



Health News this month



PRODUCT of the MONTH



Magnesium Glycinate

10% OFF in February!

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 calcium to be incorporated into bone and is important in the support for osteoporosis.

...Read more about one of the key supplements that most Canadians don't even know they are missing on page 2!

Visit our Research Library for lots more: <https://stmargaretsbaychiro.com/dr-wandas-wellness-custom-created-nutritional-supplements/magnesium-glycinate-info-sheet/research-library-dr-wandas-magnesium-glycinate/>

Check out our website for all of the details, indications and things you need to know about Dr. Wanda's Wellness - Magnesium Glycinate:

<https://stmargaretsbaychiro.com/wp-content/uploads/Magnesium-Glycinate-fact-sheet-050618.pdf>

The OUCH Files...

This January in Nova Scotia is turning out to be a lot like other years with lots of snow and then freezing rain. Then OUCH! ... a slip and fall easily happens.

Some of these falls end in broken bones and a visit to the emergency room. Luckily, most falls don't result in a broken bone and other than a bruise, we may not even see or feel the injury to the spine and nerves right away. However, it may not be that simple. We hear about it later: "I thought it would go away"...or..."the pain (or stiffness) seemed to start a few days after my fall..."

If you have had a fall, call in right away. Don't wait, as your vertebrae are almost always out of alignment and/or not moving properly after the sudden jerk or collision with the ground. Even worse, you may have bruised your brain on impact and we can check you for signs of concussion right away. You may feel fine initially but often things gradually worsen if left uncorrected. The sooner you get checked and adjusted as needed, the quicker your spine, nerves, muscles and/or brain will start healing.

As you can imagine, the danger with injuries that you can't initially see or feel right away is that they silently worsen become re-occurring or chronic. The longer you wait, the more difficult and the longer it can take to help you get back to being your healthiest.

So, don't wait for symptoms! Get checked after falls and accidents asap. The good news with most of our patients is that they are already under some sort of regular wellness or maintenance chiropractic care and we can rearrange your scheduled visit to get you in sooner if needed. We may not be able to prevent all the winter falls, but you suffer less and will recover that much quicker :).

If you choose not to find joy in the snow, you will have less joy in your life but still the same amount of snow.

Be safe and enjoy winter!
Dr. Andrew



RECIPE OF THE MONTH

NO SUGAR - GLUTEN FREE SUGAR COOKIES

Cookie Dough:

1 1/2 C. Fine ground blanched Almond Flour
 1/4 C. Softened Butter (or Spectrum Organic Palm Shortening to make these dairy free/vegan)
 3 T. Raw Honey
 Pinch of Salt
 1/2 t. Vanilla Extract
 1/2 t. Almond Extract

Frosting:

1/2 C. Palm Shortening
 1/4 C. Raw Honey (Or again, use Agave Nectar if you're vegan)
 2 t. Vanilla Extract
 2 T. Arrowroot Powder
 2 T. Coconut Flour
 2 T. Coconut Oil, Melted
 Pinch of Salt

Mix all of the cookie dough ingredients together! Make tablespoon sized balls and place on a cookie sheet. Bake at 350F for 10-12 minutes, or until the edges are slightly browned. When cookies are cool, frost & eat!

For the frosting, mix everything in your Kitchen Aid except for the coconut oil... Then when everything is well-blended, drizzle melted coconut oil in slowly while continuing to mix on high. Whip for a few minutes and DONE. If you don't want to frost, these cookies are great on their own, or dipped in chocolate. If you need dairy free chocolate, use Enjoy Life Chocolate Chips. This made about 8 cookies.

JOIN US ON FACEBOOK for more great healthy eating and recipe sharing!

<https://www.facebook.com/stmargaretsbaychiro>

(CONTINUED FROM PAGE 1 - MAGNESIUM GLYCINATE)

Why do we need Magnesium?

