



# Health News this month

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## PRODUCT of the MONTH

### GOT STRESS?



### FIND YOUR BALANCE

with our custom-created supplement blend scientifically shown to:

- Reduce stress hormones like cortisol
- Relax muscles and sleep better
- Support your nervous system

### Stress Re-Balancer

Dr. Wanda's Stress Re-Balancer was created to help support the body when stress and chronic "busy" take their toll.

By replacing key vitamins and nutrients that are heavily used by the nervous, musculoskeletal and adrenal systems during times of stress, like B vitamins plus Vitamin C, A and D, we can function better and recover quicker.

PLUS

Herbs like ashwagandha and rhodiola help calm our systems and allow for better stress management.

AND

Ingredients like 5-HTP, theanine, and magnesium glycinate help to encourage better sleep which is a key to handling daily stresses of life.  
(see more info on page 3)

**[CLICK HERE to read more online about this multi-talented supplement blend!](#)**

**10% OFF IN MAY**

## What to Remember in MAY:

I know in our house May is about spring and flowers and planting and dirt!

Its a lovely time of year but it can also be a time where too often we "over do it" in our exuberance. So here are a few tips to keep in mind:



- H**ave the right tools for the task at hand.
- E**nsure you drink plenty of fluids.
- A**lternate between light and heavy jobs.
- L**ift correctly.
- T**ake frequent breaks.
- H**eavy loads should be shared.
- Y**our feet should be protected with thick soled supportive shoes.

- B**efore you start, warm-up your muscles.
- A**void muscle strain, learn the right techniques
- C**hange positions frequently.
- K**neel to plant and weed.
- S**pinal check-ups can help keep your back healthy.

Now that the gardening is done I am going fishing!! That's another great thing about May!

Dr Andrew

PS. I am also hosting the last of our 3-part Library talks on **Wednesday, May 8th**. Come on out and join me to learn about natural ways to help with the **inflammation and pain of arthritis**.



I'm only wishing to go a-fishing; For this the month of May was made.

Henry Van Dyke

Reprinted by popular request!

## Bugs and Tick repellants using essential oils

It's that season again! We have had so many questions over the past few weeks that it is worth reprinting this recipe of Essential Oil spray to help repel bugs and ticks. **Remember that no spray is 100% effective at stopping ticks. You should still check people and pets for ticks and visit your doctor if you suspect a tick bite and/or experience symptoms or rashes following any insect bite.**

The key essential oils to use for insects are Eucalyptus, Lavender, Tea Tree, Rosemary, Lemongrass, Peppermint, Cedarwood and Geranium. Ticks seem most responsive to avoiding Peppermint, Lemongrass, Geranium and Tea Tree. Ants don't like Peppermint, so spray around areas they may access to discourage them from coming indoors!

**Want to make your own? Try this one:**

### All Natural Insect Repellent & Bug Spray:

In a small to medium spray bottle, with a fine mist setting, combine:

- 4 ounces distilled water
- 15 drops Organic Lavender essential oil
- 15 drops Org. Eucalyptus essential oil
- 5 drops Org. Lemongrass essential oil
- 5 drops Organic Rosemary, Geranium, Tea Tree OR Peppermint essential oil

*\*\*Add a few drops of alcohol (eg. vodka) or witch hazel as a preservative as these do break down quickly, especially if you decide to make a bigger "batch". If you don't want to use the preservative, just make a small amount like this and replace weekly.*

Shake before spraying as the oils will settle in the water and need to be mixed again! 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.

### **What about pets?**

Tea Tree and Citrus oils should not be used on pets. Lavender, Eucalyptus and Lemongrass are generally recommended for dogs. There is conflicting information regarding cats but generally essential oils are used sparingly or not at all due to all that grooming!

**Don't want to make your own? Dr. Wanda has some limited stock at the clinic as well! Ask us for a sniff :)**

## PATIENT STORY OF THE MONTH

"Before starting my chiropractic care, I was a 38 year old who felt like a 70 year old. I had tended to take my health for granted, particularly my back, which I had abused to the point of being in constant pain. Because I was out of alignment, this limited many of my physical activities, caused low back pain, and affected my energy levels and sleep.



