



# Health News this month

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## PRODUCT of the MONTH

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

It's all about community!  
SAVE 10% ON ALL PRODUCTS

**Making health needs available!**

WE HAVE ALSO DECIDED TO EXTEND OUR ARCH MADNESS 10% OFF ORTHOTICS PRICING UNTIL THE END OF APRIL IN LIGHT OF CURRENT EVENTS!

If you have special health risks or are in isolation, we can help as well. Please call to preorder and pay over the phone or by e-transfer and we will package your items, spray with medical disinfectant and add to your truck. No need to come inside! We are all in this together!

### ARCH MADNESS continued...again

With all of the disruptions to patient care in March and being closed except for emergencies in April, many of you were not able to take advantage of this special Orthotic pricing that only comes once per year!

We have decided to CONTINUE of March orthotics special until JUNE 15.

**And, we want to offer some additional community support during this time of change and stress.**

There are a number of key nutrients that our body consumes in higher volumes during stressful times.

Many of those are part of our products. There are also products like essential oils that can help just make us feel better in times of stress.

### EVERYTHING will be 10% off for May 2020!

As long as limits on leaving home and distancing are in place, we can arrange a special trunk pick up or drop off to your doorstep.

## Tragedy ❤️💙❤️

The horrific events of this past month are no doubt on all of our hearts and minds, including myself. It is impossible to use a sane mind, like ours, to figure out the motives of a deeply disturbed person. My advice: don't do it. You will drive yourself crazy trying to think through the unthinkable (no pun intended). We can't even imagine how this happens...and we don't want to.

These horrible events remind me to get back to the basics of being human. Hold your family and loved ones close and make sure they know you love them. Be kind and gentle to yourself too.



Its very easy to say things like: "On top of Covid, now this?" or think: "What did I /we do to deserve this?" Those are probably not the healthiest thoughts. It's important to feel and acknowledge the grief and be angry and be hurt. There is no "wrong way" to feel. This is normal and human. But control your mind, don't nurture the stories that can turn into a deeper depression. Thoughts become things...and feelings. That's a place I have been before. It fosters you to be a victim, you are not. He doesn't get to control space in our minds...unless we let him. We have the power to choose thoughts of love and healing. And those thoughts take root, they will become our feelings as we move forward.

My experience tells me its more important then ever in these difficult times to do the following:

- Keep your **routines** as much as possible.
- **Sleep appropriately**, not too much and not too little. Try not to stay up later then you normally would or sleep in longer then you normally would.
- **Talk to friends and family**, socializing is critical. We are fortunate in this ages of digital options and access that **social (physical) distancing is not at the expense of social support**. Also, seek trained **help when needed**: Text NSSTRONG to 741741 or call 1-855-922-1122 for NS resources.
- Eat the **right foods**. Your body's stress response craves sugar and high carbs. Try not to fuel that by sticking to low carbs, lots of greens and good lean protein.
- **Get outside and go for a walk**. Regular exercise is key and so very important even (especially) when you don't feel like it.

Watch for the warning signs in yourself and loved ones that indicate they/you are not dealing well with the current environment. It's key to remember we can't control our environment we can only control our mind and bodies and how we choose to react to the world. If you need help, please reach out and we can help direct you to resources available.

I would usually be saying: Get in for your regular chiropractic adjustments! You know that they allow your body to be adaptive and more resilient. It is difficult as we start May, not to be able to offer more help to you all with our care. Hopefully very soon we can start that again soon ❤️  
Dr. Andrew and Dr. Wanda Lee

**PATIENT STORY OF THE MONTH**

**It's Bugs and Ticks time again!**

It's that season again. One of the less awesome parts of spring here in NS!

**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.

Want to make your own bug spray? 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 ess 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 OR 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?**

We have **Atlantick** in stock! (LOCAL!)

We also have **Citrobug** sprays and soaps for people as well as special sprays for kids and for dogs and horses. (Quebec made - Canadian product.)

