



Health News this month



January Goals

January is a convenient time to take stock of things for me. I have always taken this time to check in in the different areas of my life. I like to make goals or intentions. It helps to keep me on my track and living my best life vs listening to some other so-called "expert" tell me what I "should or shouldn't be doing" with my life.

I love to create vision boards and am a firm believer in filling my head with great content daily. Kind of like my own "news" channel. Here are some of my favourites.

I follow Mike Dooley a lot. He is a wealth of great content about vision boards and how to create and cultivate from the notion that "thoughts become things". Along with Esther Hicks and the Laws of Attraction, these two have free daily thoughts of the day and lots of online content if you want to dig deeper. Dr. John DeMartini and Jack Canfield, the coauthor of Chicken Soup for the Soul series, also have a wealth of knowledge and content about goals and intentions.

I look at all the areas of my life - health, family, spiritual, financial, vocational (work), and personal. You can split it up how ever you wish. It's your life so you get to choose the rules. There is an acronym around intentions/goals that you may find helpful too: SMART. S-specific M-measurable A-achievable R-relevant and T-time bound.

The second and most important part of intention setting to me is understanding and knowing my "WHY". You have to have true emotional JUICE behind any goal or intention. If there isn't a big enough why, you will be one of those people leaving the new runners behind collecting dust when it gets dark and the gyms empty out in February!

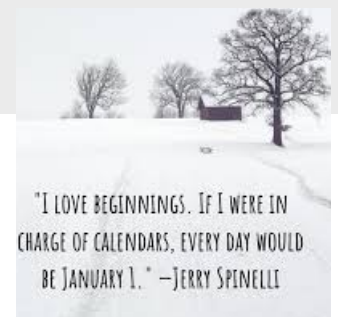
Is better health or losing weight or getting in shape a goal for you? It is for many. If so, what is your real WHY? HINT: Think longterm benefits too!

- * Is it so you can fish and wade in a river when you are 80?
- * Is it so you live long enough to watch your kids walk down the aisle with a partner?
- * Is it so you stay around long enough to watch your grandkids grow up?

In my experience those "whys" carry way more weight (pun intended) than something like -"well they said if I don't lose weight I have a higher risk of heart disease/high blood pressure/ etc". Those are good reasons but don't often have the tangible emotion of what that really means in YOUR life!

You get the drift. Find your own reasons and I am always available if anyone has any questions :) Here's to living your best life in 2023!

Dr Andrew



PRODUCT of the MONTH



Digestive Boost PLUS

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 (including DPP-IV to help with gluten digestion) 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 more: <https://stmargaretsbaychiro.com/dr-wandas-wellness-custom-created-nutritional-supplements/https-stmargaretsbaychiro-com-wp-content/uploads-digestive-boost-plus/>

CALENDAR OF EVENTS

JANUARY HOURS:

We are closed on Monday Jan 2 for New Years stat holiday observance.

Dr. Andrew will have extra hours as needed for the week to ensure everyone gets to start the new year off healthy and strong!

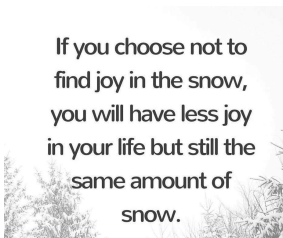
We do try to accommodate last minute emergencies, but calling for your appointment in advance helps us to help you all with better planning!

CORE for BEGINNERS Class Saturday, Jan 14th @ 9:00 am

Join personal trainer, Christine Somerville, for our introductory Core and More 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! There is no charge to attend but a \$15 fee applies to no-shows as space is limited.

(Next classes : February 18th



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.

Our normal 24 hour cancellation policy is not in effect during bad weather. We want YOU to be safe first.

Please call us to change or cancel your appointment at 902-826-1088. We need to know if you won't be making it in on a snow day so we don't worry! (Or email if that is easier: 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 to get our staff safely home.

If you don't hear from us, we are OPEN! Dr A loves driving his truck in the snow and he is close enough to walk if needed, so if you like to drive in the snow too and feel safe on the road, come on in!



Winter Wellness and Supplements that Work

We get a lot of questions this time of year about Vitamin D supplements so I thought this was a good topic for discussion in the newsletter this month! If 10 people are asking, there are probably 100 more thinking about it :)

We often think of Vitamin D as it relates to the immune system and that is a key function that relies heavily on having enough Vitamin D to work properly. Most recent research has related low Vitamin D levels to higher severity of influenza and Covid-19. In addition to these benefits, Vitamin D has long been known to support health bones, muscles and teeth. We also know it helps reduce inflammation and that is an emerging area of research too.

Who is likely to be deficient in Vitamin D? For those of us that live in colder climates where there is little sun exposure on our skin for months and months, almost everyone can use a supplement. Seniors and the elderly are particularly vulnerable as well as those with darker skin tones. People who do not consume or digest fats that help to bring Vitamin D into the bloodstream can also be at risk. (Source: National Institutes of Health)

Can you have too much Vitamin D? Yes, you can. Vitamin D is fat soluble so it can be stored in the body for longer periods of time. That risk is very low in our climate. Vitamin D is also not generally found in foods unless fortified with the supplement. Some fish and dairy have some Vitamin D present but you will not likely get enough in food alone.

Most wellness experts recommend 1000 IU (mg) per 50 lbs of body weight as a safe daily dose up to 5000 IU per day. Checking your Vitamin D levels periodically requires a blood test that can be done with your family doc or naturopath.

We have 2 formulations of Vitamin D in Dr. Wanda's Wellness stock. The "Burst of Sunshine" Vitamin D supplement is 1200 IU capsules of pure Vitamin D3. No fillers or other ingredients so this is a good way to bump up Vitamin D levels alone. We also have Vitamin D Boost which is a blend of Vitamin D3 with K2 and MCT oil to aid in better absorption and direct it to bone health as well. This is recommended if osteoporosis is also part of your health concerns and can be blended with pure D3 to create the optimum doses to keep costs more manageable too.

ORGANIC OREGANO is our OIL is our go-to!

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.

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 out 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 oils. Ask us about Oregano-8 as an alternative!