I started chiropractic care about 6 months ago and I can honestly say that I've experienced many positive changes. About 1 month in, my energy levels improved while the low back pain dissipated. At the 2 month mark, I was able to sleep the entire night, waking rested. At 6 months, I feel as good as I did in my 20's. I intend to maintain these changes.

With my renewed energy, I have been able to return to weight lifting and have resumed Brazilian Jiu Jitsu on a regular basis; two hobbies that I had enjoyed but one participated intermittently due to the pain.

I owe a sincere debt of gratitude to Dr. Andrew and the team at St. Margaret's Bay Chiropractic Centre. My wife and 5 year old daughter have also become patients and we now make chiropractic an integral part of our family's healthcare routine.

Sincerely, Ryan F. (\*reprinted with permission, of course)

THANK YOU for sharing, Ryan!  
There is nothing we love more than healthy families.

## MASSAGE THERAPY

Spring is in the air! Hopefully to stay this time. With spring, comes activities you haven't been doing all winter. Getting outside, being more physically active again or cleaning up your garden all come with their own aches and pains.

How can you combat those uncomfortable aches and pains?

- proper posture during activities
- regular massage visits
- stretching
- chiropractic

How can you help your posture?

- While biking, make sure your seat and handle bars are adjusted properly so you're not slouching or over-stretching to reach pedals or handles.
- While gardening, make sure you're in a comfortable position during weeding or cleaning out the old plants. Move around and don't stay bent for too long!
- When lifting, bend your knees and don't lift from the back.

Now that the rainy, snowy cold days are over its the prime time to get out of the house and come get regular massage therapy to keep you moving well!

**Call 902-826-1088 to schedule your time for a spring tune up!  
Christine and Stephanie are conveniently available for daytime, evening and weekend appointments 6 days a week!**



**CALENDAR OF EVENTS**

**Tuesday, MAY 7, 2019**  
**6 pm @ St. Marg. Bay Chiropractic**  
**MAKE YOUR OWN THIEVES OIL**  
**Essential Oil Workshop**

We are going to make one of the most historical and useful essential oil blends together. Thieves oil has been used since the 1400's and is a well known blend for preventing illness and cleaning your body and environment. Join Dr. Wanda Lee and Christina as we create custom blends from the basic ingredients and your personal preferences.

*There is a \$15.00 workshop fee to cover supplies and you will take home your own full bottle of Thieves Blend worth over \$25.00!*

**Please register in advance as space is limited.**  
**902-826-1088 or email us at**  
**info@stmargaretsbaychiro.com**

**Wednesday, MAY 8, 2019**  
**630 pm @ TANTALLON LIBRARY**  
**Arthritis, Pain and Inflammation**

Are you suffering with painful, inflamed joints because of arthritis? Have you stopped exercising and doing what you love because of the pain? Have you ever wondered if natural additions to your care could help you get relief and live better? Join us for this presentation to find out more and get your questions answered with Dr. Andrew!  
**No registration required.**

**SATURDAY, MAY 11, 2019 @ 9- 10 am**  
**CORE EXERCISE for BEGINNERS**  
**with Christine Somerville**

We offer the class at **no charge** to our patients but spots are limited so please register at the office or call 902-826-1088 or email us: [info@stmargaretsbaychiro.com](mailto:info@stmargaretsbaychiro.com)

*\*Please note:* There is a **no-show fee of \$10** for those who book the class and do not attend. Please let us know by NOON on FRIDAY, May 10, 2019 if you need to cancel. Thanks for your understanding.

**SCHEDULE CHANGES FOR MAY 2019:**

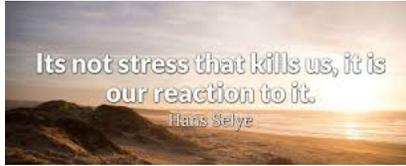
**FRIDAY, MAY 10, 2019**  
**Fishing**

We are **closed for fishing!** Dr. Andrew will have additional times Wed am and Thursday pm as needed to make sure you have your appointments.

