

Newsletter

St. Margaret's Bay Chiropractic Clinic

January 2026

Happy New Year!!



Our New Year's Wish for You!

May your year be filled with
moments of awe,
Reasons to smile,
Lessons that come gently,
And adventures you will
never forget.

Digestive Boost Plus

- This supplement is very helpful as we age especially if using anti-acid strategies. Helps breakdown and absorb nutrients better.
- Extremely helpful if you have trouble breaking down grains, meat, dairy & gluten.



**10% off during
the month of
January**



Dr. Andrew's Blog

Health Changes

They say there are two times a year when most people think about their health the most. New Year's and birthdays. Let's talk about New Year's. It's the time of year when we often want to set goals and make changes like losing weight, exercising more, rekindling relationships, letting other relationships go, finding a new job, attracting a new mate, or saving more money. Our list of wishes can be endless, trust me, I know. Been there and bought the T-shirt. When it comes to making a lasting health change and, arguably, any other type of change in your life, it's my experience that we need to do a couple of things:

1. Get emotional leverage on yourself.
2. Know yourself and know your own values well.

Emotional leverage means owning it and finding deep in your soul why you really want to make a health shift. Because your doctor says so doesn't do it. Let's say you want to lose 25 lbs, and your cholesterol and sugar are high. You have been warned for years by your health practitioners about endless ways you could/will die but you haven't changed anything. Find your "whys". Why change? Do you really want to change? What is really going to drive the new behaviour? Maybe the real reason you want to lose weight is to enjoy playing with your grandkids. Maybe you want to look sexy enough to attract a new mate, or maybe the real reason behind your weight gain is your emotional health. Food makes you feel good in the short term. Only you can know your deep "whys". Get in touch with them. It may not be easy, but it's so worth it.

Knowing your own values sounds simple enough, but it's rare that we actually sit down to dig into what we value. If you skip this step, you will spend your life living someone else's values and/or injecting them into your life and wondering why you can never change or find a feeling of lasting contentment. Before I took the time to do this, I would subordinate my values to the authority figures around me. For me, it was my dad and certain teachers in my life. Maybe for you, it is a religious figure or sports coach. We really need to know ourselves so we are living our lives based on our own value system and not someone else's. I have found Dr. John Demartini's work to be very helpful, and he has a free 30-minute values exercise you can download on his site at drdemartini.com.

Make changes that last by doing the deep inner work. I know you will be inspired to change if you do. Wishing you all the best in 2026.

Dr. Andrew

Out with the Old!!!

We often feel the desire to clean things out once the holiday decorations are put away for the season. Getting rid of old, unused items leaves you and your home feeling lighter and refreshed. Here are some ideas of things to discard/recycle:

1. Old magazines and catalogs
2. Unused toys
3. Underwear you hate (we all have them)
4. Socks with holes
5. Uncomfortable or poorly fitted bras
6. Expired/never used makeup or skincare
7. Expired medicine (take to the pharmacy for proper disposal)
8. Scratchy blankets
9. Expired pantry & fridge items
10. Books you won't read
11. Stained clothes or things you no longer wear
12. Throw pillows you don't need
13. Extra hats
14. Old Electronics (to the recycling depot)
15. Random cords
16. Damaged/mismatched food storage items
17. Old CDs
18. Stained towels
19. Games with missing pieces
20. Random kitchen tools you never use
21. Uncomfortable shoes



"Hurry! Our New Year's resolutions start in ten minutes."



The Book Corner

This month we have a nonfiction selection for your reading enjoyment.

The Surrender Experiment - My Journey into Life's Perfection

by Michael A. Singer



January is National Soup Month

Here is a delicious & healthy soup to warm you body and soul
(from www.onceuponachef.com)

Smoky Chickpea, Red Lentil & Vegetable Soup

- 2 Tbsps olive oil
 - 1 med yellow onion, finely chopped
 - 4 garlic cloves, minced (I use less)
 - 1 large carrot, diced
 - heaping ¼ tsp of smoked paprika
 - ¾ tsp cumin
 - 4 cups low sodium vegetable or chicken stock
 - 1 411 gram can diced tomatoes
 - ½ cup dried red lentils
 - ½ tsp dried thyme
 - 2 bay leaves
 - 1 tsp salt
 - ¼ tsp freshly ground black pepper
 - 1 can 439 gram chickpeas, drained and rinsed
 - 1 cup cooked vegetables, frozen peas or chopped green beans
- In a large pot, heat olive oil over medium heat. Add onions and cook until soft about 5 mins. Add garlic, carrots, smoked paprika and cumin, stirring frequently so garlic doesn't burn.
- Add broth, diced tomatoes, red lentils, thyme, bay leaves, salt & pepper and bring to a boil. Cover and reduce heat to a simmer. Cook for 10 mins. Fish out bay leaves and then transfer 2 cups of the soup to the blender and puree until smooth (be sure to remove center knob of blender and cover with dishtowel to avoid splatters). Add the pureed soup back to the pot and stir. Taste and adjust seasoning, if necessary. If you want the soup thicker, puree more soup.
- Add cooked vegetables and simmer until soup is hot and vegetables are warmed through.
- Enjoy!



Testimonial



At his 12th visit review, patient Nigel Walker, wrote "My progress has been life changing."

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