



**PRODUCT of the MONTH**

**7.2 Greens**



Our diet is full of acidic foods like sugars, coffee, tea, alcohol, red meat and dairy products. Often our "out of balance" menu creates issues long before we see the signs. The more of these foods we eat, the more greens we need to balance.

Taking a greens supplement can help make your body more alkaline. This means increased energy, better recovery from exercise, better bone health and lots of potent antioxidants!

**Why these greens?  
ORGANIC  
NO Sweeteners  
NO Artificial Flavours  
and  
They DON'T taste like grass  
clippings!**

Click here for a great video with Tony Robbins explaining more about health and alkalinity:

[https://youtu.be/1MX\\_omGEotw](https://youtu.be/1MX_omGEotw)

**10% OFF IN JUNE**

**What do Professional Tennis and Pickle Ball have in common?**

**Chiropractic care!**

John Isner, the world's #9 tennis player, sees a chiropractor regularly and says it is one of his best investments! I paraphrased the following from an interview he recently was featured in mainstream media:

**"The best financial decision the 6'10" American has made involves a person who travels with him every week: his chiropractor, Clint Cordial.**



Isner started traveling with Cordial in 2012, and he credits the Missoula, Montana, professional for helping him stay healthy and allowing Isner to play some of the best tennis of his career as he nears 33 years old."



Jimmy Gillis, long time resident of the Bay, plays pickle ball. Some may say he thinks he's a pro :) **We think everyone who stays active is a winner.** Jimmy has also seen a chiropractor regularly for years!

Sometimes these athletes use chiropractic care for injuries, but more often than not, it is to keep their body performing at the highest level to win and to avoid injuries.

We may be teasing Jimmy, but we are not really joking. Yes, professional athletes are benefitting from chiropractic care at every sport. **Our point here is that no matter your age or level of sporting activity, seeing a chiropractor regularly can be a key part of your health regimen.** Having a chiropractor on your health team, is just like seeing a dentist for your teeth or your family doctor for well check ups.

We would love to see everyone stay healthy and active whether they are a weekend warrior (like most of us), a child on the playground, a serious professional athlete or an aspiring young athlete in training. With the warmer weather here at last the fields, ball diamonds and tennis/pickle ball courts are starting to fill up! **Talk to us and find out how chiropractic can help you and the athletes in your family perform at your best, enjoy better health and help to prevent injuries.** Enjoy a wonderful and healthy June!

Dr. Andrew and Dr. Wanda Lee

**RECIPE OF THE MONTH**



**Green Energy Bars**

**Ingredients:**

- 1 scoop of 7.2 greens
- 1/4 cup goji berries
- 1 cup walnuts
- 8 large medjool dates
- 1/4 cup hemp hearts

**Directions:**

- Place first four ingredients in food processor until a rough dough has formed.
- Add the hemp hearts and pulse a few times.
- Roll out flat and cut into bars or roll into balls. Freezes well!

These are a favourite for warmer weather snacks - NO OVEN to turn on in the heat!

They are great when out on a bike ride or after a workout for quick and healthy energy. Add some protein powder to make them even better for exercise recovery and a great quick breakfast option too!

Nut allergy? Just skip the walnuts and add sunflower seeds or nut alternatives that work for you!

7.2 Greens are also great on their own as a quick drink first thing in the morning to start the day off clean. Or add a scoop to your smoothie for a boost of alkaline balance.

This is one of the best info videos we have found explaining the connections of acidity and reflux, weight gain and declining bone health is in this link. It is called "How diet soda causes weight gain" but really about acid/alkaline balance:

<https://youtu.be/hpoAtwVyzZI>

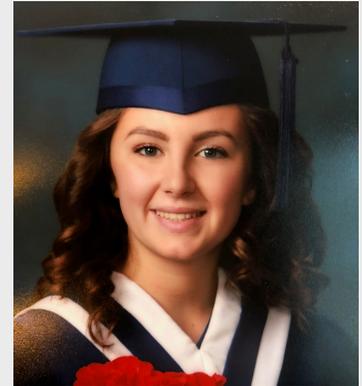
**Congratulations to all of our students on another successful school year and especially to our graduating students!**

The most amazing part of a family practice is seeing these babies we check grow up to such wonderful young adults.

We have a few wonderful grads who have been part of our clinic family since they were "in the belly" and we are so proud to have been able to be part of their health and well-being for all of these years.

One of these is our own baby girl, Claire. **We will be CLOSED for chiropractic care on Thursday, June 28th, 2018** as our baby girl is graduating from Charles P Allen High School.

**We will have extra hours added on Wednesday, June 27th instead!**



**Dr. Wanda Lee's Organic Body Butter Blends!**



**NOW RESTOCKED for SUMMER!**  
**Dr. Wanda's Anti-Aging Blend and Muscle Relaxing BODY BUTTERS!**

Plus a limited supply of:  
**NATURAL DEODORANT**  
**NATURAL BUG SPRAY**

Check out our samples at the front desk! And many thanks to all for the feedback and requests :) As I try new "recipes" for our family, I am happy to share in our newsletters and on Facebook...plus make a bit extra for you if you would rather not make them yourself!

