



Health News this month



PRODUCT of the MONTH



SHAKE IT UP!

10% OFF in February on all SHAKES and GREENS!

Our special this month is just in time to help your body cleanse and fuel after a Christmas season and Covid-19 "staying at home" from 2021. Maybe we have been over-indulging, bored-eating and perhaps not always being careful of the sugar, gluten and dairy we have been eating.

We all deserve a little cheating time in our menu so no need for guilt or regret! It's just time to rebalance the menu and set us all up for a healthier 2022!

10% OFF in February!

Protein shakes are an amazing meal replacement when you are eating a reduced sugar/carb and gluten-light menu. Breakfast or lunch is a great time for a shake as you can grab and go and a shake for lunch can provide the protein and nutrients we need to get through the day.

Just add your favourite healthy fats like avocados or coconut oil and something to create new tastes like cacao, berries, coconut milk or nut butter and create your special drink for the day!

What We Have Learned in 27+ Years

Here are some of our health care values that working with our community has taught us over the past 27.5 years:

1. Chiropractic care is prevention oriented. Getting your spine checked regularly is like going to a dentist. Its good for the entire family at every age and stage!
2. Your adjustments are cumulative and build momentum. Your care plan is like going to the gym regularly vs when you feel like it. One adjustment builds on the other and the biggest benefits happen over time.
3. Being as healthy as you can be means having a healthy spine and nerve system, along with good nutrition, exercise and a healthy emotional outlook. Your nerve system controls and coordinates everything in your body.
4. Our goal is to partner with you to reach your health goals vs telling you what to do. After all, it's your body and your health. Our door is always open for you and questions are welcome.
5. Being as healthy as you can be and expressing your health at as high a level possible is a lifelong journey. That's different then a "crisis" care health model that is only concerned with you when you're broken and wants to patch you back up. These are both valuable, but different.

When we offer advice on your care plans for in-office or for homework, it is with these values in mind. We want the best for your health now... AND the best you in 20 years. This is where we come from and what's in our hearts.

This list of our values and standards is not intended to make anyone else's list of health values wrong. It is just what we have learned after 27 yrs. It is simply what we have found to be most helpful for clients/patients that have trusted us to help them on their health journeys.

Here's to doing something everyday or noticing something everyday that makes your soul sing!

NAMASTE,
Dr Andrew





RECIPE OF THE MONTH

Here are some of our go-to shakes to get you started! One word of caution when creating your own shakes - don't overdo the fruit sugars! Keep a balance that tastes great with good fats and fiber too.

Chocolate Almond Butter Shake

- 1-2 tsp cacao powder
- 1-2 scoops organic, non-dairy protein powder like our VeganPure or Innotech brands
- 1/4-1/2 avocado
- 1/2 banana
- 2 tbsp almond butter (or peanut butter)
- 1-2 c almond or cashew milk
- 3-6 ice cubes

Blend and enjoy!

Dr. Andrew's Energizer Breakfast Shake

- 1 to 2 scoops of our vegan, pH balanced Seven Point 2 Protein shake powder
- 1/2 avocado
- A small/med handful of Goji berries or blueberries
- 1 glass of organic unsweetened coconut water or plain water
- A large handful of organic spinach or cucumber (or both!)
- 1-2 Tsp of Ascenta Omega oil

For variety, add a few berries, some cacao powder, peanut butter or almond butter. You can make a different healthy flavour every day.

If you have a favourite shake recipe, please share with us and we will pass it along too!

