



Health News this month

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PRODUCT of the MONTH



It's ARCH MADNESS time again!

We were made to move around barefoot. Then we stuffed our feet into heels, work boots and flip-flops and stopped moving very much at all. This ends up creating issues not just for our feet, but our ankles, shins, knees, hips and right up into our spine. Having an orthotic can help not just foot and leg pains but your overall posture.

There are 52 bones, 66 joints, 214 ligaments and 38 muscles in the feet! It is no wonder that over half of the population should be wearing proper orthotic supports. The best solution for many foot and lower limb problems is an orthotic shoe or insert.

Orthotic inserts are designed to last one year with daily use or with regular exercise. They can last up to two years if used less than 50% of the time with no exercise. After this point they lose their structural integrity and need to be replaced. **Are your orthotics still doing their job?** Let us test them for you!

If you think orthotics may help you or a family member please call the office for a consultation this month and save 10%.

Orthotic Inserts and Shoes are covered by most insurance plans and your 10% off this month can amount to almost a \$50 savings. This may require a prescription for reimbursement - ask us for more info.

We also have limited sizes of discontinued non-custom orthotics on special this month. These are not generally covered by insurance plans, but at a much lower price point, they are ideal for those without insurance assistance!

10% off for March "Arch" Madness!

Chiropractic Care: Recommended for Seniors

Chiropractic care led to improved agility, balance, speed of reaction time, power and kinesthetic perception.

- J. Chiro. Res. & Clin. Inv. 1991



With some healthy living choices, a foundation of good genetics and a little luck, most of us are hoping and praying that we will all become seniors one day! The good news? It is increasingly likely as science and stats say we are living longer. Living longer is one part of being a senior, but living well and staying well is really the key. No one wants to feel "old", no matter our number of years!

Keep moving. We need to do everything we can as we age to keep active. That means managing any nagging pains, working on maintaining function and having a mindset that keeps you going. **Chiropractic care represents a safe and effective treatment for older adults**, according to evidence-based recommendations published in the May 2017 issue of the *Journal of Manipulative and Physiological Therapeutics*. Keeping patients more functional and feeling better are key reasons for choosing chiropractic.

Avoid falls. Chiropractic care, exercise, and nutrition advice can all play an effective role in prevention of falls by improving balance and nerve/muscle function. We use all three to help our patients prevent falls. **1 in 3 Canadians over the age of 65 will fall at least once in a year (WHO, 2014).**

Slow down the wear-and-tear. We know that our car tires need replacing after so many miles, so it isn't a big jump to know that the miles we put on our joints will also wear us down. Fortunately, we last much longer than our tires :) The key is maintenance, just like any other amazing machine. There are also supplements like Dr. Wanda's Joint Formula with glucosamine sulphate/MSM or other supplements like Turmeric Boost and Magnesium that can help.

Chiropractic care for seniors is unique for every person. There are different techniques that we can use depending on a person's mobility and other issues like osteoporosis. There are safe, gentle and effective ways we can help at every age and stage of life! We are fortunate that our community supports active, healthy seniors and there are great activities and social opportunities that make living longer a time of living better. We can help you enjoy them.

Welcome to March and the hope of SPRING! Happy St. Patrick's Day to all. Dr. Andrew and Dr. Wanda Lee



NEW YEAR CONTEST WINNER!
Our **GRAND PRIZE WINNER** is

Nancy Johnson

Congratulations!!

We also decided to draw for 10 extra winners who will receive our anniversary "swag" gifts as extra

BONUS WINNERS:

Water Bottle Winners:

- Matt F.
- Rowena P.
- Carolyn M.
- Monica C.
- Dorothy P.

Coffee Mug Winners:

- Dean M.
- Eddie H.
- Kim A.
- Lillian D.
- Miriam S.

Congratulations to everyone who entered and enjoyed playing along as we kick off our year celebrating our 25th anniversary!

Stay tuned all year for more chances to win and play along with us as we enjoy this 25th Anniversary milestone year in the Bay!



There are 2 NEW Dr. Wanda's Wellness supplements on the shelf!

Dr. Wanda Lee has been working on developing more great value and effectiveness. Thanks to all who have offered suggestions and requests for specific products, these are great ideas to allow us to offer YOU what you really need and want!

Based on the questions we receive, the requests and the recent research, **VITAMIN C** remains a core supplement that we all should keep around. Whether we take it regularly, when others around us are sick, when we are sick, or because of specific health needs, there is no denying the research and history that VITAMIN C is both needed and effective.

Dr. Wanda Lee has taken this key vitamin and enhanced it in our new POWER C PLUS!

NEED A LITTLE HELPER?



BOOST YOUR IMMUNE SYSTEM, NATURALLY!
A CUSTOM BLEND OF VITAMIN C AND ACEROLA WITH A BOOST OF POWERFUL GLUTATHIONE.

