




**ST MARGARET'S BAY
Chiropractic Centre**
BODY • FAMILY • LIFE
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Serving the St. Margaret's Bay and surrounding communities since 1994.

PRODUCT OF THE MONTH



NUTRASEA OMEGA D 3

**25% OFF IN
FEBRUARY!**



Omega oils are essential but are not produced by our bodies. They must be supplied by our diet to maintain many everyday functions.

Omega fatty acids are responsible for the proper functioning of the cell membrane so are critical to the health of ALL cells. These omega fatty acids regulate many body processes and are keys to immune system responses, hormones, brain neurotransmitters, nerve system function and reducing inflammation. See our research links on Page 2 for more! Unfortunately, a shift in our diet means the vast majority of people are not getting enough of this key nutritional need through diet alone. Many experts suggest that this is the one key supplement that EVERYONE should add to their day.

Just one teaspoon per day of Nutri-Sea omega oil will fulfill your recommended daily intake with an ultra- pure source!

Quality matters in our supplements, and especially with fish oils.

Concerns about fish oil and mercury content is real and we have researched our source to ensure the clean, pure ingredients for better health all around.

IT'S SNOW SHOVELING TIME AGAIN!

I love snow and skiing. I honestly don't enjoy snow shoveling, but last time I checked we need to do it and do it safely. I can't count how many times I have seen people injure themselves . I know some of the tips I will mention are obvious, but sometimes hearing them again is helpful. What I have learned is that it's often more of a workout then we are ready for especially if we jump out of bed in the morning and rush around to get it done before work it can be a disaster on the body.

- Here are top tips tips to avoid seeing me after a snowfall:
- 1) Stretch. Light stretching increases blood supply to muscles and joints and prepares your body for a work out.
 - 2) Always try to push the snow with your feet wide apart and knees bent vs lifting and twisting. A lift with a twist at the end is a recipe for pain.
 - 3) Lift with your legs and bend from the knees, not your back when lifting snow.
 - 4) keep up with the snow ,try several trips outside throughout a big dump vs waiting until it's done and heavy if possible.
 - 5) take breaks every 20 minutes and hydrate and take a deep breath or 3.
 - 6) proper tools - I like the scoop shovels that you push, or a snow-blower, I also recently bought a battery charged shovel with an end that throws snow like a snow blower (thanks Rick :). Make sure your boots have good grip

Be safe and treat snow shoveling more like the work out it is, especially as we age, like me :)

Cheers

Dr Andrew



CALENDAR OF EVENTS

FEBRUARY HOURS:

We are closed February 19th for Heritage Day
Extra hours added on Friday Feb 23rd

Dr Andrew is away from March 4th - 8th

St Paddy's Day Basket! (Retail value \$166)
Enter to win! Draw is March 18th



Text Neck is real... even in the winter!



We LOVE to hear from you!
Here is what our patients are saying:

"Always treated by friendly and professional staff." SM

"Dr Andrew has always been upfront and gone through every step & process every time I've needed to return for treatment. He has never left any questions unanswered. He is professional and has always made me feel better and is always making simple suggestions to help me heal faster." RB

"Y'all are the best! Thanks for everything." RY

"My experience over the past 12 visits has been more than expected and I am entirely grateful for the care I have received!" KG

Low Carb Low Sugar Recipe:



ALMOND FLOUR PANCAKES
GLUTEN FREE & PERFECT SUGAR FREE

- 1 CUP ALMOND FLOUR
- 1/2 TSP BAKING POWDER
- 1/4 TSP SALT
- 2 EGGS
- 1/4 CUP ALMOND MILK
- 1 TSP COCONUT OIL, MELTED AND COOLED
- 1 TSP VANILLA EXTRACT
- EXTRA OIL FOR THE PAN

Instructions:

- Mix the dry ingredients together in a bowl.
- Mix the wet ingredients together in a bowl.
- Pour the dry ingredients into the wet ingredients and mix just until combined.
- Heat some oil in a large skillet on medium heat and pour a ladle of the batter into the pan. Let cook for about 2-3 minutes until little bubbles start to form on top, then flip and let cook for another minute.
- Serve with your favourite toppings like blueberries, yogurt or maple syrup!

