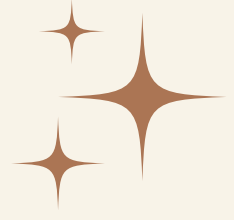


Newsletter



St. Margaret's Bay Chiropractic Clinic

February 2025



February - Month of Love

Monday, Feb 17th is **Random Acts of Kindness Day**. We were thinking why contain it to just one day??? Let's carry this theme through the entire month of February. We invite you to share your random acts of kindness (either as the recipient or the grantor) on our exam room whiteboards.

Let's spread some kindness!!

Pain, Inflammation and Joint Tenderness?

Aside from regular adjustments, one of the most effective natural things you can do to manage pain and inflammation is supplement with Omega 3 fatty acids. If you only take 1 supplement, this is the one Dr. A recommends!! Make sure you have a high quality product to avoid any with toxins such as mercury or rancid fish. There is a lot of crap out there or we should say rotten fish oils on the market. One teaspoon a day will do it and ensure to keep it refrigerated.

Other benefits include protection against high blood pressure, depression, anti cancer and digestive issues. Check out our website below, for more information. Or ask us for our product information sheet.

**Clearance
Sale!!!
Omega 3 Oil**



Andrew's Blog

Your Body's Innate Intelligence

This is an old but true concept that early chiropractors championed and promulgated. It's one of those things that seems rather obvious but perhaps because it is simple and not "sexy", it's never talked about. Simply put, your body is a healing machine controlled in large part by your nervous system. We do this by adjustments with our hands or, as in my case, with an instrument.

In that context, let's look at this more closely. If you cut yourself, what is supposed to happen is a process of healing within a few days. The wound is supposed to scab over as your body shunts white blood cells to the wound to fight any bacteria and little tiny cells called macrophages and other cells clean up the dead or damaged cells until finally a scab is formed as white and red blood cells, protein fibrin and platelets kind of "glob" together. This process is extremely complex and is orchestrated by your body's immune system and ultimately your nerve system.

Let's take a step back to when the cut occurred and typically we would put a bandaid on it along with polysporin. All good and reasonable things to do. But what really did the healing? Was it the super delux waterproof bandaid, the magic of the polysporin? Or was it your body's ability to heal itself?

In my opinion we are bombarded by messages in the media that create fear and a sense of hopelessness that somehow we need more chemicals and interventions to be healthy and that 100,000's of years of our bodies adapting to changing environments and bugs/pathogens are either wrong or ineffective. (Yes there are a few man-made exceptions.) Your body's innate intelligence is miraculous and magical and, in my view, we too often don't give it the time or credit it deserves in it's ability to heal itself. I feel we need to trust it more often and give it time.

So perhaps allowing our toddler's to eat a few 'dirt pies' at the beach isn't necessarily a bad thing, eh?

Cheers,
Dr. Andrew

Upcoming Events

Mon. Feb 17th - NS Heritage Day (clinic closed)
Thurs Feb 13th - Galentine's Day
Friday Feb 14th - Valentine's Day
Mar 3rd - 7th - Dr. A on vacation

What's new???

The Seniors Care Grant of \$750 now includes chiropractic care. Go to www.novascotia.ca/seniorscaregrant for more info.

Chocolate Black Bean Brownies

Ingredients

One 15-ounce can of black beans, rinsed and drained
¼ cup vegetable oil
2 teaspoons vanilla
2 large eggs
¾ cup granulated sugar
¾ cup unsweetened high-quality cocoa powder
½ teaspoon baking powder
¼ teaspoon salt
1 cup chocolate chips divided

Instructions

Preheat the oven to 350°F.

Grease a 9×9-inch baking pan or line it with parchment paper.

Thoroughly rinse the black beans and place them in a strainer to drain any excess water.

Put the beans in a food processor and process until they are nearly smooth.

Add cocoa powder, salt, extract, sugar, vegetable oil, eggs, and baking powder to the black bean mixture and blend until it's completely combined.

Fold in ¾ cup of the chocolate chips.

Pour the brownie batter into the prepared pan, and sprinkle the remaining chocolate chips over the top.

Bake for 25-30 minutes or until brownies are set in the center.

Let the brownies cool completely before cutting them into squares and serving.



The Book Corner

The colder temps encourage us to curl up with a good book. Some recommendations below... Enjoy!

Wendy - *The Women* by Kristin Hannah

Dr. A - *The Briar Club* by Kate Quinn

Pam - *Where the Crawdads Sing* by Delia Owens



Our patients speak



"Chiro adjustments by this establishment are bang on. I would recommend anyone having issues with their backs, sciatica, hip pain, etc to consider having monthly adjustments as a way of maintaining good back health. Andrew works wonders for my back issues and I would recommend his services to anyone." JG

"I'm so thankful I found you!" - NB

ST. MARGARET'S BAY CHIROPRACTIC CENTRE

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