No sweeteners or fillers, just the good stuff!



POWER C PLUS

Quality. Affordability. Effectiveness.

AND...

NEED A LITTLE EXTRA BOOST?



NATURAL ENZYME SUPPORT FOR EASIER DIGESTION SPECIALLY FORMULATED FOR GLUTEN!



GLUTEN BOOST

Quality. Affordability. Effectiveness.

For our GLUTEN sensitive patients and clients!

This one is a specialized version digestive enzymes that helps support specific digestion of gluten with the unique enzyme **DPP-IV and general enzyme support.**

DPP-IV has been shown in research to enhance the breakdown of gluten components in food. This is blended along with general enzyme support to boost other macronutrient digestion... since food is made up of more than just one compound!

Ask us for more information on either of these new products! As always, no fillers, no unnecessary ingredients and all products are hand-blended in small batches to ensure content accuracy and freshness.

We are thrilled to offer these high-quality locally lab-created supplement blends that we can stand behind with 100% certainty that what is on the label is in the bottle!

PLUS: No gluten, dairy, soy, corn, wheat or nuts! Vegan friendly.



CALENDAR OF EVENTS

CORE for BEGINNERS Class Saturday, March 16th @ 9:30 am

Join Christine for our FREE introductory ball exercise and core class. Make sure you are getting the most from your "homework"!

Register in advance at the front desk or call 902-826-1088 if you have not yet taken advantage of this patient perk!

(Next class: Sat., APRIL 13th, 2019)

Starting this month! TANTALLON LIBRARY SERIES:

Dr. Andrew and Dr. Wanda Lee are doing a series of talks for the Tantallon Library in March, April and May. Come on out and join us! ALL presentations are from 630-730 pm at the TANTALLON LIBRARY!

WEDNESDAY MARCH 13, 2019
LEARN ABOUT CHIROPRACTIC
with Dr. Andrew

WEDNESDAY, APRIL 3, 2019
STRESSED? Natural Support!
with Dr. Wanda Lee and Christina

WEDNESDAY, MAY 8, 2019
ARTHRITIS, PAIN AND INFLAMMATION
with Dr. Andrew.

MARCH BREAK 2019 - Family time!

The clinic will be **CLOSED** for chiropractic care on Friday, March 15 and reopening on Monday, March 25.

Massage therapy will be available with Christina and we will be checking messages regularly as well.

We will have **emergency** chiropractic coverage with Dr. Amy Robinson (connect@the-lifehouse.com) or call The Lifehouse 902-446-4030.

We also have **additional hours with both Dr. A and Dr. Wanda Lee before and after** our holidays to make sure you are on track!

Essential Oils Workshop:
Make your own THIEVES OIL
TUESDAY, MAY 7, 2019
@ 6 - 7 pm

Come and make your own THIEVES OIL BLEND! Thieves oil is a blend of essential oils used for centuries. It is often used as a hand sanitizer or in cleaning air and



Laser Therapy: Healing at the speed of light!

Cold laser therapy is the application of laser light to help speed healing of injured tissue, using the body's own natural healing ability. Laser therapy uses light emission from a low intensity laser diode to treat musculoskeletal injuries, chronic degenerative conditions and is also used for wound healing.

The light source is placed in contact with the skin allowing the photon energy to penetrate tissue to stimulate quicker cellular healing processes.

Some common conditions that laser is helpful with include injuries and issues with inflammation and soft tissue damage like carpal tunnel syndrome, tennis elbow, tendonitis, rotator cuff strains, frozen shoulder, ankle sprains, knee strain, and multiple arthritic conditions. The laser wavelengths are selected to stimulate rapid cell growth and anti-inflammatory reactions, which decrease pain to area and help damaged or injured tissues heal faster.

This is a great way to get back to sport faster after an injury as well as manage chronic conditions like tendonitis or arthritis to slow down the degenerative process. Ask the docs or our massage therapists for more information about our **Theralase** laser, one of the best lasers available!

(Submitted by Stephanie Locke)

Massage Therapy Hours with Stephanie Locke RMT:

Monday: 1pm-7pm
Wednesday: 8am-7pm
Thursday: 130pm-8pm
Friday: 9am-2pm
Sunday: 10am-4pm

*Plus 1-7 pm on Tues March 19!

Stephanie will be having a knee repaired on March 20th so call quick to enjoy a March massage.

We are currently estimating a return on Wednesday, April 10th.

We know she will be back quickly and better than ever!

Massage Therapy Hours with Christine Renaud RMT:

*Monday: 1-7pm March 25, April 1, April 8
Tuesday: 1pm-6pm
Thursday: 11am-7pm

*Every second Sunday: 1pm-4pm PLUS additional Sundays as needed

*Christina will have additional hours to help out while Stephanie is recovering! Laser and massage clients can be scheduled with Christine to keep you taken care of until Steph returns from her knee surgery.