- Magnesium is required for over 300 essential biochemical reactions in the body including the formation of ATP, cellular signal transduction, and the synthesis of DNA, RNA and protein. It plays important roles in both structure and function of the human body.
- Magnesium keeps muscles relaxed, including the heart and blood vessels.
- Magnesium is required for neurotransmitter synthesis (serotonin, melatonin, etc.) along with zinc and vitamin B6.
- 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, together with calcium, creates nerve and muscle impulses. Magnesium is well known to help with conditions involving muscle spasms or cramp. Magnesium can help in peripheral nerve disturbances throughout the whole body. It is often recommended for assisting those suffering with fibromyalgia or myofascial pain syndromes.
- Magnesium is required for calcium to be incorporated into bone and is important in the support for osteoporosis.

Are there side effects?

Other magnesium compounds can cause bowel upset, but Magnesium Glycinate does not usually have that effect! Magnesium Glycinate is considered very safe and generally is well tolerated but, as with all body chemistry, there are some who may require caution in supplementation. If you have any concerns about taking these with your medications, check with your doctor. Caution should be take for those with kidney disease. Our Dr. Wanda's Wellness - Magnesium Glycinate is free from fillers and contain no soy, yeast, dairy, gluten, wheat or corn!

ST MARGARET'S BAY
Chiropractic Centre
BODY • FAMILY • LIFE

KICK OFF OUR 25TH YEAR PRIZE DRAW!

GET HEALTHY 2019

Ballots available in-office.
 Enter up to 1 ballot per day.
 No appointment or purchase necessary.
 Draw date: February 28th, 2019.

Prize value over \$400.00 in products and services including supplements, massage and special St Marg Bay Chiro swag!

The draw will be at the end of Feb! Have you entered?

CALENDAR OF EVENTS

FEBRUARY HOURS CHANGES

We will be closed for the Nova Scotia Heritage Day holiday on **Monday, February 18.**

We will have extra hours on Tuesday and Thursday to accommodate your appointments!

CORE for BEGINNERS Class Saturday, Feb 16th @ 9:30 am

Join Christine for our FREE introductory ball exercise and core class. Make sure you are getting the most from your "homework"! **Register in advance at the front desk or call 902-826-1088** if you have not yet taken advantage of this patient perk!

(Next class: Sat., March 16th, 2019)

COMING SOON! TANTALLON LIBRARY SERIES:

Dr. Andrew and Dr. Wanda Lee are doing a series of talks for the Tantallon Library in March, April and May. Come on out and join us!

WEDNESDAY MARCH 13, 2019
LEARN ABOUT CHIROPRACTIC
with Dr. Andrew

WEDNESDAY, APRIL 3, 2019
STRESSED?
with Dr. Wanda Lee and Christina

WEDNESDAY, MAY 8, 2019
ARTHRITIS, PAIN AND INFLAMMATION
with Dr. Andrew.

More details to come in next month's newsletter and in the clinic!

PLANNING AHEAD! MARCH BREAK 2019

Next month is March Break and family time for Dr. Andrew and Dr. Wanda Lee.

The clinic will be **CLOSED** for chiropractic care from **Friday, March 15 until Monday, March 25.**

Massage therapy will be available.

We will have emergency coverage with another Chiropractor in the area as well as **additional hours with us before and after** our break to make sure you are on track!

MASSAGE THERAPY

Why do we recommend EPSOM SALTS?

What are Epsom salts made of? They aren't like the salt we eat, but are actually made up of Magnesium and sulfate.

Studies have shown that magnesium and sulfate are both readily absorbed through the skin, making Epsom salt baths an easy and ideal way to enjoy the associated health benefits. Magnesium plays a number of roles in the body including regulating the activity of over 325 enzymes, reducing inflammation, helping muscle and nerve function, and helping to prevent artery hardening. Sulfates help improve the absorption of nutrients, flush toxins, and help ease migraine headaches.

Stress drains the body of magnesium and increases levels of adrenaline. When dissolved in warm water, Epsom salt is absorbed through the skin and replenishes some magnesium in the body. The magnesium also helps to produce serotonin, a mood-elevating chemical within the brain that creates a feeling of calm and relaxation. Research shows that magnesium also increases energy and stamina by encouraging the production of ATP (adenosine triphosphate), the energy packets made in the cells. Magnesium ions also help you relax and reduce irritability by lowering the effects of adrenaline. They create a relaxed feeling, improve sleep and concentration, and help muscles and nerves to function properly.

