



## Health News this month



### PRODUCT of the MONTH



**30% off**  
**JANUARY**  
**CLEAROUT**  
**SALE**

**ALL Personal**  
**care products**

**ALL essential oils**

It's time to refresh our shelves and what better time to pass on some deals than January. For all who have made healthier homes and products a goal for 2022, you are in luck!

All of our personal care products like lip care, deodorant, soap, sunscreen and bug repellent are all **30% off!**

All of our organic essential oils are **30% off** including our stone diffusers. With their already low prices, this is an incredible opportunity to stock up and save on your favourites.

**Grab yours quickly as this special sale is while supplies last only!**

Want some suggestions for oils? They are all amazing in their own ways but some are certainly more well known than others. Here is what we keep handy at home:

**Lavender** to relax

**Lemon** to refresh and clean

**Eucalyptus** for breathing

**Peppermint** for relaxing muscles

Plus, find our recipe for **Thieves Oil** on the next page and make your own!

### Happy New Year!

#### Is it time for a focus on wellness?

Of course, being healthier has often been a "new year's resolution" theme. Is this the year to make it stick?

There has been a lot of attention for the past couple of years on illness. We see daily media attention on health but sadly still little attention to overall wellness and maintaining your optimal body function.

We also need to pay better attention to:

- Mental health.
- Exercise and mobility.
- Menu choices, availability and nutrition.
- Supplements.
- Sleep.
- Chiropractic.
- Massage.

PLUS, tough things like: Less sitting. Less alcohol. Less stress.

Maybe 2022 is a good time to start having more conversations about **what we can do for ourselves**. Of course, we have discussed much about "doing our part for others", but (just as importantly), are we doing as much as we can for OUR healthiest self? Ultimately, you need to supply the tools that your body needs for health, function and aging with wellbeing.

Here are a few ideas to get you started in 2022:

1. Vitamin D3 is the focus of some great research over the past 5 years. In our climate, we do not get enough. 1000 iu per 50 lbs is the dose per day for our level of sunshine!
2. Move at least 1 hour per day for every 6 hours of sitting.
3. Stress reduction with exercise, meditation, laughter and chiropractic care for that nervous system.
4. Check out Dr. Wanda's Nutrition and More for great advice and guidance! (see more page 2)

We hope 2022 is a fantastic year for all of you! Make YOU and your self care a priority this year and start the next decade off being your best!

Happy New Year to all!  
Dr Andrew and Dr Wanda Lee

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



## RECIPE OF THE MONTH

### Roasted Cauliflower Soup

Anyone else ready to lighten up on food after Christmas feasting? Just a few simple ingredients are added to perfectly roasted cauliflower and blended to make this incredibly creamy soup! Top with some pesto and you have a delicious meatless meal!

#### Ingredients

- ✓ 1 head cauliflower, chopped into florets
- ✓ 6 cloves garlic
- ✓ 1/4 cup + 2 tablespoons olive oil, divided
- ✓ 2-3 cups chicken or veggie broth, divided
- ✓ 1/2 teaspoon fresh thyme
- ✓ salt and pepper to taste

#### Instructions

- ✓ Preheat oven to 425\*
- ✓ Toss cauliflower and garlic cloves with 1/4 cup olive oil and spread out on a parchment lined baking sheet.
- ✓ Roast for 25-30 minutes or until cauliflower is tender and charred, be sure to toss halfway through so they don't burn on one side.
- ✓ Transfer cauliflower and garlic to a blender with remaining olive oil, thyme and 2 cups of broth.
- ✓ Puree until smooth.
- ✓ Add the remaining broth slowly until a silky consistency is reached.
- ✓ Transfer soup to a medium sauce pot and simmer over low heat for 10-15 minutes. Serve hot.

#### Recipe Notes

Due to the natural starches in cauliflower, this soup will thicken up more as it cools. To reheat, you may need to add a little broth or water to retain original consistency.

**Source:** <https://www.ruffledapronblog.com/roasted-cauliflower-soup/>

Follow us on Facebook for more healthy recipes each week!

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

## NUTRITION AND MORE with Dr. Wanda

**Have you ever made a New Year's resolution to be healthier? To eat better? To lose weight? To exercise? To sleep more? To handle stress better?**

If you have succeeded, congratulations! If you have found these plans hard to follow and perhaps not gotten the results you wanted, perhaps it is time to try something different...and we can help!

