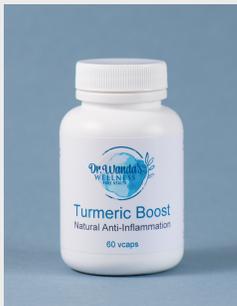




Health News this month



PRODUCT of the MONTH



Dr. Wanda's Wellness TURMERIC BOOST

Turmeric has been in the news for its surprising effectiveness to manage inflammatory issues and arthritis pain. "Curcumin" is one of the key active ingredients of Turmeric but it is not the only ingredient needed and research suggests that supplementing with the whole turmeric is better than extracted curcumin alone.

Turmeric is very difficult for the body to absorb and it is hard to get the minimum recommendation of 1 gram per day in our diet. **Turmeric BCM-95** is a patented form of whole turmeric with **700-900% better absorption** in human clinical trials! If you are taking blood thinning medications, ask your doctor before taking any turmeric supplement.

Once again, no fillers, no wheat, no gluten, no dairy in any of our Dr. Wanda's supplements – just value, quality and effectiveness.

[Click here to read more about the scientific research behind Turmeric supplementation and the specialized BCM-95 Turmeric that is used in Dr. Wanda's Turmeric Boost on our website!](#)

10% OFF IN JUNE

We are so excited to be BACK!

After a long time away, we can once again offer you regular chiropractic care beyond emergency/emergent care. As a 'new normal' emerges you will notice in our office we have taken the necessary precautions to keep you safe while still doing our always normal job in taking care of your health and your spine/ nerve system once again.

We have seen a few of you with acute flare ups and other situations that really couldn't wait, but most of you we have not seen for a few months. We have missed you.

Dr Wanda and I expect to feel a lot of very tense spines and challenged nerve systems over the coming weeks as we get to check you again. For some of you, that tension will have been building from stress and worry, for some because of inactivity and for some probably because of too much activity as you were off work or spending more time at home (covid painting anyone?) ! Either way, this is just a friendly reminder to be patient with the process as missing a few months of care will undoubtedly set some of you back. Remember it will be temporary and this is why you took care of your spine regularly in the first place.

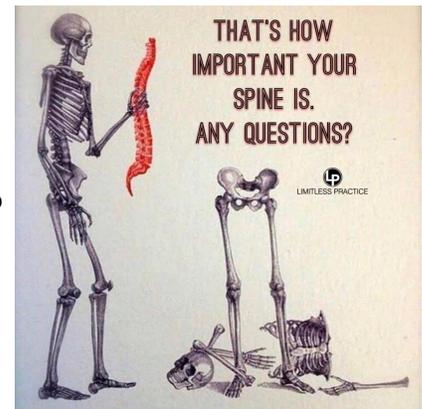
For most of you who have had regular care, the spine and nervous system will remember and it won't take too long to get back on track beyond a few visits. There is a muscle memory that needs to kick back in to get your adjustments to "hold", just like going to the gym. Your brain will recognize the patterns again and things will be easier than "the first time" you started care.

We will be offering extra hours to "catch up" as needed while providing proper spacing for appointments. You will see plexiglass at the front desk and face masks on us and some snappy foot traffic signs on the floor, but rest reassured we have the same smiling faces and warm hearts and great skills as pre-covid to take care of you all.

We will be calling to schedule starting June 1. We are ready but we know not everyone is yet. Just let us know if we call. We are looking forward to catching up with you all whenever you feel comfortable to return.

We hope to see you soon. Know our door is always open and we are here to call and chat first if you need to discuss your safety here! You are our first priority and we are here for YOU.

Dr Andrew and Dr Wanda Lee



What to expect on your next appointment!

We are so excited to welcome everyone back! We have been working hard to prepare our space and protocols to make this a very safe space for our community and staff team. We want to help you feel as comfortable as we do with our re-opening by answering this question (and more): **"What should I do when I get there?"** Those that get this by email or on social media will have advance info, and for those of you receiving one in the clinic, it will still be a helpful resource.

Here is how things will flow:

- When you arrive at the front door, **you will see the posted sign about screening questions.** These are the requirements that you meet to come in the building. Please be totally honest so you don't put our doctors, therapists, staff and other clients at any risk.
 - You may not enter if you have been travelling outside of NS in the last 14 days. We all need to trust each other on this so we keep everyone well.
 - You may not enter if you have been exposed without protection (mask, etc.) to someone who has a positive or presumptive case of Covid-19 until you have been tested negative.
 - You may not enter if you have any of the symptoms listed on the sheet that are not related to other known causes (regular seasonal allergies, for example, are ok to come in).
 - When you come in please tell the front desk that you answered NO to the screening so we can record for later contact tracking if such a thing was necessary.**
- Leave your shoes ON.** You can take them off in the room if you prefer but no shoes in the foyer please.
- As soon as you enter, please clean your hands. Hand sanitizer is available at the front desk and in each treatment room to use immediately.** You are not required to wear a mask as we have a large space, you are welcome to wear it if you wish!
- As you step inside, you will see the **arrows and footprints on the floor.** 90% or more of the time, the front desk will direct you to a room immediately so you don't even need to come in further. The arrows will send you right down the hall and into your assigned room. **It is already sanitized** as the docs will spray the table and any touch points following their visit with the last person. Because we have 3-4 rooms available, there is always time for the cleaner to dry properly and for the room to air appropriately. You can place the headrest paper on top of the table and rest until the doctor arrives for your care.
- After your adjustment, we will need to spray the table immediately so it can dry and do its magical virus killing. You will **follow the arrows again and come out at the far side of the front desk,** nearest the reception.
- There are **footprints at the front desk** to allow ONE person at the front and 2 waiting spots. If these are full, please use one of the seats in the reception area to wait (we don't anticipate that will happen often with our new schedule but it is a "just in case" option).
- You know we love to chat and visit while you are here, but for now please **be mindful of our need to keep people moving inside and to minimize your time around people in the clinic.** Our docs, therapists and staff will be here to spend as much time as needed to give proper and appropriate care, to arrange appointments and look after your health needs. We will never skimp on that time, but we will also be careful not to get behind schedule with our chatting or have too many people waiting for staff assistance. Thanks in advance for understanding our goal is your health and the wellbeing of our community at ALL times!
- As you leave, keep an eye on people coming into the foyer for proper distancing.** New arrivals will be quickly sent to a room so they will pass and allow you lots of space to exit.