**Citrobug available in kids, adults, and dogs/ horses as well as shower gel and soap for mosquito repellent. (\$10.00 - \$24.00)**

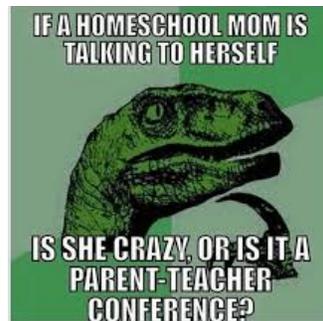
**Atlantick lotion as researched at Acadia University! (2 sizes - \$29.90 and \$9.95)**



This month has been a strange one unlike any other in 25 years! With the Public Health Order for NS for Covid-19, we have been closed with the exception of urgent and emergency cases. Normally, we love to focus on prevention, helping people maximize their well-being and providing care that enhances vitality and energy for our patients and clients. We hope to get back to that soon - fingers crossed for this month!

We have also been thankful that we could be available for those of you with urgent and acute issues. There is enough stress around this pandemic crisis without adding nerve, muscle and joint pain to it! Plus, we know that stress makes some of these issues worse so for those of you with ongoing challenges, some have fallen off track quite quickly. Migraines, frozen shoulders, acute back or neck pain, sciatica, thoracic outlet syndrome, piriformis syndrome, and more have been on the list to help patch up until this is behind us. It has been a great opportunity to help and to keep these people out of emergency rooms and doctors offices as well. #weareallinthis together!

**For all those Moms and Dads who are doing a job they are not at all trained for...sometimes it helps to laugh!**



**A home schooling mom posted that her kid called her on the phone from his room and told her he missed the bus and won't be in today.**

**MASSAGE THERAPY**

Poor Panda...that is't happening right now 🐼

Even when we are stopped, however, Mother Nature moves along. 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 at home?

- proper posture during activities
- stretching

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. We know you have missed your spring tune ups to prepare for these activities due to the Covid19 crisis. Please pay extra attention to warming up, going slow and making good choices so you don't get hurt.

We can't wait to see you again and help you feel and move at your best! Christina and Stephanie will let you know as soon as massage therapy is available again here in Nova Scotia. We hope to see you in May sometime - watch your emails and our Facebook pages for details as soon as we know them.

**CALENDAR OF EVENTS**

**SATURDAY, MAY 16 , 2020 @ 9- 10 am**  
**CORE EXERCISE for BEGINNERS**  
 with Christine Somerville

**Cancelled** due to Covid-19 restrictions.  
 We will reschedule as soon as we are able.

Currently, next class scheduled for June 13.

**SCHEDULE CHANGES FOR MAY 2019:**

As of creating this newsletter we are still under the Covid-19 Public Health Order for Nova Scotia. This is currently set to expire on May 3.

We will update you by email and social media when we know more as future services, hours and restrictions are subject to change.

We are closed for regular hours and services but we are AVAILABLE to care for urgent and emergency patients. Please contact us to arrange a phone or email discussion and we can determine if an in-person visit is needed. We will make arrangements directly with you, there are no staff at the clinic and no walk-in hours.

Email us at [andrewwandalee@gmail.com](mailto:andrewwandalee@gmail.com) for fastest responses or leave an email at the office [info@stmargaretsbaychiro.com](mailto:info@stmargaretsbaychiro.com).

We also check phone messages at the clinic 902-826-1088 but that is not daily. For immediate attention, call us at home: 902-835-4787.

**MONDAY, MAY 18, 2020**  
**Victoria Day**

We are closed for the statutory holiday regardless of COVID changes!

**MAY GIFT BASKET DRAW for MOTHER'S DAY!**

It's time for some fun! Enter by leaving a (great) review on our Facebook page or Google business page. Contest closes midnight on Sunday May 10 and the winner will be drawn on Monday May 11! Good luck to all :)



**Mother's Day Draw!**

Win a gift basket from our health shop worth over \$100.00 delivered to your front step!

**How to enter:**

Leave us a review before midnight Mother's Day on FACEBOOK or GOOGLE (links in post)

**DRAW DATE MONDAY, MAY 11**

**SUPPLEMENTS FOR SPRING 2020?**

There are some questions that we see to hear every spring...and maybe you have the same questions. This month we will address some of those for everyone since we haven't been able to see you in person for a while.

**Now that I am outside more, do I still need to take Vitamin D?**

This is always the #1 question! The short answer is yes. If you have been away all winter in the sunny south with most of your skin exposed for much of the day and no sunscreen on - you may be the exception. For all of us who have spent the winter here in NS and are not outside sun-bathing without sunscreen, we are still unlikely to meet what is required for ideal Vitamin D levels. With more and more science touting the benefits of Vitamin D for many body needs from bones, to heart, to immune function and more, this is one that is on the recommendation list for almost everyone.

