



# 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!**

## Is your FOUNDATION stable?

Sore aching feet is a very common problem in Canadians. Approximately 51% surveyed struggle with daily activities due to foot pain. That's the tip of the iceberg!

Your feet are the foundation of your body and if they are "out of alignment" or you are limping, you throw your knees, hips and low back off too and this creates more painful syndromes!

I like to use the metaphor of driving your car out of alignment. If you do that for long, you wear the treads of your tires unevenly. This is exactly what we do with our bodies and the joints. In my experience over the last 30 yrs, there are many people who could have avoided knee and hip replacements had they worn foot orthotics and regular chiropractic adjustments earlier. It is never too late...and never too early to move better!

### What Are Orthotics ?

Orthotics are shoe inserts that cushion, align and support your feet. The inserts are available in both over-the counter and custom varieties.

### What is the Difference Between Drugstore and Custom Orthotics ?

Over-the-counter orthotics use a "one size fits all" approach to your foot pain. The shoe inserts may be helpful for some people but they might actually worsen problems for others. Custom orthotics are chosen and fitted by us to address *your* specific foot issues. The inserts are made from casting of your foot that we do in our office and then send away to a lab to be manufactured.

### Some Common Foot Conditions Received by Orthotics :

Achilles tendonitis, plantar fasciitis, arch pain, low-back pain, some knee pain and hip conditions, shin splints, overuse in sports, bunions, heel spurs, and osteoarthritis...to name a few!

As you can see your feet are critical to your over all health in many ways. Ask me if custom foot orthotics are right for you or your children.

Cheers and here's to happy feet!

Dr Andrew

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.



### CALENDAR OF EVENTS

#### CORE for BEGINNERS Class Saturday, Mar 11, 2023 @ 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 class: April 1 2023

#### MARCH HOURS CHANGES

The clinic will be closed March 27-31 for vacation.

Dr. Andrew is getting to see a Montreal Canadian's hockey game for his birthday!

#### APRIL has a few special notes!

We are closed for Good Friday of the Easter weekend: **Friday, April 14, 2023.**  
We are **OPEN** Easter Monday!

And...we are FINALLY moving!

#### FIRST DAY in the NEW clinic is Monday, April 17, 2023.

Keep an eye on social media just in case we hit any snags with the final permits and mover plans but we are excited to show you the new space!



March is the best time to start again, because if the spring can do it, why can't you?

OurMindfullife.com

## 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 Plus is one of the most 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 gets 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!)