



## Health News this month



### 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%.**

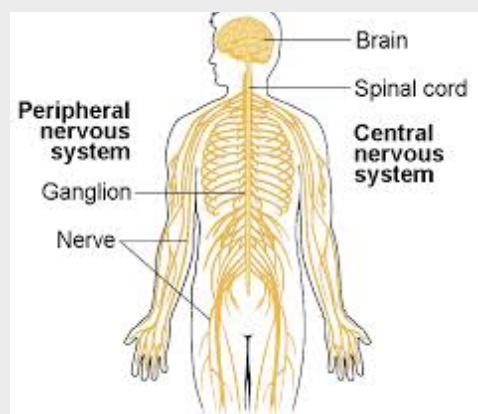
**Orthotic Inserts and Shoes are covered by most insurance plans and your 10% off this month can amount to almost a \$50 savings. This may require a prescription for reimbursement - ask us for more info.**

**10% off for March "Arch" Madness!**

### PAIN CAN BE MISLEADING...

Often we hear people telling us things like: "It doesn't hurt in my neck, it hurts in my arm" or "It's not my back, my knees are sore". Sometimes people wonder why we are looking somewhere else when you come to the clinic. Pain is no fun and we want that to feel better, but what we really want to get to the source.

If you look at the picture here > you will see that what we are trying to find is the source or cause of the issue. When you're dealing with the nerves and spine, that may not where you feel it. Symptoms like burning, numbness, weakness, uncoordinated movement, balance issues, foot pain, hand pain/numbness etc. are often coming from spine problems.



It can be a chess game for us chiropractors to figure out! We want to help you be better as fast as possible, but just "chasing" your symptoms is not the way to help you heal quickly. We need to find out what started the problems in order to really make a difference.

The neck and back are common areas of chiropractic subluxation and you can experience very little pain or just stiffness in your spine even when it is the source of the problem. Chiropractic subluxation refers to being out of alignment/dysfunctional/locked up in the joint with irritation or interference of the nerve. That kind of dysfunction in movement and neurology create many different symptoms. Moral of the story: Don't wait for spine pain to get checked!

That is also why so many of you choose to come on a regular basis to maintain your health and keep little dysfunctions from becoming big issues that can be difficult to deal with and take a long time to get rid of. Prevention and early intervention are keys to better well-being!

Thank you for your continued trust and faith in us and in chiropractic,

Dr Andrew

## PATIENT STORY OF THE MONTH



"Hi, my name is Sheila. I was diagnosed with Fibromyalgia 4 years ago but actually had ongoing pain for over 30 years. My first rear-ender car accident was when I was 23 and the second about 16 years ago. So, pain was everyday, all day.

In Sept 2021, I had a week of excruciating pain where I was unable to go to work. I decided, I am finally going to the chiropractor. I needed to do something other than physiotherapy. I chose this clinic because it was the best clinic that suited my needs as the clinic's near me. I am so happy that I made this decision but I was extremely nervous.

Dr. Andrew put me at ease because he used an activator [integrator] tool that treats the nerves. This treatment is definitely working for me. I now have pain-free days, am getting more energy and having a more positive attitude towards my treatment. The difference in the scans that were taken in Sept and then in Jan also showed that it is working. I leave my workplace most days without pain!

The staff and doctors are very pleasant, friendly and very personable. Once again, I am very happy with my decision to finally get chiropractic treatment and wish I would have done it years ago. But, it's never too late to start!!"

Sheila M.  
Feb 7, 2022

**Do you have a great chiropractic story to tell? Let us know and we would love to share it. These examples are inspirations to us and to others for what chiropractic care can do to change lives and build healthier communities!**

As always, photos and stories are printed only with permission. Results shared are those of an individual and are not a guarantee of outcome for others. Each of us has a unique health history, care needs, and results.

## What to take, when...

One of the most common questions we get about taking supplements is: **When should I take this?** It's a great question because there are times when it does matter. Sometimes making that a little tweak in when or how you take your supplements will make them even more effective!



**Probiotics:** Probiotics are live bacteria and need to stay alive to replenish the natural flora in the gut. To get to where you need them most, they need to survive through the acidic environment of your stomach. Our Probiotic Power supplement has specially selected strains of probiotics that research shows survive well and reach their targets. To help those probiotics survive better, taking your probiotic first thing in the morning is even better. This is when your stomach is empty and there is no food telling it to make acid for digestion. Waiting 20-30 minutes after you take these to eat can make a difference in how much you can benefit from probiotic supplements.



**Digestive Enzymes:** Our Digestive Boost and Gluten Boost (soon to be combined into a one stop formula, YAY) are popular products in our office. As we age, we produce less digestive enzymes so we often notice we are less tolerant of certain foods, we have more bloating or gas, and we find our gut more easily upset. This is even more pronounced in people who have taken certain medications for reflux or antacids for years. Digestive enzymes can be taken anytime and they work to generally support digestion. To target the times we need them most, you can be more strategic and take one 20 min before a meal. If it is a large, complex meal, taking a second one afterward can also be helpful!

