



## Health News this month

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### 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 on pg2 about one of the key supplements that most Canadians don't even know they are missing!

Visit our Research Library for the science behind magnesium for bones, muscles, migraines, heart health and 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>

### Be Smart in the SNOW!

It's that time of year with the challenges of snow and ice. It's obviously a very busy time for Dr Wanda and I, too. We would you all to take precautionary measures when shovelling and walking outside these days, so you don't become: "good for business" 😊.

When shovelling, it's important to remember these important facts:

- Warm up and stretch for a few minutes before you shovel.
- Going at it too intensively or in a hurry before work is a recipe for injury to your spine.
- Push snow as much as possible and try to avoid the deadly lift and twist!
- Take lots of breaks and hydrate your body and muscles well before and after shovelling
- Treat it like a workout...because it is one.
- Those short "catches" on slippery patches are often as bad or worse than falling. The sudden jerking motion often jars your spine and the quick bracing often puts your vertebrae "out of alignment" (strained and/or pinching).

Prevention and preparation are key. The big thing is to get regular chiropractic care (as most of you do). Every 2, sometimes 3, weeks seems to be the sweet spot for most of us. What this does is give your body an insurance package or built in reserves to handle more and larger stresses like shovelling. Essentially your body has more ability to bounce back quickly and less chance to "blow a fuse" or go as far into damage.

Sometimes, despite our best intentions to lift right and prepare, we still get feedback that we have over done it. That feedback feels like pain, stiffness, numbness, tingling or weakness. The best advice is to call and get us to check you asap. Understanding that we always want to wait to see if our bodies can heal themselves, we usually know when something is more than a little strain. It is never a bad idea to call and get us to check you so nothing has a chance to fester.

Whether your ideal winter day a walk on the rails to trails or a trip to the ski hill —winter can be a really fun time of the year to enjoy! We hope you enjoy is with great health and mobility!

Dr Andrew and Dr Wanda Lee



**RECIPE OF THE MONTH**

**GF Thai Peanut Chicken Noodle Soup**



This is her "before" shot... Tried and tested by Dr. Wanda Lee! We love some slow cooker options in winter!

**Ingredients:**

- 1 lb boneless skinless chicken cut in 1/2 in pieces
- 1 x 14.5 oz can diced tomatoes
- 1 red bell pepper, seeded and sliced
- 1 c bean sprouts
- 1 x 2 in piece fresh ginger, grated
- 4 cloves garlic, minced
- 3 green onions, sliced
- 1 tbsp fish sauce
- 1 tbsp gluten-free soy sauce
- 1 tsp sesame oil
- 1/2 c natural peanut butter
- 6 c chicken broth
- 1 pkg gluten free rice noodles
- \*optional garnishes - cilantro, lime wedges, chopped peanuts

**Directions:**

Use a 6 qt slow cooker.  
Place the chicken in the bottom and add the entire can of tomatoes.  
Add the bell pepper, bean sprouts, ginger, garlic and sliced green onion. Stir in the sauces, sesame oil, peanut butter and chicken broth. The peanut butter will be clumpy - that is fine!  
Cover and cook on low for 7-8 hours. Stir well and drop in rice noodles.  
Cover and cook on high for 20-30 min or until noodles are tender.  
Serve and garnish if desired.

(Thanks to SimplyGlutenFree magazine for the recipe ❤️)

**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 myo-fascial 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!

"YESTERDAY I WAS CLEVER, SO I CHANGED THE WORLD. TODAY I AM WISE, SO I AM CHANGING MYSELF."

RUMI

12 Modules

- Mindset
- Nutrition
- Meal Planning
- Movement and More

PLUS

- Bonus Modules
- Supplements
- Essential Oils

PLUS

- Member's ONLY Facebook Group with Dr. Wanda

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Ongoing access to all materials included. Do at your own pace!

**All for \$59.00**







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

NUTRITION AND MORE with Dr. Wanda's Wellness

## CALENDAR OF EVENTS

### FEBRUARY HOURS CHANGES

We will be closed for the Nova Scotia Heritage Day holiday on **Monday, February 17**.

