



Health News this month



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!](#)

How To Maximize Your Chiropractic Results!

The things you do at home have a huge impact on the how well you feel after care with us and how those good feelings and changes last. Results due to a great partnership between your chiropractor (us) and you. The synergistic affect of working together to improve your health has a huge impact!

Here are a few suggestions to get the most out of your care:

- 1) Do the stretches that are recommended daily vs just when you start to hurt. I find doing them at the same time each day a help or put reminders in my phone or smart device. Continue to make habits of things that keep you at your best and feeling healthy.
- 2) Follow the recommended care plan we designed specifically for you. For many reasons, it's easy to become reactive with your care vs proactive. After almost 30 years of caring for people just like you, we have great experience in knowing what really works.
- 3) If you are a desk worker look into a sit-stand desk. They have become quite affordable for basic models. If that's not possible, look at your ergonomic set up. Get a friend to take a picture of you at your work place and have one the docs here look at it, if you wish. Working from home has been a challenge on our spines! Poor posture creeps up on you and it's true that sitting is the new smoking.
- 4) Take lots of "mini breaks" and stretch or move for a few minutes if you are sitting/driving for an hour or so and stuck in one posture. Using your phone timer to remind you to get up and move is a good idea! It has been suggested that 10 minutes/60 minutes of sitting is a good rest/stretch frequency.
- 5) Reduce causes of inflammation, these are often food choices. This is a vast topic but in general inflammatory foods will irritate your tissues and make your pain or discomfort worse. As a bonus, there can also be a whole host of other benefits with these changes for your overall health. Here are a few suggestions to reduce inflammation/pain in your body from your diet:
 - Drink water, not pop or juice. Water lubricates tissues and flushes while sugar is nasty.
 - Supplement with Omega-3 oils (like fish oil) and Turmeric. They are both scientific ways to reduce inflammation. Like medications, dosage matters and quality is important. Read more in our product handouts and here in this newsletter about Turmeric (our Product of the Month).



(* SEE MORE ON PAGE 3)

RECIPE OF THE MONTH**AVOCADO and BLACK BEAN SALAD**

Summer brings on salads! We love these fresh and healthy ingredients that make no fuss meals at home and on the go. Packing this for the beach or boat is easy! Enjoy!

Ingredients:

- 2 avocados - peeled pitted and diced
- 1 large ripe tomato chopped
- 1/2 cup sweet onion chopped
- 1/2 cup black beans drained and rinsed
- 1/4 cup chopped fresh cilantro
- 2 tablespoons olive oil
- 1 lime juiced
- 1 clove garlic minced
- Salt and pepper to taste

Instructions:

- In a small bowl, whisk the olive oil, lime juice, garlic and salt & pepper to taste.
- In a medium bowl, combine avocados, tomatoes, onion, black beans cilantro and dressing. Gently toss until everything is coated. Serve immediately or cover with plastic wrap for up to 12 hours.

(<https://gimmedelicious.com/avocado-black-bean-salad/#recipe>)

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!

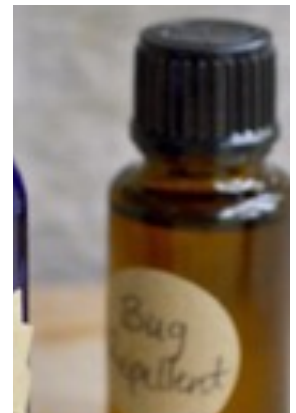
This blend can be sprayed on the skin, on the clothes, and even used as a room spray. Avoid the eyes, and be careful with sensitive skin – spray on a small area of skin first before using on the whole body.

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 these great products on our shelves specifically formulated for ticks and for mosquitos. Citrobug and Atlantick are both Canadian made products with all the safety and testing that comes along with buying from reputable brands. Our Citrobug for DOGS and HORSES is a special formula for your animals that can help with ticks too!



CALENDAR OF EVENTS

CORE AND MORE

**LAST CLASS BEFORE SUMMER:
Saturday, June 11, 2022**

Please register in the clinic or call 902-826-1088. Places are limited!

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

SUMMER SCHEDULE CHANGES:

To make it easier to plan ahead, here are a few schedule changes planned for our docs for summer 2022:

Dr. Andrew is off to fish in Newfoundland from Monday, July 18 - Wednesday, July 20. He will be OPEN on Thursday AND FRIDAY that week!

Dr. Wanda Lee and Dr. Andrew will be on vacation Natal Day week - August 1 - August 5, 2022.

Thanks to all for your understanding and support of Dr. Wanda Lee's new restricted hours.