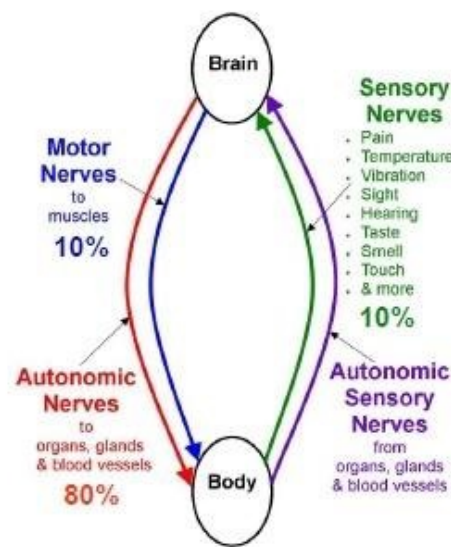
JOIN US ON FACEBOOK for more great healthy eating and recipe sharing!

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

DID YOU KNOW?

The nerves in your spine that connect your brain and body are more than just carriers of pain. Every message coming into the brain and every message going back out to the body is carried by your nerves. Sensory and motor nerves often get the most attention as they carry sensation and power. When something goes wrong, it is more obvious to you when you feel pain or numbness or notice weakness or spasm in a muscle.

These are only approximately 20% of the messages carried in an average nerve at the spine level. The other 80% is autonomic and these are the sneaky ones that are more subtle but equally (or more) damaging to your health and wellness. We measure ALL nerve function with our spinal scanning equipment to help determine the autonomic, sensory and motor function of your spine and nerve system. It is so important to test, don't guess when it comes to health!



The Safety Pin Cycle

Motor Nerves: Carry messages from the brain to the muscles of your body. They make up 10% of all the nerves in your body.

Autonomic Nerves: Carry messages from the brain to all of your organs, glands, and blood vessels. Autonomic sensory nerves carry messages to your brain about the function of your organs, glands, and blood vessels. They make up 80% of all the nerves in your body.

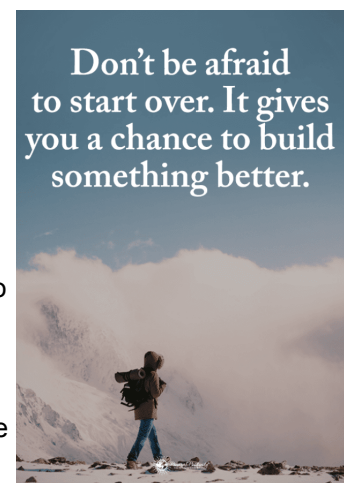
Sensory Nerves: Carry messages to your brain about your internal and external environment. They make up 10% of all the nerves in your body.

NEW YEAR - NEW HABITS

Here we are...one month into 2022. January seems to be the time of year that we think about creating new healthy habits...but February is where the "rubber meets the road". This is the time to recommit, make any necessary edits, or create a new plan for **Wellness 2022!**

It takes longer than a few days or weeks to make changes and create new habits. Don't beat yourself up if January didn't go quite as you hoped or planned. This month, this week, or even each day can be a fresh start to making progress.

We are cheering you on! Start slow and steady and keep moving!



Don't be afraid to start over. It gives you a chance to build something better.

CALENDAR OF EVENTS

FEBRUARY HOURS CHANGES

We will be closed for the Nova Scotia Heritage Day holiday on **Monday, February 21st, 2022**

SCHEDULING AHEAD?

Dr. Wanda Lee will be on vacation the last week of April to celebrate Claire's graduation from Mount Allison University. Time flies!

Dr. Andrew will also be taking vacation time as fishing season approaches...stay tuned for details.

Unfortunately, Dr. Wanda Lee's father is experiencing some health challenges and she will be travelling to PEI over the winter. With the 4 day quarantine in place there, this will necessitate some schedule changes (TBD) as needed in February/ March. Thank you in advance for your understanding and patience with our staff team when they call. Dr. Andrew will be here and able to ensure no one goes without needed chiropractic care!