**Vitamin D, Vitamin B12, and Magnesium:** These are also supplements that can be taken anytime. In fact, we often need 3000-5000 IU of Vitamin D3 per day so breaking that up also makes sense - we can only absorb so much of anything at once! However, recent research shows that all three of these have a positive impact on sleep. Surprisingly, Vitamin D is a key element of proper deep sleep as you use it to make Acetylcholine which is an important sleep neurotransmitter. If sleep can be a challenge for you, it may be that one or all of these components are low and taking them at night may help you see results faster.



**Stress ReBalancer** is one of our most popular supplements. Taking this when YOU need the benefits is key. Need general support? Take them spaced through the day. Need help "turning off" the brain to sleep? Take them just before bedtime. There is no issue with food so it is all about your best timing.

What about **Joint Formula PLUS**? This is another popular product. The key here is consistency. Doesn't matter when, but take it EVERY DAY for optimal results. It takes a minimum of 90 days for this to be effective and regular supplementation matters!

Supplementation is complex and confusing. We are all different and can have unique challenges that defy some of these "general rules" so talk to us or your naturopath to discuss more specifics! (Reprinted because we get so many questions!)

### CALENDAR OF EVENTS

**CORE for BEGINNERS Class**  
Saturday, Mar 12, 2022 @ 9:00 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 date: Sat., April 9, 2022

### MARCH HOURS CHANGES

There are no changes to the March schedule.

### APRIL HOURS CHANGES

Starting April 1st, Dr. Andrew has NEW HOURS:

- Mondays 130pm - 715 pm**
- Tuesdays 130 pm - 6 pm**
- Wednesdays 7 am - 1230 pm**
- Thursdays 145pm - 730 pm**

We are closed for Good Friday of the Easter weekend: **Friday, April 15, 2022. OPEN Easter Monday!**

Dr. Wanda Lee will be away **April 25-28, 2022.** Dr. Andrew will be here to take care of you.

And a heads up for those who love to book in advance:

Dr Andrew will be fishing the week of **May 2-6, 2022.** Dr. Wanda Lee will be here to look after everyone.

### Freedom 55 Fridays!

Guess who is having a birthday soon?

That's right, our very own Dr. Andrew is turning 55 years young on April 1, 2022.

His gift? Friday's off!



I don't know how many of you recall the old insurance commercials that promoted "Freedom 55" for retirement...well, we are **not** on that plan LOL! In fact, we love what we do and have no plans to "retire" for many, many years!

However, the body does get a little broken down after 28 years of leaning over the adjusting table. In order to make sure he lasts for another 20 years, we are giving him and extra long weekend, every weekend!

And coincidentally, just in time for fishing season. Look out trout, here he comes!

He has a few extra openings for Wednesday early am and Thursday evening to make sure we get everyone a new regular time for your adjustments!



### MASSAGE THERAPY - CUPPING

Have you seen those cups on Stephanie's desk and wondered what that was all about?

Cupping is actually an ancient alternative medicine and is a great addition to massage therapy for many clients. Many of the same benefits from traditional massage also apply for cupping. These include:

helping with pain, inflammation, increasing blood flow, relaxation and well being and can be used as deep tissue massage. The material of the cups is hard plastic and the air is suctioned out with a pump. The skin is pulled up into the cup which creates the skin to look reddened because the blood vessels are expanding, which is completely normal.

During a treatment the cups can be stationary, or massage lotion is applied and the therapist will move them around to help separate the layers of tissue and get blood flowing through the layers.

People note that if the area is a little sensitive to touch that cupping is beneficial because it isn't pushing down into the tissue. **Ask Steph on your next massage visit if you want to learn more!**

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

Ready to celebrate?  
**"ARCH" MADNESS MONTH IS HERE!**

Save 10% on all custom-fitted orthotics for the month of March!  
Make your feet, legs and spine happy and healthy and save \$\$ too.

Our "Arch Madness" event includes a discount of 10% on all custom shoes, sandals and insert orthotics.



Custom workboots, Blundstones, Birkenstocks and women's and men's dress shoes and sandals can be fitted an ordered from several labs. With current shipping and mail delays, expect approximately 4 weeks from fitting to delivery.

