



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!](#)

Wisdom!

This amazing story was shared with us by a client/patient and it really hit home so we want to share with you too!

Food for Thought:

“A giant ship’s engine had broken down and no one could repair it, so they hired a mechanical engineer with over 30 years of experience. He inspected the engine very carefully from top to bottom. After seeing everything, the engineer unloaded his bag and pulled out a small hammer. He knocked something gently. Soon the engine came to life again. The engine had been fixed!

A week later the engineer mentioned to the ship owner that the total cost of repairing the giant ship as \$20,000.00. “What?!”, said the owner. “You did almost nothing, Give me a detailed bill.”

The answer is simple:

Tap with a hammer \$2.00

Knowing where to knock and how much to knock \$19,998.00

The importance is in appreciating the expertise and experience....because those are the results of struggles, experiments and even tears. If I do a job in 30 minutes, it's because I spent 20 years learning how to do that in 30 minutes. You owe me for the years, not the minutes.”

AUTHOR UNKNOWN

I often think that I want a dentist who can fill a tooth in 20 minutes, not one that takes an hour! The same is true for Chiropractic.

Chiropractic can look “easy” and an adjustment visit doesn't need to take a lot of time in the moment. The key is knowing when (and when not) to adjust and selecting the best tools for the job.

Enjoy June!
Dr. Andrew

CALENDAR OF EVENTS

CORE AND MORE IS BACK IN OUR NEW CLINIC SPACE!

LAST CLASS BEFORE SUMMER: Saturday, June 11, 2023 @ 9 am

Please register in the clinic or call 902-826-1088. Places are limited! There is a no charge but we have a "no show" fee of \$15.

SUMMER SCHEDULE CHANGES:

To make it easier to plan ahead, here are a few schedule changes for summer!

**The clinic will be closed:
July 3-6, 2023
August 7-10, 2023**

YOGA is for EVERYONE!

Congratulations to Wendy for completing her 200 hour yoga teacher training with Breathing Space Yoga. Wendy is now an Alliance certified Yoga Teacher and will be holding small group "intro to yoga" sessions at our clinic. If you have ever wondered about yoga, here is your chance.



First session Sat., June 17th @ 930am. Call to book your spot at 902-826-1088!

HAPPY FATHER'S DAY to all of our super heroes!



PATIENT STORY OF THE MONTH

This is Barbara's story...

I have been a caregiver for most of my life. A wife, mother of three sons and a career in nursing spanning 50 years. It had all take a toll and now I was dealing with degenerative disc, scoliosis and osteoarthritis in my back and knee. I had pain when I rolled over in bed at night and when I got out of bed in the morning. Frequent headaches plagued me. My daily walks were becoming more difficult and I was limping by the time I got home.



I knew these were all wear and tear on my bones and I would have to put up with it. A family member convinced me to see a chiropractor, which I reluctantly did. I learned that it really wasn't all about my bones but how they inadvertently affected my nerves causing me pain.

After several weeks of treatment, I suddenly realized I could roll over in bed and get up in the morning without my usual pain and discomfort. My headaches were rare. I took Dr. Andrew's advice and started taking glucosamine and invested in orthotics for my fallen arches. I now enjoy my daily walks without pain and walk 3.5 km twice daily. Although I still have to be careful of things I want to do, I feel like I have a new lease on life and look forward to being the best that I can be physically, mentally and spiritually. To me, now, age is just a number.

*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.

ESSENTIAL OILS OF THE MONTH

Bug and Tick Repelling Essential Oils



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, vodka or witch hazel as a preservative or make and replace weekly. Shake before spraying as the oils will settle.

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.

CAUTION: Tea Tree and Citrus oils should not be used on pets. Lavender, Eucalyptus and Lemongrass are generally recommended as ok for dogs.

There is conflicting information regarding cats but generally no essential oils are advised due to grooming.