Dr. Wanda Lee has been working this past year on an online program called **Nutrition and More**. This combines her love of nutritional wellness with mindset and physical activity keys that make results happen over a lifetime.

Often the advice we follow is well-intentioned but perhaps outdated. Old habits start to sabotage new ones without strategies to address them. Perhaps motivation becomes an issue as we lose focus on why these goals were important to begin with! For many people, it is just overwhelming. There is so much information and you may not even know where to start let alone how to stick to it. Analysis paralysis is real!

Let's start this New Year and new decade differently. Set yourself up to succeed with a holistic approach to overall wellbeing in a way that is easy to learn, ready to implement and focussed on results. You can do one section per week or do a marathon session or take a year...it is up to you and your online access allows you to do what works for your busy life!

**Here is an overview of the 12-Week Nutrition and More program with Dr. Wanda's Wellness:**

Module 1: Setting Wellness Goals

Module 2: Nutrition Transformation

Module 3: Healthy Food Preparation Skills

Module 4: Menu Planning and Meal Prep Made Easy

Module 5: Mindfulness, Moderation, and Portion Sizes

Module 6: Check-in + Review

Module 7: Calories, Macros and Eating for YOUR Body Type

Module 8: Metabolism, Exercise, Movement + Energy Balance

Module 9: Healthy Mindset and Emotional Wellness

Module 10: Sleep, Stress, + Self-Care

Module 11: Detoxes, Intermittent Fasting and Finding What's Right for YOU

Module 12: The Grand Finale - Making this work longterm

BONUS Module 13: Bonuses include two extra sessions on Essential Oils and Nutrition Supplementation

BONUS: Private Facebook group with support from Dr. Wanda Lee!



Nutrition and More with Dr. Wanda's Wellness

Good health starts with making good decisions.

**If you are ready to learn more or register online for our special \$59 introductory tuition offer (until March 2020), just click here: <https://stmargaretsbaychiropracticcentre.vipmembervault.com/teaser/courses/view/3>**

## CALENDAR OF EVENTS

### JANUARY HOURS:

We are closed on Monday, Jan 3, 2022.

### NUTRITION and MORE - Online learning with Dr. Wanda Lee

Special price: Only \$59 for full access online using PayPal

Winter is the perfect time for learning online with a cozy blanket and a cup of herbal tea! Dr. Wanda Lee has created an online wellness program that is perfect for getting those New Year Resolutions started and keep them going to get results! There are 12 modules that can be done at your own pace, designed for weekly learning that builds knowledge, creates momentum and provides tools to implement, track and improve.

Here is a quick link to view more and register: <https://stmargaretsbaychiropracticcentre.vipmembervault.com/teaser/courses/view/3>

### CORE for BEGINNERS Class Saturday, Jan 22 @ 9:00 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!

( Please note that class will be rescheduled if there are public health changes relevant to it. )

### Christmas Toy and Food Bank Drive



#### Another success!

We have expanded to include our local Food Bank in our Christmas collections. Thanks to all for supporting our local community!

Of course, after over 20 years of collection toys, we also had a few brought in for the wee ones! Those went to Stuff the Cruiser in Tantallon with the RCMP and Canadian Tire.

## MASSAGE THERAPY

Your massage therapy appointments with Steph are now rescheduled after January 5, 2021 as she had tested positive for Covid-19 on Christmas Eve. Fortunately, she had a negative test on the Wednesday before when seeing clients and no other staff or docs were in the clinic with her that week.

She is feeling better after some relatively mild flu/sinus symptoms and will complete her isolation of 10 days before returning to the clinic. With our cleaning/sanitizing and masking precautions, we are fortunate that any further risks for transmission are incredibly low.



We all wish Stephanie a restful extra week off! To schedule appointments for future dates, please call us at the clinic 902-826-1088 instead of Steph directly so we can book your time.



ST MARGARET'S BAY  
Chiropractic Centre  
BODY • FAMILY • LIFE

## THIEVES OIL

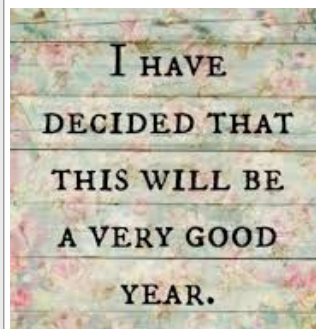
YOU CAN CUSTOMIZE THIS TO YOUR PREFERENCES AND YOU CAN AVOID ANY INGREDIENTS WHERE YOU HAVE SENSITIVITIES!

