

Health News this month



PRODUCT of the MONTH



Christmas SALE is BACK!!

Just in time for Christmas gift giving and stocking stuffers!

There is no better time to give the gift of health. Our healthy products are great stocking stuffers and additions to gift bags. Or, maybe it's time to gift yourself.

Pillows, supplements, essential oils and supports are on the shelves and ready to go to make your Christmas shopping easy and provide gifts that keep on giving!

Get 10% off EVERYTHING in stock for the entire month of DECEMBER!

Save and Shop Local!

Stock up on your favourites to start 2024 with what you need for those health and wellness goals!

“Epigenetics” What is it? Why should you care?

Before we tackle what that title means I think it's helpful to ask ourselves a few good questions.

Agree or disagree :

1. My insurance company is more concerned about my health outcomes than their bottom line.
2. MSI will take care of all my health care needs.

I think we would probably all agree that, for the most part, the person you see in the mirror is in control of most of your health care and healthy lifestyle decisions. That is what epigenetics is all about! YOU are in your driver's seat!

Epigenetics is the study of how your behaviours and environment can cause changes that affect the way your genes work.” (CDC) It means you are not a slave to your genes (there are always exceptions or outlier diseases). In general, it means that your choices are critically important to what turns on or off in your genes that make proteins. These proteins help to create an immune response and or leave an opening for illness or disease to be created.

It explains why identical twins separated at birth, who have identical genetic makeup, have health outcomes later in life that are vastly different. Environment matters, diet matters, exercise matters, emotional IQ matters, whether or not you get regular chiropractic care matters so you can keep moving, functioning and reduce stress matters! These are all choices under your control.

Others might have you believe that health outcomes are not under your control but nothing could be further from the truth. You are way more in control of your health out comes then you can ever imagine. More and more new cutting edge research points to epigenetics and how we really can in essence control our genetic and health outcomes.

This is good news and empowering to embrace as we head into a new year and often make new health goals!

That said enjoy the holiday season (even those yummy cookies, in moderation of course!) I appreciate you all for choosing our clinic and for allowing me the opportunity to be part of your health care team again in 2023.

Happy Holidays! Much love and gratitude,
Dr Andrew (and Dr. Wanda Lee too!)





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

*"Since coming here many years ago, my life and lifestyle has improved. I am truly thankful."
- Floyd Shatford*

Thanks for sharing, Floyd! It is wonderful for us to be part of your health team for these many years! We ❤️ to share these stories and more! We appreciate 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 chiropractic clinic in 2023 and we look forward to growing in health and wellness in 2024.

Want to share your story? Let us know at the front desk and we can make it happen :)

REQUIRED DISCLAIMER This story is reprinted with signed permission. Results are unique to each individual and may vary. This is not meant to imply or guarantee results for others.



HOLIDAY HOURS

We are OPEN normal hours from December 18-21

The clinic is closed:
Monday, December 25
Tuesday, December 26
Monday, January 1

We are OPEN
Wed., Dec 27 7:30 - 11:30 am
Thurs., Dec 28 1:30 - 7:30 pm

An emergency number is available.

TOY DRIVE!

We are collecting toy donations once again this year. Over the past 29 years we have been amazed at the generosity of our clients and privileged to donate these gifts on your behalf to local charity organizations.

DONATIONS MAY BE DROPPED OFF DURING CLINIC HOURS FROM MONDAY TO THURSDAY UNTIL DECEMBER 15TH.

Thank you for your support!