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Serving the St. Margaret's Bay and surrounding communities since 1994.

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 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.

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.

**SAVE 10%
for the month of JULY!**

Stress and Posture

One of the easier ways to know you are stressed is by looking at your body and being aware of your posture. It all comes back to the science and neurology. Your posture is a window into your brain.

You can learn to proactively take steps to dampen the affects of prolonged stress on your body and physiology from that "fight or flight" response. You have heard me chat about this before but there are essentially a ying and yang to our Autonomic Nervous System. This is the nerve system that runs and controls us all the time with or without your awareness. So let's choose to be more aware!

When stressful events occur, naturally a "fight/flight" stress response should occur. This is healthy and can be life saving in these moments when you need to run or fight. However, your system needs to "bounce back" to the midline after the event is over. To put this another way, when the "sh*t hits the fan", pupils dilate to help you see, heart rate escalates to deliver more blood, breathing gets faster to bring in more oxygen, digestion slows so you don't have to stop for the bathroom, and all immune function slows down to redirect energy...plus rest and sleep won't occur as you are hyper-vigilant for the "attack".

Your posture changes to accommodate these emergency needs as your head curves forward and your shoulders slouch, your diaphragmatic (breathing) muscles get tight and short, your hip flexors shorted - picture your body curled up in ball to protect itself. I saw this often during covid. Patients would blame all their posture pain from being stuck at home working from a desk. This is partially true for sure, but not the whole picture as a deeper conversation showed these folks were also in prolonged periods of stress emotionally.

The best way to change your stress response is become aware that it is happening and then get into your friendly chiropractor ASAP. Chiropractic adjustments help to change your brain and helps to reset this neurological loop and hence to change your physiology and posture.

Of course, dealing with the root stress is also important to get to the cause of a repeated pattern. We may also need to talk to a therapist as well to help deal with patterns that are stuck in our body and physiology. Maybe we need to be aware of breathing, start physical exercise and use other forms of self-care to help yourself along with seeing a chiropractor or therapist. Just know you are not alone, reach out for help and look for solutions for you.

I wish you all a wonderful summer and lets continue to be patient and kind and be there for each other. There will always be stress, but we are stronger together.

Lots of love,
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!)

CALENDAR OF EVENTS



SUMMER HOLIDAY HOURS!

We will be closed for chiropractic care the Canada Day and Natal Day weeks. There will be additional hours before and after as needed so please book in advance if possible so we can make sure everyone is taken care of :).

The clinic will be closed:

**July 3-6, 2023
August 7-10, 2023**



We hope everyone enjoys a wonderful "long weekend" as we celebrate living here in this wonderful place!
Happy Canada Day!

SMALL THINGS TO LOVE ABOUT JULY



Warm summer night under a clear sky



Bikini & the beach



Freedom, liberty & independence



Long daytime to enjoy outdoors

Energy to do what you love

Choose happiness. Choose health
Choose yourself 🌸

The time that you enjoy
is not wasted

You deserve as much of your attention as others

You can be a nice person and still
👉 have boundaries 👈

THANK YOU!

Thanks to all who came out to celebrate our new location on June 14th!



There were prizes drawn for loot bags and products. Congratulations to all 8 winners! Plus swag for all with pens and shopping bags for the taking.

It was a pleasure to see new faces, faces that have been part of our chiropractic family for decades and those who just stopped in to meet with us.

Many thanks to Gerry for all of the amazing food and sparkling juices.



It was wonderful to celebrate St. Margaret's Bay Chiropractic's **THIRD AND FINAL** location with you all!

