



Health News this month

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PRODUCT of the MONTH



Dr. Wanda's Wellness TURMERIC BOOST

10% OFF IN JUNE

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!](#)

When rest springs you forward...

Over the winter I fell on the ice and hurt my shoulder/neck. Like all “big strong boys”, I told my Mrs. (and my Chiropractor) that it was nothing and should go away quickly. Of course her correct retort and my clinical knowledge and experience all screamed: You should REST it! But no, I did what too many of us do and worked through the pain and never slowed down while continuing to do yoga and exercise and my job as a chiropractor, which can also be very physical at times too.

Guess what happened over the last few months?

How about difficulty sleeping! Ongoing pain! Generally worsening symptoms! This probably sounds familiar to many of you. I see it in clients all the time LOL.

Yes, I should know better. When tissues are damaged, making yourself exercise and work through the symptoms will usually make things worse and prolong the damage. It doesn't get better or go away 😊 without some help and the right conditions to heal.

Recently, I started listening to the feedback my body was giving me “slow down”. And (finally) listened to my Chiropractor and massage therapist. Low and behold I am happy to report that with rest and proper treatment, things are now “holding” better. I am giving my body a chance to heal.

Sometimes you have to rest to go forward. Pushing and forcing your body always ends of taking much longer in the big picture. Its been my experience that symptoms are wisdom and feedback from your body that something isn't right.

Putting it another way, symptoms are the engine light coming on. Listen and don't ignore them like I did or the engine will most assuredly stop working at some point!

Cheers and happy June days to all,
Dr. Andrew



RECIPE OF THE MONTH**GOLDEN MILK ICE CREAM****Ingredients:**

- 2 x 14-ounce cans full-fat coconut milk
(2 cans yield ~3 1/2 cups)
- **OR sub coconut cream for even creamier ice cream!
- 4 quarter-size slices fresh ginger
- 1/4 cup maple syrup (sub up to half with organic cane sugar to taste)
- 1 pinch sea salt
- 2 tsp organic ground turmeric
- 1/2 tsp organic ground cinnamon
- 1/8 tsp black pepper
- 1 tsp pure vanilla extract
- *1/8 tsp cardamom (*optional*)
- *2 Tbsp olive oil (*optional*)
- *1/4 cup chopped candied ginger (*optional*)

Directions:

- The day or night before, place your ice cream churning bowl in the freezer to properly chill (see notes below if you don't have an ice cream maker).
- Add coconut milk, fresh ginger, maple syrup, sea salt, turmeric, cinnamon, pepper, and cardamom (*optional*) to a large saucepan and heat over medium heat. Bring to a simmer (not a boil), whisking to thoroughly combine ingredients.
- Remove from heat and add vanilla extract. Whisk once more to combine.
- Taste and adjust flavor as needed, adding in more turmeric for intense turmeric flavor, cinnamon for warmth, maple syrup/cane sugar for sweetness, or salt to balance the flavours.
- Transfer mixture (including the whole ginger slices) to a mixing bowl and let cool to room temperature. Then cover and chill in refrigerator overnight, or for at least 4-6 hours.

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ESSENTIAL OILS OF THE MONTH**Bug and Tick Repelling Essential Oils**

We have had so many questions lately about using essential oils to create a "homemade" bug spray, that we thought this was a perfect month to share some favourites using our organic essential oils!

Using Essential Oils always requires dilution so it isn't too strong on your skin. Please make sure that you have appropriate carrier oils and liquid balance when working on these recipes for yourself.

Along with the well-known bug repellent, Eucalyptus, other essential oils to try for insects are Lavender, Tea Tree, Rosemary, Lemongrass, Peppermint and Geranium. Ticks seem most responsive to avoiding Lemongrass, Peppermint, Geranium and Tea Tree. Ants don't like Peppermint so spray around areas they may access to discourage them from coming indoors!

All Natural Insect Repellent & Bug Spray:

In a small spray bottle, with a fine mist setting, combine:
•3 to 4 ounces of distilled water (or carrier oil for lotion)

- 15 drops of Organic Lavender essential oil
- 15 drops of Organic Eucalyptus essential oil
- 5 drops of Organic Lemongrass essential oil
- 5 drops of Organic Rosemary, Geranium, Tea Tree OR Peppermint essential oil

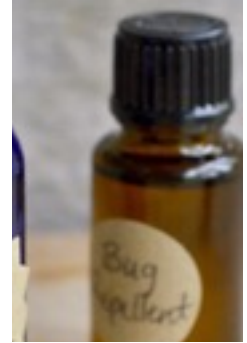
Add a few drops of alcohol (eg. vodka) or witch hazel as a preservative as these do break down quickly, especially if you decide to make a bigger "batch". If you don't want to use the preservative, just make a small amount like this and replace weekly. Shake before spraying as the oils will settle in the water and need to be mixed again!

This blend can be sprayed on the skin, on the clothes, and even used as a room spray. Avoid the eyes, and be careful with sensitive skin – spray on a small area of skin first before using on the whole body.

Don't have all of these ingredients? Start with Eucalyptus and Lavender - these have the widest application and effectiveness and add to your supplies as you go!

Tea Tree and Citrus oils should not be used on pets. Lavender, Eucalyptus and Lemongrass are generally recommended for dogs. There is conflicting information regarding cats but generally essential oils are used sparingly or not at all due to all that grooming!