Call 902-826-1088 to book your massage or laser therapy appointment!

PATIENT STORY OF THE MONTH

"Three months ago when I was at my chiropractor for my weekly adjustment, I stop to take a look at Dr. Wanda and Dr. Andrew's wellness section. As someone who has suffered from chronic back pain for most of my life, I'm always looking for something to improve the quality of my day to day living. When one of Dr Andrew's assistants suggested I try Dr. Wanda's Joint Formula Plus, I was naturally sceptical, however I figured that I had nothing to lose by giving it a try.

After two weeks I hadn't really noticed a change but in the third week I noticed that the sharp pain associated with my lower back (that had been present ever since an episode three years previous) was actually subsiding. I am grateful to Wanda and Andrew for their commitment to find alternative ways of helping all of us who have turned to them seeking pain solutions. Thank you to Dr. Wanda and Dr. Andrew and all the amazing staff at the St. Margaret's Bay Chiropractic Clinic." - Bruce V



Chiropractic + Getting the right building blocks = RESULTS :)

THANK YOU ALL for sharing your health journey with us.
Would you like to share YOUR story? Just let us know for a future newsletter.

RECIPE OF THE MONTH

Spinach Pancakes



vegan & gluten, oil, soy free

INGREDIENTS:

- 3 cups (handfuls) fresh spinach
- 3 tablespoons flax seed, fresh ground
- 1/2 cup + 1 tablespoon warm water
- 2/3 cup rice flour
- 1 tablespoon baking powder
- **optional: add finely minced garlic or sea salt for savory (to use as a sandwich) or maple syrup to sweeten

INSTRUCTIONS:

Combine flax with water, set aside to gel. Pulse spinach and flax gel in food processor until blended. Add flour and baking powder, pulse until completely blended. Pour in 1/4 cup increments onto heated nonstick griddle over low heat, flipping once when cooked through.
**Low heat keeps the bright green colour, a higher heat may brown.



New Certification!

Dr. Wanda Lee is now a certified nutrition coach! She has been working with one of the top training programs in the world over the past 6 months to add more of these skills. This is yet another way we continue to learn to support your better health and well-being!



ESSENTIAL OIL of the MONTH

Dr. Wanda's Essential Oil Blends!

Rather than focussing on just one oil this month, we are going to share a bit about combining oils and enhancing responses to essential oils with careful blending. Many of you have used Dr. Wanda's blends as healthy moisturizers for face and/or body and to address pesky muscle aches and pains as well as post-exercise soreness.

First, a few notes about combining essential oils. This is a bit science, a bit art and a bit philosophy! How many oils? What goes together? How do I know what to pick? These are all questions we hear at the clinic and in our workshops!

The key from science is to know some of the key characteristics of the oils you use. Try not to choose ones that will counteract each other strongly or perhaps be redundant in offering the same benefits (or too much of a good thing!).

The art comes from your nose and finding the scent blend that works for your preferences and your unique brain.

The philosophy that we follow cautions against making blends of "too many" oils. More is not better! To get the optimal impact of essential oils, choose organic, therapeutic oils and limit your choices to 2-4 oils unless you are very experienced. Keeping the oils simple and allowing your body to experience each ingredient rather than a chemical overload is always a good idea.



Dr. Wanda's Muscle Relaxing Blend:

We do this combo in two forms - body butter cream and a liquid roll-on applicator for convenience on-the-go or along the upper neck muscles.

The key oils in this blend are:

- **Organic Peppermint** - cooling and calming, muscle relaxing, anti-inflammatory
- **Organic Lavender** - calming and relaxing
- **Organic Rosemary** - muscle relaxing and circulation enhancing
- **Organic Lime** - cool and refreshing

Dr. Wanda's Anti-Aging Butter:

This one has been a favourite of so many of our clients since it was created a couple of years ago! The blend of essential oils are focussed on enhancing cell repair and rejuvenation and can be used for all kinds of applications on the body and face. If you find this one a bit too buttery for your face needs, dilute a dab with water and use that way for less thickness and lighter application.

The key oils here are:

- **Organic Frankincense** - associated with cellular repair and renewal
- **Organic Lavender** - healing and soothing
- **Organic Sweet Orange** - antioxidant and boosts collagen production
- **Organic Ylang Ylang** - regenerates skin cells and smooths fine lines

We always have samples to try out at the front desk!

Give these a try or create your own special blend of 2-4 oils that complement each other to enhance your well-being! We can special order in additional body butters and carrier oils from our organic suppliers for you if you need access to creating high quality products at home too!

WANT MORE ESSENTIAL OILS?

Join us for a "Make your own THIEVES OIL" Workshop on Tuesday, MAY 7th @ 6 pm

There is a \$15 fee to cover take home bottle filled with your blend too :)