

Health News this month



PRODUCT of the MONTH

Christmas SALE is BACK!!

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.

Get 10% off EVERYTHING for the month of DECEMBER!
(except orthotics)

Purchase \$75 or more and receive a free Christmas box to create your special gift!
(while supplies last)

Save and Shop Local!

Let's get ❤️ together.

It is interesting times. I see many of us conflicted and frustrated as we try to get people on "our side" of various issues. Before I rant too much about this topic, I must say that I am not a trained psychologist, I am just a guy that has been in the trenches with a lot of people for the past 28 yrs so please take what I say with a grain of salt 🙄.

Perhaps it's the age of social media or some other factors that folks smarter than me know about, but people often seem to have become very intolerant, divisive and often dogmatic about their views. These views could be on politics, health care, the flavour of ice cream they like or what salmon fly to use, it doesn't seem to matter. In my experience or current delusion, I feel there can be many truths (and many good salmon flies), probably as many as there are different individuals!

These discussions seem more often these days to end in shouting matches and sometimes even violence (sorry folks, it's not just south of the border). Perhaps it is time to "agree to disagree" more often; to be kinder, to show compassion. Now is a perfect time to start.

I am reminded of a quote (not sure of the source) to that rings true to me, "When you have a choice to be kind or right, choose to be kind. " Another great perspective to remember is that everyone has a story or a lens through which they see the world. We don't know their baggage or their story, and they don't know ours. It's been helpful to remember that in working with people.

I am not sure if all this makes sense, but I say it because its the holiday season and it reminds me of what is really important: to share our love for each other. It's a good time to honour our brothers and sisters and do things that build unity and togetherness. So I challenge you to look for your "sameness", the things we have in common, more than where we are different. That is the essence of love that we all come from.

Namaste and Happy, Healthy Holidays to all,
Dr Andrew

A loving heart is the truest wisdom.



- Charles Dickens -



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! We reprint this each Dec by request...enjoy 📺

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.

PATIENT STORY OF THE MONTH

We ❤️ to share these stories and more! Thanks to everyone who shared their chiropractic journey with us this year.



We love what we get to do every day...thanks to YOU ❤️
Thank you for letting us be your health partner for 2021!

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 :)



BEGINNING DEC 1, 2021

NEW HOURS!

Dr. Wanda Lee's Hours:

- MONDAY @ 2pm - 6pm
- WEDNESDAY @ 1pm - 5:45pm
- THURSDAY @ 11am - 1pm

Dr. Andrew's NEW Hours:

- MONDAY @ 130pm - 730pm
- TUESDAY @ 2pm - 6pm
- WEDNESDAY @ 730am - 1130am
- THURSDAY @ 2pm - 730pm
- FRIDAY @ 7am - 11am

Stephanie's Hours remain the same:

- Mon, Wed, Thur, Fri and Sun

**Front desk hours are in addition to our chiropractic hours.





Christmas Hours

Fr 17 Dec	Massage only, no chiro
Mon 20 Dec	Massage only, no chiro
Tues 21 Dec	Closed
Wed 22 Dec	Massage only, no chiro
Thurs 23 Dec	Closed
Fri 24 Dec	Closed
Mon 27 Dec	Closed
Tues 28 Dec	Dr. Andrew 130pm - 530pm
Wed 29 Dec	Dr. Andrew 730am - 12pm Dr. Wanda Lee 1pm-6pm Stephanie 11am-7pm
Thurs 30 Dec	Dr. Wanda Lee 11am-1pm Dr. Andrew 130pm-730pm Stephanie 130pm-730pm
Fri 31 Dec	Dr. Andrew 7am-1130am
Mon 3 Jan	Closed

Some Christmas Cheer



Dr. Wanda's Online Wellness and Nutrition Program

There is so much information these days. We hear clients say that they want to do better, eat better, and learn to make better choices...but it is overwhelming! Where do you start? Who can you trust? Sometimes it's easier to just give up...

This program is here to help make that easier. 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.

It is just \$59 for a full 13 module program. It is flexible to fit your time and delivered online so it is covid-safe and you can do at your own pace as well. At less than \$5 per week, this is an amazing opportunity to learn more, access the right tools, find out what do do first and create some momentum to live healthier, more energized and better than ever. Find our more here: <https://stmargaretsbaychiropracticcentre.vipmembervault.com/products/courses/view/3>



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



HINTS FOR SANTA!!

Message gift certificates are available to make your shopping easier. Shop Local ❤️

Gift certificates are also available for chiropractic care or to use in our store for supplements, organic oils, pillows, supports and more. No expiry!

Gift certificates are a both a gift to local shop owners and to the recipient!

Thank you for all of your support!

December: |də-'sɛm-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.



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. (Reminder: ingesting essential oils is not generally recommended - this is aromatherapy!)

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)