Bug repelling organic essential oils can also be added to your natural body cream and used on the skin as a lotion. Sprays can be easy to reapply, but the lotion can give you a head start! Don't want to make your own? Check out the next page for ready-made options!



CALENDAR OF EVENTS

Core and More SUMMER BREAK

We usually take a break for the summer so we will be back in September for those who wish to work with our personal trainer, Christine Sommerville!

SUMMER SCHEDULE CHANGES:

To make it easier to plan ahead, here are a few schedule changes planned for our docs for Summer 2021:

The office is CLOSED for Thursday, July 1, 2021 Canada Day.

There will be no chiropractic care open on Friday, July 2, 2021.

Dr. Andrew has his fingers and toes crossed that the Nfid bubble will open and he will get fishing from Wednesday July 7 to Friday July 9. He will be closed.

Dr. Wanda Lee will be here Wednesday and Thursday hours on July 7 and 8th!

Dr. Wanda Lee and Dr. Andrew will be on vacation Natal Day week - August 2 - 6, 2021.

As always, we will have extra hours as needed to make times available outside of these vacation days. There will be more limited options, however, so we recommend early booking if you have a favourite time to come for your appointment or if you are booking for a whole family of spots!



After a long May of restrictions, there is hope in the air for a better June!
Let's keep kindness and optimism in our thought this month ❤️



Spring and Summer products in our Wellness Store!



Citrobug - natural insect repellent from Quebec that is effective without DEET for mosquitoes, ticks and flies. We have ADULT, CHILD and DOG AND HORSE formulations in stock! These are independently ranked #1 in natural mosquito repellents. \$10-\$18 for various formulas including soap and shower gel.



Atlantick - Local south shore success story! Reading the research done at Acadia University and seeing the progress in this company and product is simply fantastic. The Atlantick body spray uses a base of essential oils like lemongrass to repel ticks...and it works.

We also stock **sunscreen** for children and adults that has fewer chemicals and is endorsed by the Environmental Working Group : <https://www.ewg.org/sunscreen/>



GOLDEN MILK ICE CREAM

(continued from page 2)

- The following day, use a spoon (or strainer) to remove the ginger. At this time, you can also add olive oil for extra creaminess by whisking in thoroughly to combine (optional).
- Add to ice cream maker and churn according to manufacturer's instructions - about 20-30 minutes. It should look like soft serve.
- While it's churning, chop up your candied ginger (optional). In the last few minutes of churning, add in the ginger to incorporate.
- *If you don't have an ice cream maker, you can add the chilled mixture to a freezer safe container and place in the freezer. Remove from freezer every 1-2 hours and stir vigorously to incorporate air. This won't make it as light and airy as an ice cream maker, but it works in a pinch!



- Once churned, transfer the ice cream to a large freezer-safe container (such as a parchment-lined loaf pan) and use a spoon to smooth the top.

Cover securely and freeze for at least 4-6 hours or until firm. Set out for 10 minutes before serving to soften, and use a hot ice cream scoop (warmed in hot water) to ease scooping.

Will keep in the freezer for up to 10 days or more, though best within the first 7 days. Enjoy this as a lighter dessert with some serious health benefits!

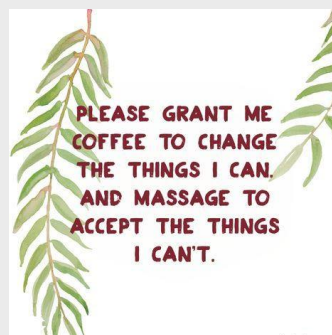
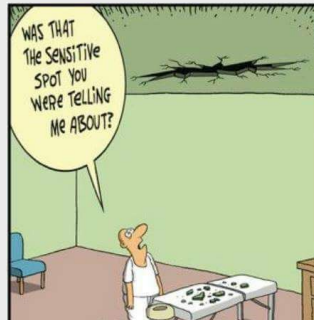
*Recipe adapted from Minimalist Baker.

Try more Turmeric recipes here:
[Healthy-delicious-turmeric-recipes](#)
[Turmeric Tea Recipe](#)
[63 Turmeric Recipes to Help Reduce Inflammation](#)

MASSAGE THERAPY

For those of you not on Facebook and Instagram, here are a few of our most popular #MassageMonday posts! LOL

Join us here! <https://www.facebook.com/stmargaretsbaychiro/>

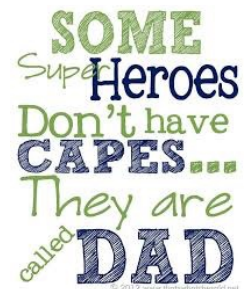


HAPPY FATHERS DAY!

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!



PATIENT STORY OF THE MONTH



Here is one of our super-cute families on adjustment day! For growing athletes and teenagers spending so much time in school and on computers, to everyday busy and Mom's who hold it all together...everyone can benefit from chiropractic care and advice.

You may recognize our CHA Amber who adds working with us (and you) as well as in various roles in Nova Scotia Health to her busy life too.

Ask her about her experiences with chiropractic for families and she can share firsthand how much they benefit!

Thanks Amber, Cassidy, Remmy and Neriah for sharing your story with all of us!

*All stories are published with the expressed permission of the clients. Results are individual and based on many health factors. This does not promise or guarantee the same results for all.