**MONDAY, MAY 20, 2019**  
**Victoria Day**

We are **closed for the statutory holiday!** Dr. Wanda Lee will have additional evening times on Tuesday and Thursday PM to make appointments available instead of our Monday hours.

(Continued from page 1 - Dr. Wanda's Wellness: Stress Re-Balancer)



**Stressed?**

**Feeling like your gas pedal is stuck on?**

As chiropractors, we hear this a lot. So many people are running busy lives and juggling so many things that eventually the system can get overwhelmed. We call this "sympathetic overload". Chiropractic, massage, exercise, meditation...these are all great ways to help! For the month of May, watch our Facebook page for ongoing tips and research about stress!

But what about the chemistry of stress? Cortisol is the hormone produced under stress and science has found some interesting answers to manage this key stress challenge. One of the key ingredients in our **Dr Wanda's Wellness Stress Re-Balancer** supplement is **Ashwaganda**.

Ashwaganda is a fascinating "adaptogen" with scientific studies supporting its benefits in managing the effects of stress. Lowered cortisol (stress hormones), less anxiety, lowered blood sugar, improved testosterone levels in men, better concentration and decreased inflammation markers for arthritis and heart health are recorded in double-blinded studies. **Read more on our website with references in our Research Library!**

That is just one of fourteen ingredients in our selected blend of adaptogens, herbs, vitamins and amino acids to support health, reduce cortisol levels, and provide needed nutrients for cell function and protection. We could go on and on about this unique supplement but you can [read more here](#) to see the ingredient amounts and special information on who should (and should not) take **Dr Wanda's Stress Re-Balancer** supplement.

**Do you sleep well and wake up rested?**

Many people tell us that not sleeping well is one of their biggest challenges. Daily stresses create an overload in the sympathetic nervous system.

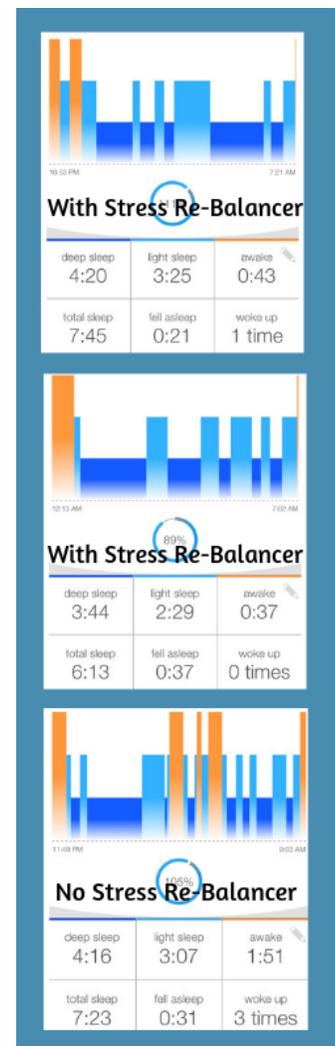
Our body is constantly put into fight or flight mode to deal with these stresses (chemical, physical, and/or emotional) and when we go to bed, that is hard to turn off. We are still "looking for the attack" and our monitoring system doesn't allow our body to get into a deep sleep.

Dr. Wanda is in the process of developing a specific sleep formula (likely in stock this month), but we have seen amazing results with sleep using this Stress Re-Balancer formula.

Testing this ourselves, here is Dr. Wanda's sleep pattern changes after about 1 month of taking 2 to 3 capsules before bed (see right):

**As always, Dr. Wanda's Wellness supplements have no fillers, wheat, dairy, soy, corn or dairy!**

Our supplements and store are also open to the public in addition to our clients and patients. Feel free to share this information with others and help us help our community live better.



**RECIPE OF THE MONTH**

**“KETO”  
CACAO  
FUDGE  
FAT BOMBS**

Who doesn't love some "healthy chocolate" options and with the added benefits of no sugar plus good fats and gluten/grain free!

