



Health News this month



PRODUCT of the MONTH

BECAUSE YOU JUST CAN'T EAT THAT MUCH YOGURT



LOVE YOUR GUT
26 Billion specifically selected probiotics in every capsule



PROBIOTIC POWER
Quality. Affordability. Effectiveness

Probiotics are a very important part of a healthy digestive system.

Probiotics support the immune system, balance the intestinal environment and inhibit the growth of pathogenic organisms, like Candida.

These beneficial bacteria help the body to produce vitamins, digest foods, and control the overgrowth of bad bacteria and fungus. Probiotics normally present a barrier to invading organisms. However, when they are impaired through stress, illness, antibiotics, or changes to the diet, they can be disrupted.

Unfortunately, we can't "make" more probiotics ourselves and rely on the environment to supply them. As a baby we gain these in breast milk.

As adults we often need to supplement to replace the live organisms.

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POSTURE, FIGHT-FLIGHT AND COVID-19

So, unless you have been living under a rock, you know that Covid-19 has affected us all; some more or less than others and some also in good ways. For example, folks in the construction industry and the "do it yourself world" are exploding with business.

For us personally, staying at home with Covid allowed unprecedented time with our two "kids". We are going to be empty-nesters this fall, so we cherished the captive audience at home and this was time that we will not likely enjoy again.

However, many of us, myself included, did have moments of pretty intense fear and anxiety. Jobs, finances, health and the loss of control over what we are able to do are all common themes of stress during these past few months.

Those two emotions (fear and anxiety) can have a profound impact on your physical health, not just mental well-being. The effects of fear and anxiety can sneak up on you. We have welcomed many of you back to chiropractic in these past weeks and we have seen the damage to your posture and function that reflects your body being in a state of fight/flight or stress physiology.

Protective or fight/flight posture can look like rounded shoulders, curled or slouched with your head forward. When this happens, we put more strain and weight on the joints in the spine (especially neck and shoulders) and they don't work properly. They start locking up and "going out of alignment". When things aren't fitting together properly, information is sent up to the part of your brain that things are not where they belong and this creates even more stress for the brain to manage. The "chicken and egg" cycle continues.

The good news is that every time we adjust you, we reset that brain pattern as normal alignment and motion are returned to your spine. You all know what it feels like after an adjustment: "I can sit up straighter" or "I feel taller" are familiar comments we hear!

Be patient with your body and brain as you return to chiropractic care. For many of you, it has been several months since your last adjustment and it may take a few adjustments to get your body back on track. At home, keep moving, keep an eye on retraining that posture and take a break from the stress of the media that loves to fuel fear and anxiety. Let's break the habit of the stress pattern and enjoy the beauty of summer in the Bay!

We missed you all and are so glad to be back! ❤️
Dr Andrew and Dr Wanda Lee



RECIPE OF THE MONTH**Berry Cashew
"Cheesecake"**

(Gluten and Dairy FREE!)

Ingredients: CRUST

2 c. almond
1 c. dates (pitted)
1/4 tsp sea salt
2 tbsp water

Ingredients: FILLING

3 + 3/4 c. cashews
2 to 2 + 1/4 c. berries
1/4 c. lemon juice
3/4 c. coconut oil, melted
3/4 c. water (approx.)

Instructions: CRUST

Grind almonds in food processor to flour-like consistency. If you don't have the ability to grind, you can use coarse almond flour instead and modify the liquid as needed.

Add dates and sea salt.
Add water until it stays together.

Press into a lined pan or molds and chill in freezer. I use muffin tins for individual servings or mini-muffin tins for bit sizes.

Instructions: FILLING

Blend cashews, berries, lemon juice, coconut oil and water in a high power blender until very smooth.

Pour or scoop into crust(s) and chill in fridge or freezer until firm (1 to 4 hours).

This NO BAKE recipe is perfect for the hot summer! No oven needed :)

These store well in a sealed container in the fridge for 5-7 days and in the freezer for 1 month (if they last that long!)

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Make sure any probiotics you use are either shelf-stable (like ours with guaranteed potency for 2 months out of refrigeration) or have been kept cooled at all stages of manufacturing, shipping, storage and retail display. The beneficial bacteria in these supplements must be alive to help so handling them properly is a key element of quality and effectiveness.

Ideally, a probiotic supplement should reflect more than one strain of these probiotics in order to address different parts of digestion and different sections of your gut. The strains we have chosen are also specific to showing excellent survival rates through the acidic environment of the stomach. We need the probiotic bacteria to survive into the intestines! Choosing the strains that have researched effectiveness and proven potency are fundamental to the quality and cost of probiotic supplements. Look at the labels and compare exactly what strains are in your supplement.