**PATIENT STORY OF THE MONTH**

One of our amazing clients, Susan, travels 3 hours to come to us for her chiropractic care. Why? Here is what she has to say:

**"I love this place, and Dr. Andrew and Dr. Wanda Lee, so much. They are responsible for keeping me moving and not requiring additional pain medications!"**

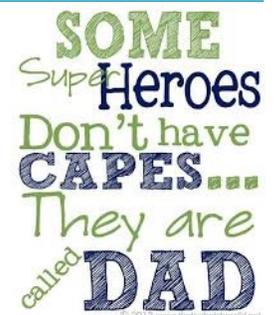
THANK YOU for sharing your story, Susan! We love to celebrate these amazing health "wins" with you and help others learn more about what chiropractic can do!!

**HAPPY FATHERS DAY!**

Special wishes to all the Dad's, Step-Dads, GrandDads and Dads of the heart this month:

**THANKS FOR ALL YOU DO!**

P.S. Want to treat the special man in your life to a massage or an adjustment or new client visit? Ask us about our gift certificates!



**CALENDAR OF EVENTS**

**SATURDAY, JUNE 16, 2018 @ 9- 10 am  
CORE EXERCISE for BEGINNERS  
with Christine Somerville**

We offer the class at **no charge** to our patients but spots are limited so please register at the office or call 902-826-1088 or email us: [info@stmargaretsbaychiro.com](mailto:info@stmargaretsbaychiro.com)

**THIS IS THE FINAL CLASS BEFORE SUMMER! Please call to reserve your spot...next available class in September!**

**WEDNESDAY, JUNE 13, 2018 @ 6-8 PM  
OPEN HOUSE launch party for Dr. WANDA's WELLNESS!**

We are celebrating the successful completion of our first series of products for Dr. Wanda's Wellness supplements. We are now fully stocked with 8 great products to support you in healing, reducing pain and inflammation as well as supporting bone, joint and overall health.

This event is open to the entire community with a special invitation to our patients and clients! You are welcome to stop in from 6 to 8 pm and invite a friend or family member to come along.

We will have snacks, prize draws and a chance to share the benefits of custom-designed supplements made in partnership with Signature Supplements compounding lab right here in Metro Halifax!

**The event is free and drop in with no RSVP needed. We hope to see you here!**

**PLEASE NOTE  
SCHEDULE CHANGE:**

**Chiropractic CLOSED on  
Thursday, June 28th  
for Claire's CPA Graduation!**

**Additional hours added:  
WEDNESDAY JUNE 27th**

**Dr. Wanda Lee  
from 2 to 6:30 pm**

**Dr. Andrew  
from 4 to 7 pm**

**ESSENTIAL OIL of the MONTH**

**Organic Citronella**



This is the perfect month to feature such a powerhouse organic essential oil. We have probably all hear of its talents as a bug repellent and with the crop of black flies and the emerging tick season, it is time to add this one to our collections!

**Citronella does more than just repel bugs!** It is also antibacterial, antidepressant, antiseptic, antispasmodic, anti-inflammatory, deodorant, diuretic, fungicidal, tonic and more according to the literature.

These features make it an excellent addition to your homemade deodorant products as well! It is also a great addition to your room diffuser to clean the air and appears to induce happy thoughts and relief cough or indigestion symptoms in many people, likely due to its anti-inflammation effects. **When it comes to killing and/or keeping away insects, this is one of the best.** It is particularly effective on Aedes aegypti mosquito that causes yellow fever and that research has translated in other mosquito strains as well. It is also effective on lice and fleas!



There is no inherent toxicity in organic citronella essential oil, but it could produce irritation on the skin if used in high concentrations. **A little goes a long way, so use carefully**, especially on children to ensure the skin isn't sensitized.

According to some research, you need to reapply citronella oil about every 30–60 minutes for its bug-repelling effects to last. **You can combine several drops with coconut oil and spread it on your body like lotion, or add some to a spray bottle with water and cover your skin, hair and clothes.**

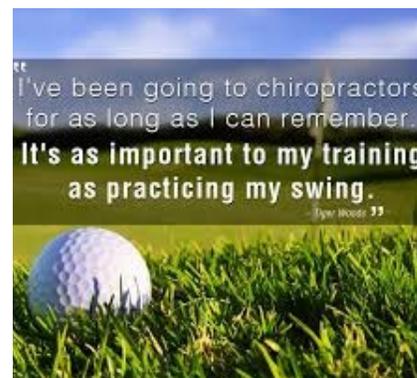
Applying pure citronella oil directly to the body is considered more effective for fighting bugs than citronella candles are. Dr. Wanda Lee has added it to her bug spray combo (recipe in last month's newsletter).

