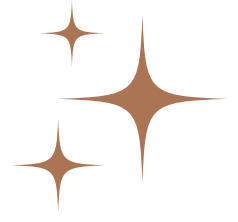


Newsletter



St. Margaret's Bay Chiropractic Clinic

July 2025

10% off Probiotics

Dr. Andrew's Blog

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.

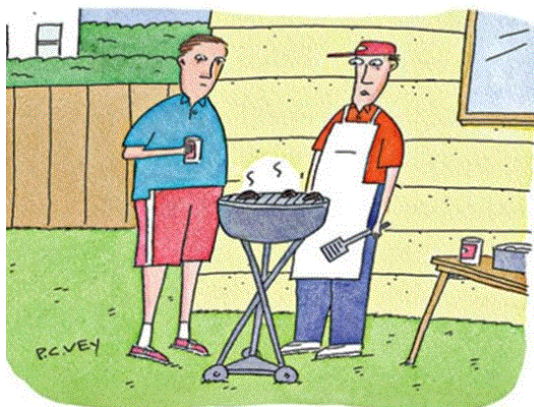
10% OFF THIS MONTH

Oh Canada !

I was racking my brain and trying to come up with something to write more closely related to health but I can't get this great country of ours off my mind! Canada Day is just around the corner and I am full of appreciation for this place we get to live.

My grandfather Adam Schlei RIP, fought in WW2 and I am also blessed to be able to call many contemporary veterans among my friends and patients. They all thought this place was worth standing up for. So do I. More than ever I cherish our democracy, our inclusive approach to racial diversity, our right to love who we want, our ability to choose how and where we find our spirituality, the richness of our beautiful environment, the natural resources we are blessed with, our politeness, the Montreal Canadians :, and our health care system. We acknowledge and respect the histories, languages and diverse cultures of our First Nations peoples.

I choose to focus on the good stuff and surround myself with people that are like minded, that are full of passion, compassion for others, love and connectedness. There is so much to appreciate and love about our great nation. So I hope you join me on July 1st to take a mindful second, collectively give each other and Canada a great big hug and celebrate like we won the lottery to live here, because I genuinely feel like we did!



"And now I just step back and let the grilling process destroy any nutritional value it might have had."

Happy Canada day!

Dr. Andrew

Upcoming Events

Friday July 3rd - extra hours between 9 and 11 am
August 4th - 8th Vacation - Clinic Closed

Benefits of Pre-Booking Multiple Appointments

Save Time...

Never have to stand and wait! Just say see you next time as you head out the door!

Get Your Preferred Time....

Before it's gone!

Reduce Your Thought Process...

Having your appointments prebooked makes them easier to remember!!

Get Great Results....

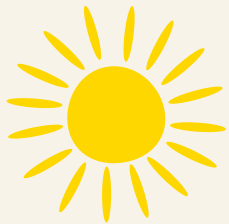
Staying on track with your care schedule makes your body healthier and happier!!

Use our online booking system...

Just head over to our website and click on the online booking button!

Best of All...

Never end up on our waiting list!!



The Book Corner

Looking for a light summer read?
Dr. Andrew's recommendation is:

A Salty Piece of Land
by Jimmy Buffett

Our Patients Speak

I have been so happy here, all my needs are met and I tell anyone who will listen the benefits of chiropractic care. Susan D.



Smoothie Recipes!!

****Smoothie Season****

Looking for a refreshing alternative for a cool and filling breakfast, try a Smoothie!

Dr. Andrew's Breakfast Smoothie Recipe

- Scoop of Protein Powder
- Spoonful of raw cacao
- Spoonful of honey or maple syrup
- ½ banana (frozen is better) or ½ cup of blueberries
- ½ avocado
- spoonful of natural peanut or almond butter
- spoonful of flax seeds or hemp hearts
- handful of spinach
- 1 cup of milk of choice
- Mix in a blender and enjoy!

Feel free to get creative with your morning smoothie. Add additional ingredients or substitute what appeals to you. Anything goes!!

Chocolate Smoothie!!

Looking for a treat?? Try this chocolate smoothie:

- ¾ cup cashew milk, almond milk or milk of choice
- 1 large frozen banana (break your bananas into one-inch chunks before freezing)
- 1 tablespoon semisweet to dark chocolate chips
- 1 tablespoon cocoa powder
- 1 to 2 tablespoons peanut butter, almond butter or cashew butter
- Optional sweetener: ½ teaspoon maple syrup or to taste
- Mix in blender and enjoy!!

ST. MARGARET'S BAY CHIROPRACTIC CENTRE

(902) 826-1088

www.stmargaretsbaychiro.com