These are the probiotics chosen for Dr. Wanda's Probiotic Power Blend:

- **L. plantarum** - This is temp and acid resistant and able to assist in breaking down fibres to assist with bloating or gas. It is able to break down bile acids and associated with lowering cholesterol.
- **L. rhamnosus** - This is a transient bacteria with high resistance to bile salts and stomach acid. Beneficial in vaginal and urinary tract infections and used with eczema, constipation, diarrhea, IBD, and food allergies.
- **L. brevis** - This species provides anti-inflammatory benefits and helps boost immune function by increasing natural killer cells. Benefits are shown in constipation and IBD, even in some colon cancers.
- **L. reuteri** - This species is best known for fighting pathogenic microbes. It is bile and acid resistant. It has been shown to have effectiveness for diarrhea, rotavirus, vaginalis, eczema, urinary tract infection and H. pylori.
- **L. acidophilus** - This is the most prevalent species in the body and makes up 20% of normal flora. Used for those with lactose intolerance, IBS, lyme, acne and more.
- **B. longum** - This species breaks down bile salts, helps synthesize B vitamins, decreases "bad" bacteria like E coli, clostridia and Coliform plus stimulates the immune system. In studies, it improves constipation.
- **B. breve** - This is shown to repress ulcer-inducing bacteria and other non-beneficial rotavirus and clostridium species. It is helpful in colonizing infant bowels as well.
- **B. lactis** - This acid tolerant species stimulates mucosal and cellular immunity. Research supports benefits in preventions of cold and flu, diarrhea and constipation as well as GI inflammation.
- **B. bifidum** - This is the second most prevalent species in the body and produces B vitamins plus helps with absorption of minerals and inhibits growth of unfriendly bacteria. It is helpful in IBD and reduces inflammation.

Probiotic supplements are generally considered quite safe for most people. However, as with all things we put into our body, there are some people who are sensitive to specific components.

Please consult your doctor if you have any specific questions or concerns about your suitability. No contraindications are known but potential drug interactions may exist.



JULY PRODUCT OF THE MONTH
PROBIOTIC POWER
10% off this month
© St. Margaret's Bay Chiropractic Centre



CALENDAR OF EVENTS

Wednesday, JULY 1, 2020
Canada Day Holiday



We are closed for the statutory holiday!

SUMMER HOLIDAY HOURS!

After a long 10 weeks of waiting to re-open, the doctors are not taking summer holidays this year.

NEW HOURS!

A reminder that we have new hours for both chiropractors:

BEGINNING JUNE 8, 2020
NEW HOURS!
To comply with all of our new protocols and allow us to continue to offer our greatest service quality, we are changing our clinic hours!

Dr. Wanda Lee's NEW Hours:
MONDAY @ 2pm - 6pm
WEDNESDAY @ 130pm - 4pm
THURSDAY @ 11am - 1pm and 330pm - 6pm

Dr. Andrew's NEW Hours:
MONDAY @ 11am - 1pm and 330pm - 730pm
TUESDAY @ 2pm - 6pm
WEDNESDAY @ 7am - 11am
THURSDAY @ 2pm - 730pm
FRIDAY @ 7am - 11am

We are also catching up on scans and re-examinations! Please schedule yours as we help everyone get back on track with the best chiropractic care possible. Scan times are available Monday to Thursday and include evening times as well. Please allow 30 minutes for the full examination prior to your chiropractic visit.

Thank you all for your flexibility and understanding as we have worked to meet all Public Health requirements and provide chiropractic to our community as effectively and efficiently as always. We continue to ask for your help in pre-booking appointments to facilitate our front desk flow :)

Summer is a great time for Massage Therapy!



Time for a massage? With all the gardening, sailing, sports, hiking, biking and other summer activities, aches and pains can catch up!

Stephanie is HERE!

She is happy to add hours as needed after a long time off. We will be sure to "get you in".

We also welcome Christina's former clients to see Steph and continue to co-ordinate your massage with chiropractic care at the clinic :)

Her regular hours are Monday, Wednesday, Thursday, Friday and most Sundays (prebooking only on Sundays).

Call us at 902-826-1088 for your appointment.

We are learning! What have we discovered since reopening?

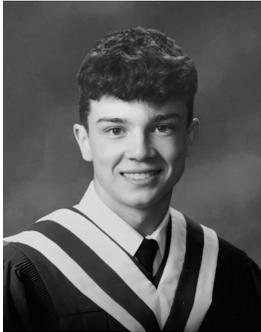
With almost a month since we were allowed to open for full chiropractic care, we have found that things are starting to feel "normal" again for us, for our team and for our clients and patients.

