



Health News this month

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PRODUCT of the MONTH



Digestive Boost

10% OFF in JANUARY!

Was your digestive system a bit challenged over the holidays? Perhaps stress has created some additional issues?

Or have you just noticed that, over time, you seem to have more trouble with certain foods?

Scientific research shows that many of us are not getting the nutrition from our food that we should be absorbing, often because we are not digesting foods properly to allow them to enter the body.

Risk factors include age, long-term use of anti-acid medications, unidentified food sensitivities or allergies and health history of things like gall bladder removal, liver problems or inflammatory issues.

Our Dr Wanda's Digestive Boost formula combines several different enzymes and assists to break down your food including protein, fats and carbohydrates with need different pathways addressed. This complete formula can be taken once daily for a bit of help or before meals for specific challenges.

Check out our website for all of the details, indications and things you need to know about digestive enzymes.

<https://stmargaretsbaychiro.com/dr-wandas-wellness-custom-created-nutritional-supplements/digestive-boost-information-sheet/>

A New Year to be Healthier!

Did you end 2018 healthier than you started?

Did you have plans to eat better, take proper supplements, get exercise, meditate, take time to rest or learn something new in 2018? How did you do on a scale of 1-10?

Congratulations for all who say 8,9 or 10. You made a plan and stuck to it. That is no small feat, and likely you are in the minority. Most of us have the best of intentions in making plans to be healthier. We WANT the results like more energy, better sleep, lost weight, lower blood pressure, less pain, more mobility....and so on. We know we need to change some habits to get there. And yet, we might have scored ourselves a 2 or 4 or 6 and fell short of our target.

How can we make 2019 different no matter how we did in 2018? **Let's set ourselves up for better success right from the start.** First, make sure the goals you set are YOURS...not something someone else has set out for you. Although support from your family, friends and health care professionals is needed, the goal must be coming from deep inside YOU. If you don't own it, you can't be guilted, bribed or forced into achieving a target.

Second, be realistic. Can you exercise every day? Of course you could...but is it likely? Setting up goals that are difficult to achieve or expecting perfectionism creates an opportunity to fail early and give up entirely. It is a sneaky back door that we allow to sabotage our goals. Set something up that is realistic and something that you can visualize doing but is a bit of a stretch.

If you don't exercise at all, a goal like: "I will exercise every week - twice walking for 40 min on my lunch break, 5 minutes each weeknight evening with HIIT and once doing yoga on the weekend." Doesn't that feel more do-able? What do you enjoy as exercise so it feels fun and rewarding rather than a chore? And do some research on your goal, if it is one that involves exercise, look at the new studies showing the benefits of HIIT that allow less time, same improvements! Make it easier to hit your target!



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RECIPES OF THE MONTH

There is no end to the variety that you can enjoy and it is fun to experiment with some of your favourite flavours to make every day a new taste.

Make sure that your special combo has protein and fats plus healthy nutrients from veggies whenever you can - fruits are in smaller amounts to keep things just sweet enough but be careful of too much sugar.

There are no firm "rules" on making shakes and smoothies, but **be careful not to get carried away with fruit content.** Too much sugar, even natural sugar, is not a good addition to your menu, especially first thing in the morning. For fruit, try adding blueberries or goji berries for extra anti-oxidants and nutrients rather than fruit with less health benefits.

Chocolate Almond Butter Shake

1-2 tsp cacao powder
 1-2 scoops 7.2 Protein powder
 1/4-1/2 avocado
 1/2 banana
 2 tbsp almond butter (or peanut butter)
 1-2 c almond milk
 3-6 ice cubes
 Blend and enjoy!

Peachy Green Protein Shake

2 scoops 7.2 Protein powder
 1 c almond or coconut milk
 1 c frozen peaches
 1/2 c pineapple
 1/2 banana
 2 c kale
 1 tbsp ground flaxseed
 Blend until smooth and sip!

If you have a favourite, please share with us and we will pass it along on Facebook!

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

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

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Third, allow for the 80-20 rule. If your goal is to eat healthier, first define what you need to be "healthier". What do you need to eat LESS of? What do you need to eat MORE of?

Then, allow yourself some wiggle room. The 80-20 rule is clear - **what we do 80% of the time matters most.** Eating well 20% of the time can't make up for the other 80%. Allow some "cheat" space, but keep it under 20%!

What does that look like? Let's say you want to eat less sugar. Despite our best intentions, it is rather unlikely that you will have NO sugar. Perhaps a goal is that you eat no processed sugar foods except on Fridays. Perhaps there is another goal that you change your baking from processed sugar to coconut sugar. Perhaps you also decide to swap your sodas for water with lemon. For a change like eating more vegetables, that might look like; "I will make 5 meals per week with protein and low starch veggies only." or "I will eat salad for lunch 3 days per week and once on the weekend." You get the picture. We need specific goals with strategies that are setting us up to win. Steps and results that our brains can visualize right at the start so our inner voice says "wow, we could do that" rather than "I don't think so".

Fourth, **share your goals with others.**

Tell your family and friends. The more we tell others, the more accountable we are to what we say we will do.

Ask us for help. We have resources, referral sources, information and support to offer you in creating and succeeding in your healthy plans for 2019 and beyond. We can prebook your chiropractic care and massage therapy appointments to keep you on track. We know great places for yoga, personal training and more. We can advise you on lifestyle nutrition and also suggest great naturopaths for more detailed concerns. We can be your cheerleaders and would love to celebrate your wins on each visit.

Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.

Do you want more energy?
 Do you want to lose some weight?
 Do you want less pain?
 Do you want to have less anxiety, stress and overwhelm?
 What do YOU want for YOU in 2019? WHY?