Try to incorporate an Epsom salt bath after working out, exercise, injury, or after work or massage, Chiropractic care or any other modalities. Experts believe that bathing with Epsom salt at least three times a week helps you to look better, feel better and gain more energy. Including Epsom salt baths in your self care helps to restore balance and improves function on many levels!

(Thanks to Christina Renaud RMT for contributing this article)



HACK YOUR HEALTH HABITS with author Dr. Nathalie Beauchamp

Thanks for joining us! We love learning and sharing what we know with our community. Dr. Nathalie and her new book are a great resource for making new and better health choices every day.

We have limited signed copies of her book available in the clinic.

**Come and grab one before they are gone :)
\$30.00 each**



Our normal 24 hr cancellation policy is not in effect when it comes to snow storms!



We want YOU to be safe first.

BUT...please do call and let us know if you won't be making it in on a snow day and we will gladly reschedule with no cancellation fees. Often we add additional hours on other days when weather forces us to close, so we are happy to help you re-plan the missed appointment.

We do wait at the clinic if we don't hear from you, so knowing you are not going to make your visit allows us to get our staff home safer too.

And **please make sure we have a good contact number for you at work, home, cell** so that we can reach you if the Centre needs to close early. Of course, we don't like to leave if we think you are on the way so we will always call you if we have to close.

If you don't hear from us, we are OPEN! Dr A loves driving the black truck in the snow ;) so if you like to drive in the snow and feel safe on the road, come on in! **We will also post on Facebook for quick updates so make sure you are connected to our page:**

<https://www.facebook.com/stmargaretsbaychiro>



PATIENT STORY OF THE MONTH

"I decided to try Dr. Andrew's chiropractic treatment after having occasional back problems for most of my adult life. I'd never been to a chiropractor before, and I thought it's worth a try!



Dr. Andrew's approach makes all kinds of sense to me - with my engineering background. The idea of getting my backbone properly aligned through a series of targeted adjustments - before working on strengthening the muscles to keep it there - reminded me of the solution for some structural steel problems I'd worked on in the past!

The treatment is working for me. Andrew is quite literally getting me straightened out!"

THANK YOU for sharing your health journey with us Tim!
Would you like to share YOUR story?
Just let us know for a future newsletter.

ORGANIC BERGAMOT Essential OIL of the MONTH!

Bergamot essential oil is uplifting, improves digestion and works as a wonderful pain reliever for aching muscles and arthritis. Bergamot essential oil is a known stress reliever and a powerful way to reduce feelings of depression and the winter blues.

For those of us who find the short days of winter to be a bit blue, this is a great addition to your winter essential oil kit. It is also perfect for your diffuser in the classroom, at work or at home when stress levels are high!

Bergamot can be applied in skin creams and **used when not exposed to sun.** It is a great winter oil, so perfect for us to use at this time of year.

Bergamot promotes the production of certain secretions that reduce nerve sensitivity and therefore reduces pain in injured or tender areas. It is well known in using as a headache remedy and improves chronic arthritis pain without the side-effects of other pain relievers.



Make your own pain relieving muscle rub:

Just mix a teaspoon of coconut oil or olive oil with about 3 drops of Organic Bergamot essential oil. If you make a bigger batch, keep in a dark area in a jar that will not allow sunlight to reach the mixture. Bergamot can become toxic when exposed to light. For more muscle relief, try Rosemary or Peppermint along with Bergamot and maybe even a drop of Lavender.

Bergamot blends well with other organic essential oils like Frankincense, Geranium, Orange, Rosemary, Vetiver and Ylang-Ylang, as well as other citrus oils like Lime, Lemon and Grapefruit. We are loving the combination of Lime and Bergamot in bath bombs, soap and in our clinic diffuser. Let us know your favourite Bergamot combo and we will share it with others on our Facebook page...we love trying new mixes!

