxing Blends to help ease and relax.**

Risks and Side Effects:

To date there are no reported serious side effects of using Frankincense oil, as long as you do not ingest large quantities which can result in it becoming toxic. We do not recommend ingesting oils unless they are specifically food-grade preparations (ours are NOT with the exception of oil of oregano). The oil may possibly have potential to negatively react with certain anticoagulant medications when taken internally so it is not recommended if you take these medications.

(References available on request)