



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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Being Your Best this Summer!

Dr. Wanda Lee and I have studied and spent a lot of time, energy and money over the past 28+ yrs learning what goes into being the best version of yourself that you can be - physically, mentally and emotionally. We try to live those lessons as much as possible and do things that help ourselves express health at the highest level. We have also enjoyed a front row seat and watched you (our patients) show us what successful, healthy aging looks like too!

Here are a few common strategies that work :

- 1) Create healthy habits of eating "clean", with minimal inflammatory foods. We eat essentially no dairy or wheat/gluten products. We intermittent fast 3-4 days/week. We "cheat" too. Yes, we gift ourselves with a sugary dessert on weekends or a bag of chips with the football game on Sunday. Be reasonable with yourself. Keep a solid 80/20 balance of great daily habits and those little things will stay in balance. I have not found 100% abstinence to be a helpful or realistic goal.
- 2) Move and get regular aerobic exercise. Although our jobs are obviously physical they are not aerobic building activity. We usually walk 4/week 45-60 minutes outside and at the gym in the winter. I used to run but have shifted to walking as my age goes up and that pounding of running is a negative on my discs and joints.
- 3) Spend time nourishing your heart and emotional health. I meditate regularly, usually daily for 15-20 mins. A different form of "meditation" could be gardening, paddling your kayak or singing in a choir. Find something that makes you feel connected and part of something bigger than yourself! Sitting in nature is usually a good place to start in my experience! When I am quiet and take time to "listen", I feel god/source energy/whatever you wish to call that universal life force around us, can speak to me . My life to an outsider might sometimes look like a lot of luck or coincidences going my way, but I feel strongly in attracting my "luck" by being open to possibilities and co-creating with my god in this practice of mediation.
- 4) Obviously, seeing my chiropractor weekly to be checked for misaligned/subluxated vertebrae is also foundational for me. It has always made good sense to me that to be healthy and express my health at the highest level possible in all areas of life, I would want my brain and nervous system to be well. After all, it connects and runs the entire show in our bodies. There is nothing that happens inside your body that doesn't involve some part of your nervous system. Keep it well!

Fall in love with taking care of yourself.
Fall in love with the path of deep healing.
Fall in love with becoming the best version of yourself but with patience, with compassion, and respect to your own journey.

Here's to being your best and creating your own healthy habits for the summer!
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 - they are soooooo yummy!)

(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

Canada Day Holiday - CLOSED JULY 1



Dr Andrew goes Fishing hours:

Newfoundland is calling! Dr Andrew will be heading off to Gander once again in search of the elusive salmon.

He will be away Monday, July 18 to Wednesday, July 20, 2022.

We will be closed for Monday and Tuesday that week. Dr. Shannon is here Wednesday pm on July 20, 2022.

DR ANDREW will have additional hours on THURSDAY, July 21 AND FRIDAY, July 22!



SUMMER HOLIDAY HOURS!

We will be closed for chiropractic care the Natal Day week: August 1-5, 2022.

REGULAR JULY HOURS:

Dr Andrew:
 Mondays 130 pm - 730 pm
 Tuesdays 130 pm - 6 pm
 Wednesdays 7 am - 12 pm
 Thursdays 130 pm - 730 pm

Dr. Wanda Lee will be off healing her spine fractures from July 4 to September 6.

Dr. Shannon Coffin is helping out on Wednesday afternoons for the month of July! Regular hours will be 3-6 pm. We are so grateful for her help to make sure everyone gets taken care of in Dr. Wanda Lee's absence.

Compression Fractures 101

Healing yourself is connected with healing others.

I (Dr Wanda Lee) have had a lot of questions about my spine in the last month. I generally don't like to talk about "me" during "your" appointment, but we do appreciate all of the care and concern that you all have shown as I take some time away from adjusting. Plus, we understand the concerns as a patient/client!

What does this mean? Will she be able to return? Here are some facts about compression fractures to help everyone understand the full picture. If you want to know more, read on... I have 5 fractures and two have healed, three are being stubborn.

There are two main reasons for compression fractures. The most common is osteoporosis. When bones become thinner and more brittle, they collapse with very little force. This is why we test bone density, especially in older women. Preventing bone loss is the first step to reducing these types of fractures. Fortunately, this is NOT what I have experienced. My bone density is normal, calcium and Vitamin D levels are good, and we can rule out this cause.

The second and less common reason for compression fractures is a "stress fracture". This is what I am dealing with in my spine. A stress fracture occurs as a result of overuse. Because of repeated use, the bone becomes weak and cannot absorb the shock that is put on it. A vertebral compression fracture can be evident through a wide variety of symptoms, including:

- Pain when standing or walking
- Decreased pain when lying down
- A sudden onset of back pain
- Tenderness in certain areas of the spine
- Loss of height in severe cases

With good chiropractic care and exercise, I have been able to protect the discs, joints, muscles and nerves from the wear and tear of my work, but sadly we can't really eliminate the stress load on the bone from almost 30 years of adjusting. There are some disadvantages to being a "smaller-sized" chiropractor LOL!

The treatment is simple: REST. In most cases, compression fractures caused by injuries heal in about 8-12 weeks. I have the added advantage of home laser therapy and pEMF treatments that will help speed things along as well. The only complication is that I have been working with the fractures for many months and that could make the healing time a bit more of a challenge. In some cases, modifying activity is enough. Sadly my job is still too physical for that option to work. I am planning on the 8 weeks of full rest and then a gradual return in September with just 2 days of clinic time per week to start to ease back into the work. I am otherwise healthy and strong so that will give me the best prognosis possible!

Thanks to you all for your support. **Dr. Shannon and Dr. Andrew are here for you all over the summer so don't let this de-rail YOUR health!** When I get back to the clinic in September, we will be able to pick up care right where I left off. In the meantime, I am still here for questions and helping out in the background with care!



Have you noticed some construction?



We have started build a new clinic!

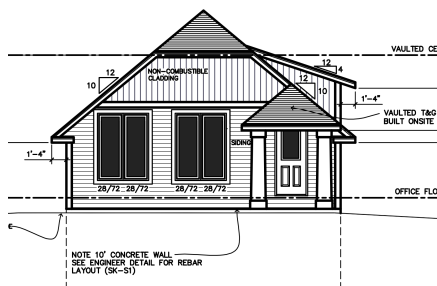
One of the amazing aspects of our new home in the Bay is it's zoning as MU2 and we can move our practice there with the construction of a new clinic.

AND...as many of you know, we are right around the corner from our existing clinic @ 5798 St Marg Bay Rd!

As Dr. Andrew and Dr. Wanda Lee are not planning retirement for decades to come, what we need is a smaller space that makes life simpler and easier. We love our existing building but after 20 years there, it is time for something that fits better with where we are now in life and in practice.

The new clinic plans are so exciting and give us plenty of space to do what we do. It will not change our practice hours or appointments, except for one existing 90 minute part of the schedule. The new space is best for one doc at a time and that works fine to see you all into the 2030's and beyond :) And yes, there will be plenty of parking!

Here is a sneak peek of what it will look like from St. Margaret's Bay Road:



**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 repellant: 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.