## RECIPE OF THE MONTH



### Irish Cream Mocha Pudding

#### Ingredients

- 1/3 cup Chia Seeds
- 13 1/2 fl oz Coconut Milk, full fat
- 2 Tbsp Raw Cacao Powder
- 4 1/2 Tbsp Coconut Palm Sugar, (reserve 1.5 Tbsp for later step)
- 3 tsp Pure Vanilla Extract, (reserve 2 tsp for later step)
- 2 1/2 tsp strongly brewed Coffee, or instant espresso powder (reserve 1/2 tsp for later step)
- 13 1/2 fl oz Coconut Cream

#### Directions:

1. Pop can of coconut cream into the refrigerator.
2. Use a high powder blender to crush the chia seeds until a fine powder.
3. Blend in coconut milk, 2 tablespoons cacao powder, 3 tablespoons coconut sugar, 1 teaspoon vanilla and 2 teaspoons coffee until smooth.
4. Scoop into containers of your choice. Fills 4-6 depending on size of your jar. Chill for 1 hour.
5. Scoop cream from the top of chilled coconut cream can.
6. With a mixer, combine cream, 1.5 tablespoons coconut sugar, 2 teaspoons vanilla and 1/2 teaspoon coffee until well combined.
7. Pipe "Irish cream" on top of the chia pudding.

This is from one of my "go-to" sites for recipes that are created using Paleo, Primal and Gluten-free guidelines: [www.primalpalate.com](http://www.primalpalate.com).



## ESSENTIAL OIL of the MONTH

### Organic Turmeric Essential Oil

**Organic Turmeric Essential Oil** is a great addition to your home oil library and we are able to pass on our amazing price at only \$16.00. We have had a surge of questions about this one lately, so time to share more about all the hype!

**What is Organic Turmeric Essential Oil?** The Turmeric plant is said to have been used as early as 4000 years ago as a medicinal substance as well as a spiritual and ceremonial object. Today, the Essential Oil derived from steam distilled Turmeric rhizomes, which are sometimes referred to as root stalks. Used in massages and creams, Turmeric Essential Oil is believed to support the body's natural recovery process, promote skin elasticity and firmness, and help manage topical discomfort. Used in aromatherapy applications, Turmeric Essential Oil's warm, earthy, woody scent is believed to help uplift, energize, comfort, and strengthen the body and mind.

**Why might you choose this oil?** Traditionally, turmeric has been used in Chinese and Indian Ayurvedic medicine to treat arthritis since turmeric's active components are known to block inflammatory cytokines and enzymes. That's why it's known as one of the best essential oils for arthritis around. Studies have shown turmeric's ability to help reduce pain, inflammation and stiffness related to rheumatoid arthritis and osteoarthritis.

**Why would you not use this oil?** It is generally safe in skin applications and aromatherapy diffusers but not recommended from the research to be injected. As per NAHA guidelines, we do not recommend the ingestion of Essential Oils unless specifically manufactured for ingestion. Pregnant and nursing women are especially advised not to use Turmeric Essential Oil as it may have an effect on certain hormone secretions.

We also use organic Turmeric Essential Oil in our **\*NEW\* Inflammation Ease** body cream. Along with organic essential oils of Basil, Peppermint, Chamomile, Ginger and Juniper Berry, this blend is a combination of oils with research-based anti-inflammation benefits. It's ideal for those with joint pain or arthritis but also great to have on hand for sprains and strains after sports, shovelling or long sits at the computer!

**Let's not forget that Turmeric is a very effective supplement for inflammation and arthritis too** - our Turmeric Boost contains the trademarked BCM-95 turmeric which is well researched and shows amazing effectiveness. Other than those who take some forms of blood-thinning medication, it is generally safe and well tolerated. BCM-95 curcumin is manufactured by synergistically combining curcumin and essential oil of turmeric without synthetic additives.

**Here is some recent research that shows Turmeric is more than just a great anti-inflammatory:** A randomized, double-blind, study was recently published: [Efficacy of curcumin, and a saffron/curcumin combination for the treatment of major depression: A randomised, double-blind, placebo-controlled study](#)) looked at the effects of BCM-95 curcumin and saffron on 123 individuals with major depressive disorder. Overall, the randomized, double-blind, placebo-controlled study found that individuals treated twice daily with a low dose (250 milligrams) of BCM-95 curcumin, high dose (500 milligrams) of BCM-95 or a combined low dose (15 milligrams) of the curcumin and saffron for 12 weeks were all effective in decreasing depression and anxiety symptoms in people.

In this world of stress and anxiety, perhaps we can learn from this research and other studies (like this one also using BCM-95 - [Curcumin for the treatment of major depression: a randomised, double-blind, placebo controlled study](#).) how to help ourselves better, naturally. With scientists looking at links between inflammation and other health challenges, we are likely to see more and more benefits of Turmeric, both as a supplement and in aromatherapy.

We are proud to offer incredibly high quality, organic and therapeutic oils at great prices. There are lots of different oils out there but it doesn't have to "break the bank" to get quality products right here on our shelves.

*We do share the info and products mainly with our clients and patients, but our shelves are open to everyone. If you know someone who is looking for supplements, oils, protein powders, supports and other natural health products, please tell them to drop in.*