Dr. Wanda Lee and Dr. Andrew are away for the university spring break with Claire and Thomas! **There will be NO CHIROPRACTIC hours from February 17-21, 2020. We will have extra hours before and after that vacation week to accommodate your appointments!**

All emergencies and any needed care can be arranged with Dr. Amy Robinson at The Lifehouse on Hammonds Plains Road. Please call her office to make arrangements at (902) 446-4030.

### "DINNER WITH THE DOC"

**Have you been waiting and wanting to share chiropractic with someone else? Are they nervous to make an appointment but would love more info?**

We can help! Please pass along an invitation to them to our Dinner with the Doc event and let them hear more, ask questions and get to know us better.

**Our first event will be at Cavicchi's restaurant on Tuesday, Feb 11th at 6:00 PM. Join Dr. Andrew for a chat and a meal!**

### CORE for BEGINNERS Class Saturday, Feb 15th @ 9:00 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 14th, 2020)

### COMING SOON @TANTALLON LIBRARY WEDNESDAY MARCH 4th

Dr. Andrew and Dr. Wanda Lee will be talking about stress, wellness, nutrition, exercise and chiropractic at the Tantallon Library.

We invite you to join us...and bring a friend. Life is better with friends :).

Details to come next month.

**OPEN to ALL**

### NEW SCHEDULE - CHRISTINE RENAUD, RMT

Our Christine is cutting back her hours and will continue with us on TUESDAYS only, starting in February. We are happy that her clients can continue to enjoy massage therapy with her and can arrange Stephanie to substitute on other days.

## 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)



## NEW! Aromatherapy Sprays

Dr. Wanda Lee has been in creation mode with our organic essential oils! Many of you want to use them but want a more convenient, ready-made option than purchasing diffusers and multiple bottles of oil. We now have just the thing for you!



There are 6 options to choose from, depending on the effects that you are looking for. One is just pure Organic Lavender for all kinds of use. The others are blends of 2-4 oils that are selected for their specific related properties. Which one you choose is up to you and your unique wants and needs. Come on in and sniff test...Let us know what you think!

## PATIENT STORY OF THE MONTH

In your own words...

**“I’ve never been to a chiropractor before, so I didn’t know what to expect. My experience with St. Margaret’s Bay Chiropractic turned out to be one of my better decisions.**

**As a lifelong jogger, I developed foot and heel problems at various times and resolved the issues usually with orthotics.**

**This latest issue affected my ability to walk and I was in constant pain.**

**The staff at the cliic were very professional and effective in determining my issue. After a few sessions, my ability to walk without pain has been fixed.**

**I now have a whole new appreciation for my spine, nervous system and overall health. I appreciated the free session provided by the clinic for a personal trainer. Very helpful. Thanks. “**

We love seeing these notes from patients and clients!

Chiropractic works and we use the best additional tools and experts to help too. Orthotics, exercise, massage therapy, nutrition and more are all part of being well.

THANK YOU for sharing your health journey with us!

## Essential OIL of the MONTH!

### Dr. Wanda’s Organics - NEW Inflammation Ease

After months of research, development and testing, we have a new body butter blend specifically using Organic Essential Oils to help address inflammation! Thanks to those who offered to test the blend. It is great to see how well everyone responded to the new combination.

Here are the organic, therapeutic essential oils in our new INFLAMMATION EASE body butter:

- Turmeric
- Chamomile
- Spearmint
- Juniper Berry
- Basil



Sounds weird, doesn't it? It actually smells amazing. These are some of the most researched essential oils for inflammation and in this custom blended combo they also smell awesome. Along with these oils is our unique blend of organic Shea and Cocoa butters, organic olive, grapeseed and arnica oils with added Vitamin E and C!

This is perfect for joint pain and arthritis to help ease your symptoms while your chiropractic care works to get you aligned and moving better. Although we all know there is no cream that cures arthritis and no substitute for moving better, it is nice to have something that also helps us feel better when inflammation flares up! Let us know what you think.

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.



**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.**

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>