- #1) **We are fortunate that we have so much space in the clinic** and our hallways allow for one-way traffic flow. It is like we were custom-built for the rules of today! We can easily ensure that you are able to practice physical distancing throughout the clinic.
 - #2) **Our hand sanitizer is a hit!** We have a Health Canada approved hand sanitizer that has all the required alcohol content without the harsh dryness. We sanitize before and after every patient/client so having something effective and easier on the skin is essential. Please remember to wash or sanitize your hands as soon as you enter the clinic. We will be doing this new routine for a while!
 - #3) **Leaving our shoes on is weird.** This feels weird to us and to you all and hopefully it will be something we can change back in the fall/winter as weather changes. For now, it is the simplest way to ensure social distancing and ease of entry/exit at the front door. Feel free to remove shoes in the room if you prefer!
 - #4) **Pre-payment options are a HUGE HELP!** With current rules we just have one space to pay at the front desk so that can create a bit of a delay when there is payment on every visit. Prepaying in blocks of 12 or more visits definitely saves time, is less stressful for our team and saves you \$\$\$\$\$. Ask us for more information and we would be happy to set something up for you.
 - #5) **Pre-scheduling appointments for weeks or months is better than on each visit** for the majority of clients and for our team. It is easier to change them than book each time. One of our goals for reducing the transmission of Covid-19 is to minimize time of direct contact with our team while still providing optimal care and service. Having appointments booked ahead helps us adapt our schedule as needed and helps the "flow" of people at our front desk too. With new hours, making sure you get the times you want is also ensured with booking ahead!
- We are so happy to be back and will continue to learn and improve in the "new normal" as we keep our community adjusted, massaged and healthy!

Congratulations to our son, Thomas!

Along with all the grads of CPA and SJA who have weathered the storm to make graduation 2020 something special.

We wish you all the best in your new adventures.



NEW FACES!

We welcome back Jaida to our front desk and scanning for July and August! Some of you may remember her from a few years ago as our student CHA. She is home from Acadia and will take over from our daughter Claire who was helping out in June. Claire is back to coaching sailing in Hubbards for the rest of the summer and we are very grateful for her help these past two months.

Wendy, Tammy and Katherine are here as usual and we will be adding a new face in August as things get settled.

We are grateful for all their patience over our Covid shut-down and for helping us to get back on track with our re-opening and all the new rules and regulations!



ESSENTIAL OIL of the MONTH
Organic Sweet Orange!

Since the extract of Orange Essential Oil comes exclusively from the outer layer of the orange, which is exposed to the environment it grows in, it's important to look for organic, cold-pressed orange oil to avoid chemical toxicity. This type is made by powerfully squeezing the rind of oranges that have been grown without the use of pesticides or herbicides. Our New Directions and Aura Cacia oils are all organic!

Use for cleaning: Orange oil has a natural fresh, sweet, citrus smell that will fill your kitchen with a clean scent. At the same time, when diluted it's a great way to clean countertops, cutting boards or appliances without needing to use bleach or harsh chemicals found in most products. Orange oil was found to prevent the proliferation of E. coli bacteria in one 2009 study published in the International Journal of Food and Science Technology. Another 2008 study published in the Journal of Food Science found that orange oil can inhibit the spread of salmonella bacteria since it contains powerful antimicrobial compounds, especially terpenes. (We have to also say that this is not approved for sanitizing related to coronavirus.)



Use for skin care: Orange essential oil is also very beneficial for fighting signs of aging like wrinkles and dark spots since research notes that its high vitamin C content means it can help to promote the production of collagen. Orange oil has been shown to effectively fight bacteria that causes breakouts to use as a home remedy for acne.

Use as an insect/ant repellent: Orange oil is often used in green pesticides for pest control. It's especially known for naturally killing ants and also for getting rid of their scent-pheromone trails and help to prevent re-infestation.

Use to help reduce pain and manage inflammation: The strong anti-inflammatory effects of orange oil have been researched in regard to its effects for fighting pain, and inflammation. In fact, among several popular anti-inflammatory oils, including lemon, pine and eucalyptus oils, orange oil has shown the greatest reduction in inflammation. This was demonstrated in a 2009 in vitro study published in the European Journal of Medical Research that investigated the antioxidant potential of various essential oils including orange oil.

If you suffer from muscle, bone or joint pain, orange oil can help turn off inflammatory responses that increase swelling in tissue. A randomized clinical trial published in 2017 looked at the effects of orange oil aromatherapy on patients admitted to the emergency ward of a hospital for bone fractures. The researchers put just four drops of orange oil on a pad and pinned it to each patient's collar a little less than eight inches from the head. The old essential oil infused pad was replaced by a new one each hour and the patients' pain and vital signs were checked every hour for at least six hours. Overall, the researchers conclude, "Aromatherapy with orange oil can relieve pain in patients with fractured limbs but has no effect on their vital signs. Therefore, aromatherapy with orange oil can be used as a complementary medicine in these patients."

Use for sleep: Despite its uplifting character, a systemic review of essential oils published in 2015 includes sweet orange on its list of beneficial oils for insomnia. Try diffusing orange essential oil before bed for a better's night's rest.

Blending Tips: Orange oil is really versatile and goes well with almost any other oil, which is why it's included in all types of oil blends. Some essential oils to try combining it with include cinnamon, allspice, anise, basil, bergamot, clary sage, eucalyptus, frankincense, geranium, ginger, sandalwood, jasmine and clove oil.