It does seem to be helping some and we are hoping that with some time the stress fractures will stabilize and solidify in her spine. These 28+ years have taken a toll of strain on the bones so there are a few adjustments that will no longer be in her toolbox. She will be taking some additional time off as well to help the healing this summer.

Stay tuned as we work out the details!

Dr. Andrew is also available. If you prefer certain times that are no longer available, if you have an emergency issue, or just can't wait for her next available spot, he is here to help and your file is here for him to follow.

We also appreciate 24 hours notice of appointment cancellations as there are others waiting on our cancellation list for Dr. Wanda Lee. It helps us and helps others to be able to offer those times if



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.



Hello June

- J oy finds you when you
- U nderstand your value and
- N ourish your need
- E ven when it feels hard



(* CONTINUED FROM PAGE 1)

- Minimize your caffeine intake. There is conflicting advice out there on this one, but generally no more than 2 cups of black coffee per day is recommended. Sugar and dairy creamers don't help and caffeine dehydrates so you will need more water!
- Eat more greens! Spinach, kale, cucumber and more are helpful for balancing acidity of other foods in our diet (like proteins and coffee and alcohol). If you really, really don't like salads, try sneaking some in a smoothie or use a greens powder supplement to add.
- Avoid processed foods. You probably already know a few reasons to keep an eye on these. Packaged foods full of preservatives and even some cold cut meats are inflammatory.
- Watch what happens when you eat wheat/gluten. Many of us these days are non-celiac gluten intolerant. We just don't break it down like we used to! Crops have changes so that bugs don't eat/digest them - maybe we are also affected? Either way, many find it hard to handle wheat/gluten and even some corn products. Breads and pastas can be a trigger for inflammation if they move through your system without breaking them down.
- Eat good fats. Sadly, fats and oils have taken a bad rap but not all are created equal. Good fats like avocado and avocado oil, olive oil and unsalted butter that is from grass-fed animals (if you can handle dairy) are important to supply good nutrients. Inflammation triggering fats like margarine, palm oil and corn oils are best left out.

Lots to consider! Don't let this list be overwhelming, but choose a couple of changes to start with and ease into making positive changes.

If you want to get the most out of your chiropractic care, we are here to partner with you and work together. We have been blessed to have a front row seat over these last 28 yrs and seen what works best for most in our community. Everyone is unique, but there are threads that are common among us that we can learn from!

We love your questions or feedback. Yours for better health, Dr. Andrew and Dr. Wanda Lee

NUTRITION AND MORE with Dr. Wanda

Have you always wanted to make nutrition changes that stick? Often the advice we follow is well-intentioned but perhaps outdated. Old habits start to sabotage new ones without strategies to address them. Perhaps motivation becomes an issue as we lose focus on why these goals were important to begin with! For many people, it is just overwhelming. There is so much information and you may not even know where to start let alone how to stick to it. Analysis paralysis is real!

Here is an overview of the 12-part Nutrition and More program with Dr. Wanda's Wellness:

Module 1: Setting Wellness Goals

Module 2: Nutrition Transformation

Module 3: Healthy Food Preparation Skills

Module 4: Menu Planning and Meal Prep Made Easy

Module 5: Mindfulness, Moderation, and Portion Sizes

Module 6: Check-in + Review

Module 7: Calories, Macros and Eating for YOUR Body Type

Module 8: Metabolism, Exercise, Movement + Energy Balance

Module 9: Healthy Mindset and Emotional Wellness

Module 10: Sleep, Stress, + Self-Care

Module 11: Detoxes, Intermittent Fasting and Finding What's Right for YOU

Module 12: The Grand Finale - Making this work longterm

BONUS Module 13: Bonuses include two extra sessions on Essential Oils and Nutrition Supplementation

If you are ready to learn more or register online for only \$59 tuition, just click here:
[https://](https://stmargaretsbaychiropracticcentre.vipme mbervault.com/teaser/courses/view/3)

stmargaretsbaychiropracticcentre.vipme mbervault.com/teaser/courses/view/3

Ask us for more information or help getting set up with the program. You can do it at your own pace and have ongoing access to the information for reference!

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
for ALL OF US!**



Dr. Andrew and his Dad



Thomas with Dr. Wanda Lee's Dad

SOME Super Heroes Don't have CAPES... They are called DAD
© 2012 www.thatwhatshesid.net



And super-Dad, Dr. Andrew training the next generation...

PATIENT STORY OF THE MONTH

Dr. Andrew and Paul are celebrating chiropractic care for our Veterans! We love to support the health and wellness of everyone in our community, but there is a special feeling in caring for those who serve in our armed forces.

Keeping our veterans moving and healthy is our pleasure!

*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.