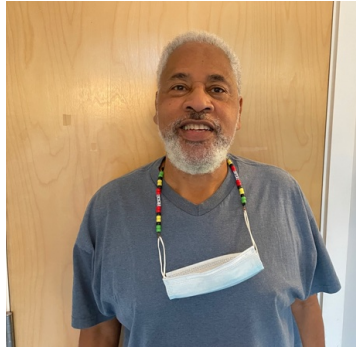
**CORE for BEGINNERS Class
Saturday, Feb 12, 2022 @ 9am**

Join Christine for our FREE introductory core stability exercise 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!

The class is "on us" unless you miss. The missed class fee is \$15.00.

Due to Covid-19, registration is very limited and masks are required.



PATIENT STORY OF THE MONTH

Thank you for sharing with all of us! We love to celebrate wins like these and inspire others not to give up on being well.

"I had been diagnosed with severe spinal stenosis, which did not affect me until April 2021. I got out of bed in the morning and as soon as my feet hit the floor, I was stricken with severe pain, from my lower back, down my legs and to my toe. I could not walk, so my wife got me a cane to support me.

At first, I found that if I walked for about 1500m, the pain would subside, but whenever I sat down and got back up, the pain would return.

This went on from April to November until a friend of mine, who had the same problem, told me about his cure... I made an appointment and went to see Dr. Andrew. He thought that he would be able to help me and he surely has. When I went to him, I was not able to stand straight because of the pain but one month of being adjusted I can now stand up straight and walk with little pain.

I will continue to go for adjustments until the little pain that remains is completely gone and after that I will go periodically for adjustments to ensure the health of my body.

This practice has a very relaxed atmosphere and a great well-informed staff. - Gary Boyd, Retired Pastor"

**Please note that all information is shared with the expressed permission of clients. This is the experience of an individual and is not meant to imply or guarantee results in others. Health care is unique to each person's history, diagnosis and condition.

MESSAGE THERAPY NEWS

It's February!

Nova Scotia is typically getting colder as the days pass by. Winter might seem like it is dragging on, the days are starting to get longer again. You might be starting to dream of the warmer weather around this point.

Did you know that our massage table is heated? There are three different heat settings to make sure you're nice and toasty warm! Laying on the heated table helps your body relax even further than laying on the cold table in the winter months.

Give the gift of a massage to a loved one this Valentine's Day.

Gift certificates are available at the front desk for all massage time frames (30, 45, 60 and 90 minutes)

❤ submitted by Stephanie



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 come in helps us and our staff get home safely too!

Please make sure we have a good contact number for you at work, home and cell so that we can reach you if the Centre needs to close early.

We will always call you if we have to close, so if you didn't hear from us, we are here and ready for your appointment. 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>

What do you do on "snow days"? This is what Dr. Andrew was up to last month in the snow!

The first person to tell him the name of this salmon fly wins a bottle of Vitamin D!



ORGANIC BERGAMOT Essential OIL of the MONTH!

This is a clinic favorite and you might find it in our staff diffuser on your visit to the office!

Citrus bergamia, the bergamot orange, is a fragrant citrus fruit the size of an orange, with a yellow or green colour similar to a lime, depending on ripeness. Extracts have been used in food, cosmetics and perfume for centuries. It is the flavour behind the classic Earl Grey tea!



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 all to use and benefit from at this time of year. **This oil is NOT safe for pets**. According to the [ASPCA](#), bergamot orange and its essential oil are toxic to cats, dogs, and horses because it has psoralens.

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.

Stress reduction is one of its most researched benefits. A small 2015 [study](#) done on women in Japan found that inhaled bergamot oil mixed with water vapour reduced feelings of anxiety and fatigue. Similarly, a 2013 article published in the journal [Current Drug Targets](#) reported that aromatherapy with bergamot (among other essential oils) can relieve depression, anxiety, and other mood disorders by signalling the brain to release dopamine and serotonin. Sounds like a great addition to help with winter blues!

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 for that clean citrus smell. Bergamot is considered a "top note" in blending so pair it with a middle and low note oil for a well rounded profile in your diffuser. Let us know your favourite Bergamot combo!

