



# 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.

(continued on page 2)

## A Time to Sharpen the Saw...

I appreciate that phrase more all the time as I age, it seems. Funny that, eh?

Holidays, taking a break, sharpening the saw (or whatever it is you wish to call it) are as necessary as anything we do to stay healthy and balanced. I find it especially important now, as change and uncertainty after over a year of living with covid restrictions seem to take so much of our attention. Stress builds.

In my life as a caregiver, I am constantly reminding myself that I can't be of much help to others if I don't take care of myself first. Author Anita Moorjani is quoted as saying: 'In order to uplift the planet, YOU have to be uplifted first'. She wrote a book called "Dying to be Me" about her own near death experience that I highly recommend. Not to be too overly dramatic here, but I feel the world needs more of us that are connected and spirit/energy driven.

Even a toddler (one with ADHD) in a family of three other siblings, I distinctly remember my parents being at their wits end with this crazy busy Andrew kid. The only way to slow me down or stop me from creating even more havoc was to put a fishing pole my hand. There I was, this crazy busy little boy, sitting still for hours and quietly praying to God that fish would bite my hook! True story LOL.



Fast forward to today, my holidays or down-time usually involve fishing, camping with the kids, or something fun with family and friends in PEI and/or Cape Breton on the ocean. God/Source Energy/Mother Nature (or whatever you wish to call the energy that runs through us and connects us all) seems more present and feels more available to me during these times. When we feel some of whatever

vehicle gets you to that peace, we rise above these crazy stresses of restrictions and attract the good stuff in life, no matter what happens on the outside. This is all part of better health and wellness for ourselves and our world.

So, enjoy some downtime this summer and do what you need to do **STAY CONNECTED** to your energizing people and places!

"Tight lines",

Dr Andrew



**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!)**

(Continued from Page 1 - Probiotics)

**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 **scientifically 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**

**Thursday, JULY 1, 2021**  
Canada Day Holiday

We are closed for the statutory holiday as well as Friday, July 2!



**Dr Andrew goes Fishing hours:**

Newfoundland is calling! Dr Andrew will be (finally) heading off to Gander after two Covid-cancellations!

**He will not be available on Wednesday, July 7 to Friday, July 9, 2021.**

Dr Wanda Lee will be here for her regular hours.

**SUMMER HOLIDAY HOURS!**

**We will be closed for chiropractic care the Natal Day week: August 2-6, 2021.**

**Stephanie will be away from July 29 to August 8th.** No massage therapy or laser therapy will be available for those dates.

**REGULAR SUMMER HOURS:**

Dr. Andrew has some new hours to share:

- Mondays 130 pm - 730 pm
- Tuesdays 130 pm - 6 pm
- Wednesdays 730 am - 12 pm
- Thursdays 130 pm - 8 pm
- Fridays 7 am - 1130 am

Dr. Wanda Lee's hours remain the same for the summer.



**MASSAGE THERAPY @ SMBCC**

Time for a massage before the summer activity aches and pains catch up?

With the nicer weather starting to appear, it's very common for people to spend a lot of time outside enjoying it. With restrictions starting to loosen up, things reopening it is a prime time to get in for a massage before all the fun summer activities begin. Camping, hiking, road trips and summer sports are all common activities that people do this time of year.

Have you ever gone camping and, after sleeping on an air mattress, have a hard time getting moving in the morning? Regular massage will combat those tight muscles from sleeping in a tent or sitting at picnic tables for an extended period.

If you enjoy hikes in the summer, do you notice that those hills are getting tougher on your legs and it's taking longer for the muscle soreness to disappear? Think about having regular massages to keep your legs loose so you can power through those hikes without the stiffness.



**Stephanie's regular hours are Monday, Wednesday, Thursday, Friday and most Sundays (pre-booking only on Sundays). Call us at 902-826-1088 for your appointment.**



**Professional Education is important...even if pandemics interfere with conferences!**

Dr. Wanda Lee and Dr. Andrew have been using some of this lockdown time to update their learning in pediatric care. One of the benefits of Covid travel restrictions is the rapid evolution of online learning and access to programs from around the world.

The Pediatric Network is an educational group in South Africa with collaborative education for manual therapists. Taught by a Chiropractor educated in England at the Anglo European Chiropractic College who also holds a Masters degree, the collaborative, evidence-based focus of the training is a testament to professionals from many disciplines working together for the best possible patient care.

So far, we have taken programs focussing on symptoms of Torticollis (a common neck issue in babies) and Infantile GER (reflux-like symptoms with a variety of causes). The updated science studies, treatment options, info on when this is something that chiropractors manage well and when there is need of collaborative treatment or referral, as well as parent strategies are all part of the extensive training. We have done many, many pediatric seminars over the past 27 years as well as in our degree program...and this program is definitely one of the best!

Caring for babies and children is something we love to do and seeing these wee ones thrive, smile and sleep better is a great feeling. Having a few more tools in our toolbox to help is our pleasure! Ask us if you know someone who might benefit and we can explore options to see if chiropractic care may be the answer.



**Common signs of GERD or Reflux:**

- Frequent vomiting
- Irritability during feeding
- Refusal to eat
- Wet burps or hiccups
- Colicky behavior





## Fermented Protein and Greens

Since we are talking probiotics this month, it is a perfect time to also talk about our Canadian made fermented protein and greens!

**Why is fermented food so popular these days?** In a nutshell here is what we are talking about:

- Fermented and fiber-rich foods help optimize gut flora and your overall health; so try to eat them daily.
- Many people are getting weary of processed foods and the dubious health claims that go with it, and are embracing more traditional foods and more traditional cooking that involves fermenting.
- Bacteria convert sugars and starch into lactic acid, a process called lactofermentation so fermented foods help improve your gut health by “reseed” your gut with beneficial bacteria (probiotics).
- The fermentation process also boosts the nutritional content of food, producing essential amino acids, short-chained fatty acids, beneficial enzymes, certain nutrients and increases bioavailability of minerals.

### Why greens?

We take greens to help super charge our alkalinity and provide lots of great nutrients along the way. Think of your body like a big tub of chemicals and the more acidic you are, the more pain is magnified. Most degenerative diseases and inflammation are worsened under acidic conditions. Many of the common foods we eat, the coffee we drink and just metabolic processes like exercise have been linked to raising acidity and so rebalancing that is key.

Most of us simply don't eat enough good greens and we can make that easier with a “greens drink”. It is also a great way to get nutrients and iron without a lot of calories!

## 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.