Thanks for your consideration of each other ❤️ and your patience and understanding of our new requirements!



Thank you for your patience, kindness and understanding as we all learn to navigate in these new protocols and requirements!

SCREENING REQUIRED BEFORE ENTRY

- Do you have a current symptom of COVID-19, such as:
 - a fever,
 - a new or changed chronic cough,
 - a sore throat that is not related to a known or pre-existing condition,
 - a runny nose that is not related to a known or pre-existing condition,
 - nasal congestion that is not related to a known or pre-existing condition,
 - shortness of breath that is not related to a known or pre-existing condition?
- Have you travelled outside of Nova Scotia within the last 14 days?
- Have you had unprotected close contact with individual(s) who have confirmed or presumptive diagnosis of COVID-19? (Eg. have you been exposed without appropriate protective equipment use?)

If you answer YES to any of the above questions, you are unable to enter the clinic at this time. Please call us to discuss appropriate steps for your health and well-being and to re-schedule your appointment for a more suitable time.

If you answer NO to all of the above questions, please come in and advise our front desk team so we can make note of it for our required records.

Welcome back! Please wash your hands immediately on entry 🧼



WHAT'S NEW!

01

No gloves please. Please wash or sanitize hands immediately upon entering. Two washrooms are available as well as hand sanitizer at the front desk and in all rooms.



02

Please follow our footsteps for one direction flow in the hallways. We have physical distancing markers at the front desk as well.



03

Our NEW Clover Mini machines have TAP and if you need to enter a code, there is alcohol and cotton pads to wipe after use please. Etransfer and payment plans are also great options..



04

You are NOT required to wear a mask unless you have a cold. We have plexiglass shields at the front desk and our docs/scanning CHAs will be masked when within 6 feet.





Dr. Andrew's favourite! Grandma Rita's Rhubarb Custard Pie

This is a special share from Dr. A!
Sometimes we make an exception to our low-sugar menu for Grandma's pie. This time of year, rhubarb is ready!

We make a gluten free pie crust but feel free to use whatever crust recipe you like and use or purchased pie shells.

FILLING Ingredients:

3 c. diced unpeeled rhubarb
1.5 c sugar (usually white or slightly less when using coconut sugar)
3 Tbsp flour (we use gluten free blend)

2 eggs
2 Tbsp milk (we use cashew)
pinch of salt
1/2 tsp nutmeg

1 Tbsp butter

Directions:

Mix the rhubarb, sugar and flour in a bowl.

In a separate bowl, beat eggs and add milk and spices.

Combine the two mixtures.

Place in pie shell and dot with butter.

Bake at 400C for 50-60 minutes.

Let cool for custard to set before serving.

Let us know how you like it! Or better yet, post a picture on our Facebook page so we can see

your 🍑!

HAPPY father's 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!



MASSAGE THERAPY

We will be removing from the table anything that can't be disinfected properly between each patient. Obviously sheets were always cleaned between clients and all table surfaces cleaned so that is similar. For now, the table warmer will not be on the table so it's a good thing we are heading into summer.



Massages will be spaced out with more in time between clients to allow for proper disinfecting, making sure you have time to comfortably get up, rebook and pay, without feeling rushed and you won't run into the next patient in the hallway.

Your therapist will be wearing a face mask at all times during the treatment. It's encouraged that the patient does as well when you are face up.

Hand washing is required when you enter the clinic.

When you enter you will see a sign asking a few simple questions regarding COVID-19. If you answer yes to any of these symptoms or are feeling unwell it's encouraged to rebook until you feel well again. If you feel unwell on the day of appointment, it's encouraged to complete the 811 online self assessment tool and only come in if they do not request you get tested.

We are so excited to get back to massage therapy!

**Stephanie's first day back will be MONDAY, JUNE 8.
Christine will return a bit later in June, date TBD.**

ESSENTIAL OIL of the MONTH

We have been asked many times for this recipe so here it is again!

**ST MARGARET'S BAY
Chiropractic Centre**
BODY • FAMILY • LIFE

THIEVES OIL

YOU CAN CUSTOMIZE THIS TO YOUR PREFERENCES AND YOU CAN AVOID ANY INGREDIENTS WHERE YOU HAVE SENSITIVITIES!

- 30 DROPS OF CLOVE BUD
- 25 DROPS OF LEMON
- 10 DROPS OF CINNAMON BARK
- 10 DROPS OF EUCALYPTUS RADIATA
- 5 DROPS OF ROSEMARY

MIX ALL INGREDIENTS IN SMALL OIL BOTTLE AND ADD WATER CARRIER OIL OR WITCH HAZEL IF DESIRED.

Please note that Health Canada and Public Health for Nova Scotia DO NOT recommend thieves oil for disinfection and sanitizing related to the coronavirus that causes Covid-19.