**Ingredients:**

- 1 cup unsweetened almond butter
- 1 cup organic coconut oil
- 1/2 cup raw cacao
- 1/3 cup coconut flour
- 1/2 tsp sea salt
- 1/2 tsp vanilla extract
- 1/4 tsp powdered stevia (optional)

**Directions:**

1. Melt and whisk almond butter with coconut oil.
2. Add cacao, coconut flour, sea salt, vanilla and stevia (if using).
3. Combine well and pour into silicone molds on a tray. Alternatively, let set in a bowl and then scoop into balls.
4. Let them set in the fridge or freezer.
5. Store in a glass container in the fridge.

**This is a great on-the-go snack or after-school power pack.**

**Let us know how you like them or post a picture on our Facebook page!**

M O Y  
we've been waiting for you

**Organic Essential Oil  
of the Month  
THIEVES OIL**

**Join us Tuesday, May 7  
to make your own!**



One of the most interesting essential oil blends is one called "Thieves". This blend traces its history, or so folklore says, to the Bubonic plague that swept through Europe and Asia, when 4 thieves from Marseilles became famous for robbing the possessions of the infected and yet never caught the plague themselves. According to the legend, spice merchants didn't get the illness, so others started using this special concoction soaked in a towel and wrapped over the nose to prevent becoming ill.

This all may be a tall tale and edited by history, but throughout the 500+ years since, Thieves Blend has been used as a popular cleaning and air purifying remedy in the world of essential oils. With its ingredients of Eucalyptus radiata, Lemon, Clove Bud, Cinnamon, and Rosemary, this is a lovely blend for a room freshener, diffuser or hand sanitizer spray (even without the risk of a plague LOL).

**Let's look at the ingredients individually:**

1. **Eucalyptus:** This has been one of the most well-researched oils in the fighting viruses and bacteria. Immune system stimulation and respiratory relief have been measured.\*(references below)
2. **Rosemary:** We use rosemary for its anti-inflammation effects\*\* and it has associated strong anti-bacterial properties for cleaning.
3. **Cinnamon:** Usually using the strong cinnamon bark but can substitute the less costly cinnamon leaf if necessary. Research says cinnamon is anti-microbial and may even help with cell repair in other illnesses.\*\*\*
4. **Clove Bud:** This has some strong research, even among "mainstream" science publications. It has been associated with anti-bacterial and anti-microbial roles in fighting a number of things, including E.coli.\*\*\*\*
5. **Lemon:** Who doesn't associate the smell of lemon with the word "clean"? It is also a well referenced anti-microbial agent. \*\*\*\*\*

Dr. Wanda Lee will have some of these pre-mixed at the clinic in May so you can stop in and pick one up, ready to go! If you don't like or can't tolerate one or more of these ingredients, you can make a modified version by joining us at our **workshop on Tuesday, May 7 at 6pm!** Come in and make your own traditional or unique Thieves Blend with our organic essential oil selection and save \$ too!

With organic essential oils like these, we can help decrease the chemical load in our home, office and body environments! These are not new but the resurgence of essential oils to allow us more natural options is growing. Check out just a few of the scientific references below supporting the use of essential oils like these for cleaning and disinfecting:

\* Immune-modifying and antimicrobial effects of Eucalyptus oil and simple inhalation devices. Sadlon AE1, Lamson DW. Altern Med Rev. 2010 Apr;15(1):33-47.

\*\* The Therapeutic Potential of Rosemary (Rosmarinus officinalis) Diterpenes for Alzheimer's Disease. Habtemariam S1. Evid Based Complement Alternat Med. 2016;2016:2680409. doi: 10.1155/2016/2680409. Epub 2016 Jan 28.

\*\*\* Cinnamon: A Multifaceted Medicinal Plant. Pasupuleti Visweswara Rao and Siew Hua Gan, Evid Based Complement Alternat Med. 2014; 2014: 642942.

\*\*\*\* Microbicide activity of clove essential oil (Eugenia caryophyllata). L. Nuñez\* and M. D' Aquino, Braz J Microbiol. 2012 Oct-Dec; 43(4): 1255–1260.

\*\*\*\*\* Citrus lemon essential oil: chemical composition, antioxidant and antimicrobial activities with its preservative effect against Listeria monocytogenes inoculated in minced beef meat. Anis Ben Hsouna, Nihed Ben Halima, Slim Smaoui, and Naceur Hamdi, Lipids Health Dis. 2017; 16: 146.

