



## Health News this month



### PRODUCT of the MONTH

**WE ARE GETTING READY TO MOVE SALE**

We don't know exactly when, but we know that early 2023 will have us relocating to our new clinic! Help us make packing easier and save \$5

**CHECK OUR MARKDOWN SHELF FOR 40% OFF DISCONTINUING PRODUCTS**

**CHECK OUT OUR SALE SHELF!  
40% OFF**

We may not have exact dates for our relocation yet, but it is time to start preparing!

Our new space is a bit smaller, so we will be reducing some of the items that are easier to get other places. We will be keeping most of our core supplements and supports as well as one brand of essential oils that are cheaper here than elsewhere. Things like shakes are more available at other places now and even at cheaper options like Costco so we can refer to them.

Rather than move all of our stock, we are having a HUGE SALE on all the discontinued items. Sale items are now priced below cost!

**Check it out in the clinic and stock up to save \$\$\$\$!**

### HISTORY REPEATS...

We have been doing some cleaning up at the clinic in preparation for our move. This is a treasure we found printed in the Elmira, Ontario newspaper in 1967 by Dr. Andrew's father, Dr. Bruce Kleinknecht. It is amazing how history repeats itself...and how we are still saying the same things 55 years later!

Chiropractic is ageless and timeless.

Happy February to all. See you on the ski hills!

Dr. Andrew

### Recognition of Value

The growth of the chiropractic profession has been such that more than five hundred health and accident insurance companies in Canada and the U.S.A. recognize its value and place within the healing arts, and pay their policy holders for its services.

Workmen's Compensation Boards recognize the services of Doctors and Chiropractic, including X-ray examinations, for workers covered by provisions of The Workmen's Compensation Act, if accidentally injured at work.

For income tax purposes, receipts for chiropractic care may be included with others under the general heading "Medical Expense".

Provincial Chiropractic Associations are chartered under provincial laws. The Doctor of Chiropractic must have a government licence to practice, granted only after graduation from an approved chiropractic college course of four years specialized training, and having demonstrated his qualifications to practice by strict written, oral and practical examinations set by the Government board.

The remarkable effectiveness of chiropractic in restoring and preserving man's most precious possession--health--has earned for it a permanent place in the family of healing sciences.

This article is published, as a Public Service, by B. W. Kleinknecht, D.C. Chiropractor, 2 Park Ave., E. Elmira, Ontario.

**RECIPE OF THE MONTH**



**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!

To mix it up, substitute strawberries for banana. You can also leave out the cacao and enjoy the vanilla flavour. Shake combinations are endless, just watch out for too much sugar and keep the protein content high for the best boost to your day!

**CALENDAR OF EVENTS**

**FEBRUARY HOURS CHANGES**

We will be closed for the Nova Scotia Heritage Day holiday on **Monday, February 20th, 2023.**

**SCHEDULING AHEAD?**

Dr. Andrew will be away and the clinic closed from March 27-31, 2023.

Planning ahead helps us make sure we get your care delivered on the best possible schedule for you!

**CORE for BEGINNERS Class Saturday, Feb 18, 2023 @ 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!

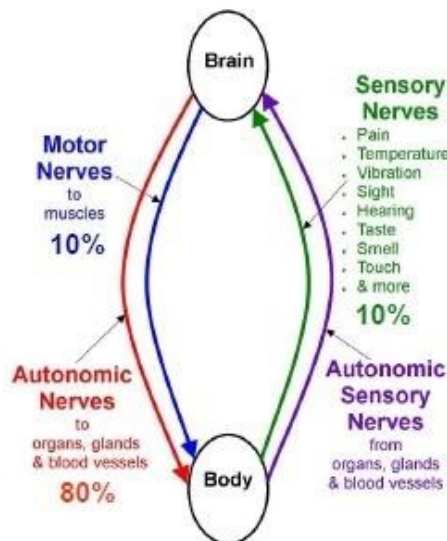
The class is "on us" unless you miss. The missed class fee is \$15.00.

**Don't forget to enter our VALENTINE's DRAW in the clinic by Feb 10th!**

**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.

**PATIENT STORY OF THE MONTH**

**This is Rhiannon's amazing story:**

On September 12, 2022 I was in a car accident. I was transported to the Infirmiry Hospital in Halifax and a spinal operation was performed. I had an L3 burst fracture and my L4 and L2 were fused. When I woke from surgery, I was paralyzed from my waist down and I had a low chance of walking again. I spent 3 months between hospital and the NS Rehabilitation Centre. Each day I was making recovery, having flickering and small movements returning in my legs.



In November I started walking with the walker and slowly using the cane. I was discharged on December 9, 2022. I continue physio at the Rehab and attending my chiropractor {Dr. Andrew} once a week. I am getting stronger and making a remarkable recovery.

"Never give up hope no matter what you're faced with and stay strong and determined."

\*\*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.