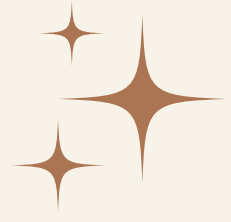


Newsletter



St. Margaret's Bay Chiropractic Clinic

March 2025

March into Wellness

Improving your health doesn't need to be complicated. Walking doesn't need any special equipment, is available to most people, and doesn't require an expensive gym membership. According to the Mayo Clinic "regular walking can help reduce the risk of heart disease, obesity, diabetes, high blood pressure and depression. Just 150 minutes per week (10 minutes twice a day) is recommended."

We are fortunate to have safe spaces and trails around us where we can escape traffic and noise. Walk your dog, join a walking group, take a buddy. Get out there and walk toward wellness!

Pam Graham

Certified Nordic Walking Instructor

also our new smiling face on the front desk



"ARCH" MADNESS!

THIS MONTH SAVE 10%



10% off Orthotics, Orthotic Shoes & Sandals

Dr. Andrew's Blog

ARCH MADNESS IS BACK!!

If you don't follow the NCAA basketball tournament down south, you might miss this reference (tournament is called "March Madness") but **foot orthotics are 10% off this month in our clinic.**

Your feet have 26 bones in them and how they function biomechanically affects the knees, the hips and the lower back. The reverse is also true, what happens in your hips and low back affects your feet. Often times we see things like low back pain, plantar fasciitis (pain in bottom of the foot), knee issues, shin splints, toe pain (bunions) and IT band issues (muscle that runs from the hip to the knee) which are a few of the common issues related to poor foot mechanics and are often magically resolved or at least greatly helped by foot orthotics.

Who needs them? I wear them as does Dr. Wanda and both of our kids. But that doesn't mean everyone does. By far the most common issue is a flat foot or pronated foot, commonly referred to as fallen arches.

A good analogy is to think about how unevenly the tires on our car wear when they are out of alignment. The same thing can happen to your back/hips, knees and feet. Chiropractors are trained to analyze your gait, assess your feet and when appropriate then cast your foot in a foam cast. The cast is then sent to a laboratory in Toronto where the orthotics are custom made and shipped back to us. If you are currently wearing foot orthotics they should be replaced every 1 to 2 years at a maximum as the support decreases with time and use.

I also have a pair of custom Birkenstock sandals made with my foot cast. Obviously since you are buying a new shoe plus a foot orthotic for the bed of the sandal they do cost a little more. If you have insurance for custom casted foot orthotics, I suggest you talk to your insurance company to ensure Chiropractors are listed as a provider. Most insurance companies do cover us but best to be certain before purchasing. Whether you have insurance or not, March is a great time to advantage of our special.

Ask me if you could benefit from foot orthotics.

Here's to walking with less pain as the snow thaws!

Cheers! Dr. Andrew

Upcoming Events

Mar 3rd - 7th - Dr. A on vacation
Mar 4th - Pancake Tuesday
Mar 9th - Daylight Savings
Mar 17th - St. Patrick's Day
April 1st - Change to Summer Fishing Hours
Open Wed evening and closed Thurs evening
(No this is not an early April Fool's Joke)



February's Random Act of Kindness Month

Thank you to all of you who shared your random acts of kindness on the whiteboards in the exam rooms. Let's keep it going!!



Gluten Free Banana Oat Waffles

Here's a spin on pancakes for Pancake Tuesday. Maybe try waffles instead?

2 1/4 cups oat flour (simply process oatmeal in your blender)
3 tbsp packed coconut sugar or brown sugar
1 tbsp baking powder
1/2 tsp salt
1/2 tsp cinnamon
3 large eggs
1 cup milk of your choice
Scant 1/2 cup of melted coconut oil or 7 1/2 tbsp of unsalted butter
3/4 cup mashed banana (about 2 med)
2 tsps vanilla extract



Combine dry ingredients.

Whisk eggs, add milk, coconut oil or butter, mashed banana and vanilla extract.

Pour wet ingredients over dry mixture and stir with a big spoon leaving a few lumps.

Let batter rest 10 minutes and then give it a gentle swirl with your spoon.

Pour batter into heated waffle iron - enough to cover the center and most of of the central surface. Wait until steam stops billowing out the sides and are golden. Enjoy!!



The Book Corner

February's storms and cold weather allowed for a lot of reading time. My recommendations are below. Would love to hear what you think of them. Enjoy! Wendy

The Measure - Nikki Elrick
James - Percival Everett

Our patients speak



"Dr. Andrew is very knowledgeable and informed. He is always bang on with his assessments and offers excellent advice on how to stay fit and pain free." KG

Have a happy St. Patrick's Day!!



ST. MARGARET'S BAY CHIROPRACTIC CENTRE

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