**Can I take too much Vitamin D?**

And yes, in theory, you can take too much. It is a fat-soluble vitamin. What that means is that you don't just "pee it out" if you take too much. It stays in storage in fat cells and can build up to toxic amounts. In reality, that is quite rare and would require a very high level of supplementation over a long period of time without monitoring. The general recommendation of 1000 IU per 50 lbs of body weight per day (up to 5000 IU per day) is well within the safe levels of supplementation.

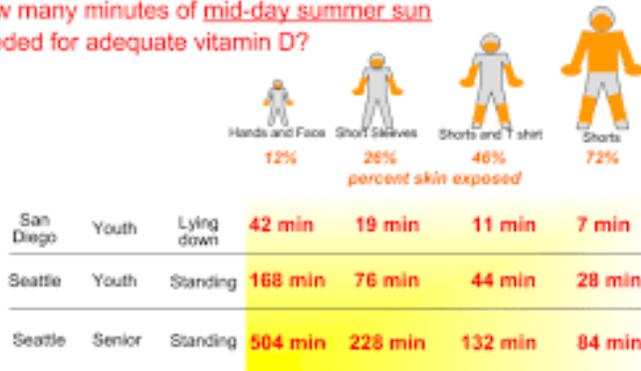
**What about sunlight? Don't I make Vitamin D myself?**

Yes. We do make Vitamin D but it also requires a longer period of unblocked exposure than most people realize or will do for other skin health reasons. For those of us here in northern climates, it takes even longer than our neighbours to the south. For example:

**What do I need to take with Vitamin D?**

Vitamin D is quite effective for general use just on its own, but you can enhance

**How many minutes of mid-day summer sun needed for adequate vitamin D?**



Adequate = 40 nanograms/ml Does not include Obese, Dark Skin

Details: <http://www.ugdtimeinsun.com>

some of its effects by pairing it with other things. Vitamin K2 helps to direct the Vitamin D to help with calcium depositing in bone rather than in arteries, for example. You will find D3 is a necessary component in many calcium or bone health supplements (along with magnesium and K2) for this reason.

**What do we do?**

Vitamin D is probably one of the top 3 recommendations for most people by medical doctors, naturopaths, chiropractors and functional nutrition specialists. It is one that we take daily for everyone in our house.

Check out the Research Library on our website for more of the science on Vitamin D Burst of Sunshine and Vitamin D Boost at [www.stmargaretsbaychiro.com](http://www.stmargaretsbaychiro.com). Ask us if you have questions or email [info@stmargaretsbaychiro.com](mailto:info@stmargaretsbaychiro.com).

**RECIPE OF THE MONTH**

**Paleo Chocolate  
Almond Butter  
Cookie Cups**

**Looking for a healthier snack as we are all at home baking and eating? This one fits the bill!**

**Ingredients:**

For the cookies:

3/4 cup almond butter (creamy/drippy one works best)

1 egg

1/2 cup organic coconut sugar

1 tsp pure vanilla extract

1 cup Bob's Red Mill Superfine Blanched Almond Flour

1/2 tsp baking soda

pinch sea salt

For the filling

1/2 cup dairy free soy free chocolate chips or chopped chocolate

1/4 cup smooth almond butter

1/2 tsp pure vanilla extract

**Instructions:**

- Preheat your oven to 350 F and line a 24 cup mini muffin pan with liners (or coconut oil).

- In a large bowl, beat together the egg, almond butter, coconut sugar and vanilla until smooth. -

In a separate bowl, combine the almond flour, baking soda and salt, then stir this mixture into the wet ingredients until fully combined. The dough will be thick and feel greasy due to the almond butter but this won't affect the cookies.

- Scoop the dough evenly between the 24 mini muffin cups, then use the back of a 1/2 tsp to make a dent in the center to form the "cups" as shown in the photo above.

- Bake in the preheated oven for 8-10 minutes until just set. The centres will puff up a bit while baking, so very lightly press them down again once removed from oven.

