



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



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/>

Intentions and Co-creating:

These ideas and concepts come to mind as the calendar flips over into 2024 (wow that sound weird!) In my younger days, it was a time for resolutions and goals. As i age and get more grey hair, and hearing aids, and cataracts surgeries etc hopefully I have become more eloquent and more powerful in my thinking .

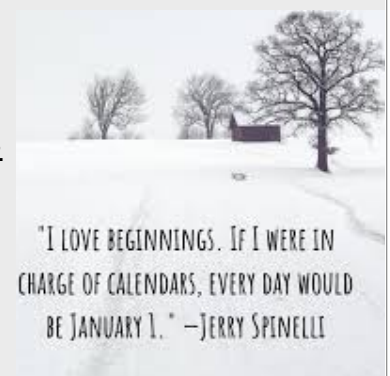
These days, I am more interested in co-creating with source/god /the universe-or what ever you wish to call that unlimited place. I am interested in creating states of allowing or putting my heart and brain in a state to attract what is best for me rather than setting a goal, which can be a lot of pushing energy. The attraction energy, in my experience, is about the magic and feels like a more connected and fun way to go about life. The other at times in my life a more specific goal focus has been necessary but certainly different. Both ways serve with no judgments here.

With wisdom and aging, I feel my life has become more magical when I allow and connect and do things that feel good and fill my energy bucket. Things seem to come more naturally to me, business opportunities appear, the right people and events happen at the right time and life just flows along. Friends or colleagues will say "man you're lucky" but in reality i have done and do the work of a co-creator. What that looks like for me is regular meditation, going fishing, going for good walks in nature, reading a good book just for pleasure, spending time with my partner, or just enjoying a good cup of coffee. You get the drift. When I get quiet i become grateful, my heart fills up and I feel connected to the "magic" of something bigger than me. When I am quiet "god speaks to me", if you will pardon the expression.

Don't get me wrong there is a time for rolling up the sleeves and going to work. However, finding that energy and joy first seems to help make it all easier.

Enjoy 2024 and the promise of what it can be!

Lots of Love
Dr Andrew



"I LOVE BEGINNINGS. IF I WERE IN CHARGE OF CALENDARS, EVERY DAY WOULD BE JANUARY 1." —JERRY SPINELLI

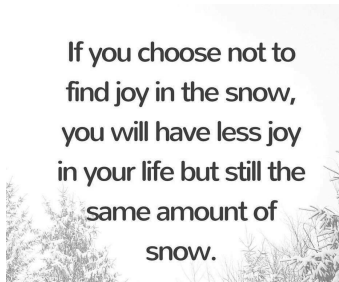
CALENDAR OF EVENTS

JANUARY HOURS:

We are closed on Monday Jan 1 for New Years stat holiday observance.

The clinic opens on Tuesday Jan 2.

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



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.

We are OPEN! Dr. Andrew doesn't need to drive anymore so he may be solo but the clinic is open.



Winter Wellness and Supplements that Work

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. 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.

PATIENT STORY OF THE MONTH

Here is one of Dr. Andrew's newest new patients getting a healthy start in life with better alignment, balance and nerve function.

It is amazing to be able to help multiple generations stay strong, well and balanced over almost 30 years!



*Required disclaimer: Any and all information is shared with the expressed written consent of the patient. Results are individual and are not meant to promise or imply the same for others.

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.

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



