




**ST MARGARET'S BAY  
Chiropractic Centre**  
BODY • FAMILY • LIFE  
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*Serving the St. Margaret's Bay and surrounding communities since 1994.*

## PRODUCT OF THE MONTH

### PROBIOTIC POWER

10% OFF IN JULY!

**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.



## GET BUSY!

As I age, my goal is to continue to be active and mobile for as long as I can just like you. We are on this journey together! Lots of things start to happen to our bodies due to hormone changes etc. We all know this :), but aging is a gift, and it certainly beats the alternative 😊.

That said, I exercise differently now as a 57-year-old spring chicken vs when I was 37. For instance, I used to run and lift weights more... a lot more. There are pros and cons to everything, and one must weigh the positives and negatives and decide for themselves, given your age and limitations, what is right for you. Personally, with the weights and running, I found I was suffering from sore muscles (more than normal sore) and increased joint pain in the knees and low back. These exercises, at least the way I was doing them, were creating way more negative than positive side effects in my body. So now I speed walk 5kms/day usually 5 of 7 days, I lift dumbbells or lighter weights and I stopped doing yoga that was too demanding on my shoulders and switched to different kinds of yoga. There is age specific yoga available. I also tend to do more core work and pilates to combat a very serious men's condition called "FURNITURE DISEASE", when our chest falls into our drawers (that was a joke 😂). Let's not forget swimming, golfing and biking. With the ocean and beautiful walking trails close we have no excuses! I hope you take advantage of the many resources in the Bay. Find a friend and enjoy staying in shape and keeping your mobility and strength,

Enjoy the summer!  
Dr Andrew



## CALENDAR OF EVENTS

**Closed Monday July 1st**

(Extra hours added Fri July 5th)



**VACATION - Aug 4th - 10th**

The Clinic will be closed all week  
Dr Ben Boudreau (at Roach Chiropractic)  
will be available for any urgent care

## RECIPE OF THE MONTH

Healthy (But still Delicious) Strawberry Shortcake



**Ingredients**  
4–5 cups of fresh, sliced strawberries  
1–2 tablespoons sugar (you could use coconut sugar or another unrefined sugar)  
1 1/3 cups whole wheat flour or Gluten Free flour  
1 teaspoon baking powder  
A pinch of sea salt  
1/2 cup milk (Oat works well)  
1/2 cup honey or maple syrup  
1/3 cup melted coconut oil (sub: avocado oil)  
1 teaspoon vanilla extract  
2 large eggs  
Maple Whipped Cream or Homemade Whipped Cream (or store-bought whipped cream)

Preheat the oven to 350°F. Grease an 8×8-inch baking pan.  
Toss the sliced strawberries in a bowl with 1–2 tablespoons of sugar. Set them in the refrigerator to macerate while you make the cake.  
In a medium mixing bowl, whisk together the flour, baking powder, and sea salt.  
In another mixing bowl or glass measuring cup, whisk together the milk, honey, oil, vanilla, and eggs. Add this wet mixture to the dry mixture and stir with a spoon just until combined. Do not overmix.  
Pour the batter into the baking pan. Bake for 20–25 minutes (until a toothpick comes out clean).  
Allow the cake to cool. Top each serving with fresh strawberries and whipped cream.

## WE HAVE NEWS!



**You asked... We listened**

**Online booking is here!!**

Is now available on our website. Simply click on the online booking link and create an account. You can then manage your appointments for booking, cancelling and rescheduling. If you don't see an appointment available for the time you want, just give us a call as there may be availability.

\*Appointments cannot be cancelled or rescheduled within 24 hours of booking.\*

## PATIENT TESTIMONIAL OF THE MONTH



I was suffering from a peculiar pain in my right groin. The level of pain was generally in the 3–4 range, so it was really more of a nuisance.

Over the next weeks, the frequency increased greatly and became more painful. I saw Dr. Andrew and he immediately said, "I know what that is. I can fix it easily". It took him only a minute or so to do, but the next day the pain and frequency were almost non-existent.

I won't call what happened a miracle, for it was Dr. Andrew's knowledge and skill which healed me. Thank you so much, Andrew.

\*\*Please note that all information is shared with the expressed permission of clients. This is the experience of an individual and is not meant to imply or guarantee results in others. Health care is unique to each person's history, diagnosis and condition.