**This oil blends well with cedarwood (new coming in June!), eucalyptus, lavender, geranium, lemon, peppermint, rosemary and tea tree.**

**It's GOLF time again!**

It's time to make sure you are ready for the fairways and greens with optimal spine and nerve system function.

It's time to be flexible AND strong to play well, prevent injury and stay on the course!



## LASERTHERAPY

This is the time for more outdoor activities and a possible renewal of former aches and pains (or new ones).

There are new ankle sprains, flareups of arthritic knees and golfer's elbow showing up in our clinic as the warm weather sports and activities begin. A good way to deal with all this new founded physical discomfort or new injuries is to keep up a good regime of Massage Therapy, Chiropractic and Laser Therapy.



### Why Laser?

Research shows us that cold laser therapy is effective due to it's ability to trigger the body to heal itself. It penetrates into the targeted tissue, (due to the fact that the laser light stimulates the active area in our cells to produce additional ATP, which triggers cellular repair and regeneration). The laser basically jump starts the healing process. Theralase uses specific wavelength range that is non-thermal (and can penetrate up to 4 inches). There is no risk of tissue damage. Studies on the safety and effectiveness has been done by medical establishments around the globe.

### Laser Therapy is SAFE and helps to...

- Eliminate Pain
- Decrease Inflammation
- Offer a Non Toxic treatment option
- Stimulate faster wound healing

### What Can Cold Laser Therapy Treat?

- Arthritis Pain.
- Tendonitis.
- Tennis Elbow.
- Golfer's Elbow.
- Acute Pain.
- Chronic Pain.
- Strains & Sprains

**Theralase Cold Laser Therapy is available with Christine and Stephanie on all weekdays during chiropractic hours!**

## MASSAGE THERAPY

### How can my emotions affect my health?

Your body responds to the way you think, feel, and act. This is one type of "mind/body connection." When you are stressed, anxious, or upset, your body reacts in a way that might tell you that something isn't right. For example, you might develop high blood pressure or a stomach ulcer after a particularly stressful event. Massage and chiropractic care is often used by those with high levels of stress to manage their physical and neurological components.

There are ways that you can improve your emotional health. Many things that happen in your life can disrupt your emotional health. These can lead to strong feelings of sadness, stress, or anxiety. Even good or wanted changes can be as stressful as unwanted changes. These things include:

- Being laid off from your job.
- Having a child leave or return home.
- Dealing with the death of a loved one.
- Getting divorced or married.
- Suffering an illness or an injury.
- Getting a job promotion.
- Experiencing money problems.
- Having or adopting a baby.

People with resilience are able to cope with stress in a healthy way. Resilience can be learned and strengthened with different strategies. These include having social support, keeping a positive view of yourself, accepting change, and keeping things in perspective. Relaxation methods, such as meditation, listening to music, listening to guided imagery CDs or mp3s, yoga, and Tai Chi are useful ways to bring your emotions into balance. Free guided imagery videos are also available on YouTube.

**What may be considered safe and effective for the body/mind connection is Bach Flower Remedies!** The original Bach Flower Remedies are safe and natural methods of healing discovered by Dr. Bach from 1920 – 1930's in England. They aim to gently restore the balance between mind and body by casting out negative emotions such as fear, worry, hatred and indecision which interfere with the equilibrium of the being as a whole. The Bach Flower Remedies may allow peace and happiness to return to the sufferer so that the body is free to heal itself. Bach Flower Remedies are made from wild flowers and are safe for the whole family including pets.



St Margaret's Bay Chiropractic will be carrying these remedies. Call and ask any of our qualified therapists who have taken the course and stay tuned to our up-coming workshop to learn more! **Mark your calendar for early September as summer is usually too busy and short to fit in a workshop - Tentative date: Sept 12th. Hope you can join us!**

(Thanks to Christine Renaud, RMT for submitting this article)

### DO YOU KNOW WHAT IS IN YOUR SUPPLEMENTS?

WE DO.



Each ingredient in our supplements was chosen specifically, so you get exactly what is needed. Nothing more, nothing less.

Quality. Affordability. Effectiveness.

**JOIN US FOR OUR OPEN HOUSE AND FIND OUT MORE!**

**St. Margaret's Bay Chiropractic Centre  
Wednesday, June 13th, 2018  
6 - 8 pm**

**Door Prizes and Healthy Snacks too!  
5715 St Margaret's Bay Road  
902-826-1088**

**CLIP AND SAVE: 10% OFF PRODUCTS.**

Expires June 30, 2018

### NOW AVAILABLE:



**Turmeric Boost**

**Bone Health Plus**

**Joint Formula Plus**

**Prenatal Power**

**Burst of Sunshine Vitamin D3**

**Magnesium Glycinate**

**Probiotic Power**

**Digestive Boost**