- While the cookies bake, put the chocolate chips and almond butter in a microwavable glass bowl and microwave in 25 second increments, stirring after each one, until melted and smooth. Stir in the vanilla once melted.

- To form the cookie cups, wait until the filling cools enough so it's the consistency of thick frosting, then spoon some into the centre of each cookie cup. If the filling hardens too much while making the cups, simply microwave for 10-15 second and stir to soften it.

The filling will cool to the consistency of fudge and the cups will be chewy. Store leftovers in the refrigerator for up to 4 days. Enjoy!

**Find the original recipe here: <https://www.paleorunningmomma.com/chocolate-almond-butter-cookie-cups/>**

**Organic Essential Oil of the Month****Rosemary Organic Essential Oil**

**Rosemary essential oil** is one of the most longstanding, traditional essential oils. Historically, it has been used for hundreds of years in many cultures.

We love rosemary essential oil for some of its most scientifically supported uses. Rosemary has been shown to **help with inflammation**. It has been associated with reduced joint and muscles pain and even effective for many people who suffer from arthritis. For that reason alone, Rosemary holds a special place on our recommendation list!

It is also a key part of Dr. Wanda's Muscle Ease cream (formerly muscle relaxing cream). So many of you have found that blend to be helpful and we know that Rosemary is a big part of its success.

Rosemary has also been linked to **better concentration**, calming pulse rates in times of stress, better **memory** and improved **hair** growth. Some of these studies are preliminary or with small sample sizes, but anecdotal use over time also supports the findings of this early research.

One other focus for Rosemary this time of year is as a **bug repellent**. For deterring harmful insects that may bite you or infest your garden, consider rosemary oil as a natural alternative to chemical products. When a rosemary-oil-based pesticide, EcoTrol, was **sprayed on greenhouse tomato plants, it reduced the population of two-spotted spider mites by 52% without harming the plants.**

Rosemary also helps **repel certain blood-sucking insects** that can spread harmful viruses and bacteria. Early research done in Maine regarding use as a tick repellent is encouraging.

**This is a great one to keep on hand and add a few drops to your own skin cream or dilute to spray on body, plants or clothes depending on your needs. It can also be used in a diffuser or add a couple of drops to your bath to ease pain and inflammation.**

As always, we source our essential oils from **organically grown, natural sources** that **protect the environment** for future product. Here is what our supplier, Aura Cacia, tells us about this Organic Rosemary Essential Oil:

*"We have been making the trek to to a family distillation in Fez, Morocco for over 70 years. Immediately, we could tell that this farmer had a passion for his work. He knew if the rosemary was ready for harvest by touch -- feeling the cineole content with his fingers. The rosemary is grown in a mountainous area about 5,000 feet above sea level and the bushes are harvested by hand and scythe. Careful detail to wild crafting regulations will ensure the crop's success and the farmers' prosperity for years to come."*

For those who love to read all the technical details like me, here are some other fascinating research papers about Rosemary Essential Oil:

- [Plasma 1,8-cineole correlates with cognitive performance following exposure to rosemary essential oil aroma. \(Ther Adv Psychopharmacol. 2012 Jun;2\(3\):103-13. doi: 10.1177/2045125312436573.\)](#)
- [Rosmarinus officinalis L.: an update review of its phytochemistry and biological activity. \(Future Sci OA. 2018 Feb 1;4\(4\):FSO283. doi: 10.4155/foa-2017-0124. eCollection 2018 Apr.\)](#)
- [Anti-inflammatory and antinociceptive effects of Rosmarinus officinalis L. essential oil in experimental animal models. \(J Med Food. 2008 Dec;11\(4\):741-6. doi: 10.1089/jmf.2007.0524.\)](#)
- [The Effects of Aromatherapy Massage and Reflexology on Pain and Fatigue in Patients with Rheumatoid Arthritis: A Randomized Controlled Trial. \(Pain Manag Nurs. 2016 Apr;17\(2\):140-9. doi: 10.1016/j.pmn.2016.01.004. Epub 2016 Apr 16.\)](#)
- [Effects of inhaled rosemary oil on subjective feelings and activities of the nervous system. \(Sci Pharm. 2013 Apr-Jun;81\(2\):531-42. doi: 10.3797/scipharm.1209-05. Epub 2012 Dec 23.\)](#)