- 30 DROPS OF CLOVE BUD
- 25 DROPS OF LEMON
- 10 DROPS OF CINNAMON BARK
- 10 DROPS OF EUCALYPTUS RADIATA
- 5 DROPS OF ROSEMARY

MIX ALL INGREDIENTS IN SMALL OIL BOTTLE AND ADD WATER CARRIER OIL OR WITCH HAZEL IF DESIRED.

Make your own essential oil blend traditionally used for cleaning and air freshening. As the story goes, during the height of the Bubonic plague sweeping Europe and Asia, four thieves from Marseilles became famous for robbing the possessions of the infected dead – yet never caught the plague themselves. Word began to spread of this “special concoction” that could be soaked into a towel and wrapped over the nose to prevent the “pestilence” from entering.

This is obviously not what we use it for today, but the interesting root of the name is part of the interesting folklore of essential oils over hundreds and thousands of years! There is no better time to make yours than now as all essential oils are 30% off for January!



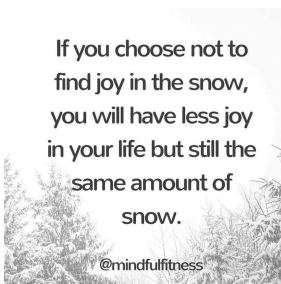
## Patient Story of the Month

One of the absolute BEST parts of practicing here in the Bay for almost 28 years is watching our families grow up healthy and strong. Some have even started bringing in their own families for chiropractic care. Yes, that does make us feel old (LOL) but it is so rewarding and we love it!

Here is Dr. Andrew and Jake almost 10 years apart!



\*REQUIRED DISCLAIMER\* This story is reprinted with signed permission. Results are unique to each individual and may vary. This is not meant to imply or guarantee results for others.



**Our normal 24 hr cancellation policy is not in effect when it comes to snow storms!  
We want YOU to be safe first.**

**Please call us at 902-826-1088 and let us know if you won't be making it in on a snow day (Or email us if that is easier:  
[info@stmargaretsbaychiro.com](mailto:info@stmargaretsbaychiro.com))**

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 and we want our staff safe at home.

**If you don't hear from us, we are OPEN!** Dr A loves driving his truck in the snow ;) so if you like to drive in the snow too and feel safe on the road, come on in!

## 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] It can help with **seasonal allergies** as well as cold and flu fighting! 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 says recent research...

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

PS. If you are one of those that just doesn't like the taste of oregano oil, we do have it in a capsule form with some other immune system supporters. Although the oil version is excellent to act right at the mouth and throat, there is still value in ingested capsule oils. Ask us about Oregano-8 as an alternative!

### References for the data geeks like me :)

- [1]Gutierrez-Grijalva EP, Picos-Salas MA, Leyva-Lopez N, et al. Flavonoids and phenolic acids from oregano: Occurrence, biological activity and health benefits. *Plants*.2017 Dec 26; 7(1). piiE2. Web.
- [2]Osakabe N, Takano H, Sanbongi C, et al. Anti-inflammatory and anti-allergic effects of rosmarinic acid (RA); inhibition of seasonal allergic rhinoconjunctivitis (SAR) and its mechanism. *BioFactors*.2004; 21(1-4):127-31.
- [3]Chrpova D, Kourimska L, Gordon M, et al. Antioxidant activity of selected phenols and herbs used in diets for medical conditions. *Czech J Food Sci*. 2010; 28(4):317-325.
- [4]Daferera DJ, Ziozas BN, Polissiou MG. GC-MS analysis of essential oils from some Greek aromatic plants and their fungitoxicity on *Penicillium digitatum*. *J Agric Food Chem*. 2000 June; 48(6):2576-81.
- [5]Mancini E, Camele I, Elshafie HS, et al. Chemical composition and biological activity of the essential oil of *Origanum vulgare*ssp. *hirtum* from different areas in the Southern Apennines (Italy). *Chem Biodivers*.2014 Apr; 11(4):639-51.
- [6]Magi G, Marini E, Facinelli B. Antimicrobial activity of essential oils and carvacrol, and synergy of carvacrol and erythromycin, against clinical, erythromycin-resistant Group A Streptococci. *Front Microbiol*.2015 Mar 3; 6:165.
- [7]Bejaoua A, Chaabane H, Jemli M, et al. Essential oil composition and antibacterial activity of *Origanum vulgare*ssp. *glandulosum* Desf. at different phenological stages. *J Med Food*. 2013 Dec; 16(12):1115-20.