Lastly, **think about your WHY to keep you going.** WHY you are going to eating better, WHY you are regularly exercising, WHY you are taking care of yourself with chiropractic and massage. Think about WHY you want more energy, to live longer, to move better.

Keep in mind the vision of the new results that you are working toward and WHY that matters to you. This will help keep you going in the right direction when you need a boost, when things slide or plateau. It isn't a smooth ride, but this helps keep you on track.

Welcome 2019! We are excited to be part of your journey and grateful to have the opportunity to create amazing health and vitality in our community.

Dr. Wanda Lee and Dr. Andrew

CALENDAR OF EVENTS

Christmas Toy Drive Another success!



We have now been proud to donate well over 2000 toys to this Christmas charity over the past years. We appreciate your support in helping others. It is a wonderful tradition of giving.

JANUARY HOURS CHANGES

We are closed on Tuesday, Jan 1, 2019.

Dr. Andrew:
Wed Jan 2nd
7-11 am
230-530 pm
Thurs., Jan 3rd
130-730 pm
Friday., Jan 4th
7-11 am

Dr. Wanda Lee
Wed Jan 2nd
130-7 pm
Thurs., Jan 3rd
130-630 pm

HACK YOUR HEALTH HABITS with author Dr. Nathalie Beauchamp We will be hosting a special lecture and book signing with Dr. Nathalie on Friday, January 25th @ 630 pm!

Should you be on a low or high-fat diet? What supplements should you take? Should you become a vegetarian? Should you do HIIT training? Long gone are the days of taking a one-size-fits-all approach to health. Join Dr. Nathalie author of the book *Hack Your Health Habits* as she discusses how a more personalized approach is the solution for better health—one that addresses the underlying causes and not just the symptoms.

Register in advance ONLINE at EventBrite: <https://hyhh-st-margaret-bay.eventbrite.ca>

If you need help with online registration, let us know and we can register for you. Free admission!

CORE for BEGINNERS Class Saturday, Jan 19th @ 9:30 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: February 16th, 2019)

2019 is going to be amazing... You only get to turn 25 once!

CELEBRATING 25 YEARS @ ST. MARGARET'S BAY CHIROPRACTIC

We are celebrating 2004-2019 with prizes, events and specials all year long!

MASSAGE THERAPY

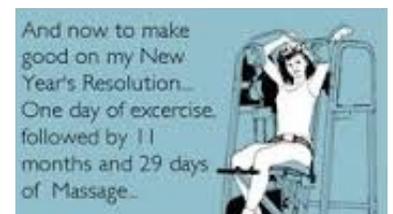
With a new year comes new year resolutions, most resolutions include getting healthier and hitting the gym to get fit to work off all the Christmas goodies! It is important not to hit the gym without the things you need to support the workout and keep healthy, including routine chiropractic care, routine massage therapy treatments, eating nutritious food.

There is one other thing most people don't focus on when they see the machines on the gym floor or join a new class: your core strength. When working out at the gym it is important to strengthen your core in order to prevent injuries and maintain posture and positioning.

When we say "core" most people think of abdominal muscles. However there is more to it than just abs! The core is a collection of muscles that help stabilize and move the spine. To help prevent low back injury that could potentially throw your resolution off, it is important to strengthen and engage your core while exercising.

Talk to the front desk staff to sign up for our monthly core classes and let us help you start your new year off better!

(Thanks to Stephanie Locke RMT for contributing this article)



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 make your visit allows us to get our staff home safer too.

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 red truck in the snow ;) so if you like to drive in the snow and feel safe on the road, come on in!

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.

@mindfulnessfitness

ORGANIC OREGANO is our OIL of the MONTH!

Oregano has been used medicinally as far back as ancient Greece. Herbalists and traditional doctors have been recommending it to relieve respiratory ailments, sinus conditions, and digestive complaints long before it was supported by modern medicine.[1]

Oil of oregano is now recognized as an active antimicrobial and potent antioxidant that can help safeguard from cold and flu symptoms. It provides natural support for the immune system, defends against infectious bacteria, and fights free radicals.



Rosmarinic acid is a key component of oregano oil that contributes to the maintenance of overall health and immune support.[2],[3] A clinical study found that after 21 days of supplementation with rosmarinic acid, the number of defending white blood cells (neutrophils and eosinophils) in patient nasal fluid had significantly decreased.[2] Oregano also has one of the highest antioxidant activities of aromatic and culinary herbs.[4] It easily scavenges free radicals to help fight oxidative damage to cells throughout the body.[3],[4]

An essential oil for strep throat

Oregano's characteristic flavour and aroma – which are deliciously reminiscent of Mediterranean cuisine – stem from the high concentration of aromatic compounds in its oil. Carvacrol and thymol are two of its top antibacterial compounds to look for on product labels.[5] Carvacrol in particular, is a promising ingredient for deterring the growth of Group A streptococci, the organisms responsible for strep throat.[6] Laboratory assays show that carvacrol has the ability to kill streptococci cells in as little as one hour of exposure.

A must-have for your “medicine” cabinet

Our Oil of Oregano product uses convenient liquid drops. We use a food-grade, ingestible Organic Oil of Oregano made by St. Francis Herb Farm in Ontario. Fresh oregano leaves contain only 1–2% of carvacrol on a weight-by-weight basis, meaning that you would need to consume unreasonable amounts of the herb to achieve the same health benefits as a concentrated oil.[7] Oil of

Oregano is one must-have product as an effective part of any immune support strategy. It is always in our home and we take it along for travel as well!

References:

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