



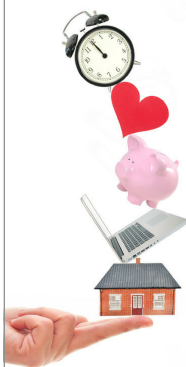
Health News this month



PRODUCT of the MONTH

Stress Re-Balancer
10% off in MAY!

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

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 (or our new version 2 without 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!](#)

What to do in a Lockdown!

Well, its that time again. Spring and a lockdown seem to go together these last two seasons. This too shall pass. We know that the vast majority of us are doing the right things. It's also an important time to do what you can to stay well during these times.

To reiterate the science: When you are in fear/stress mode your bodies fight/flight mode kicks in and you go into a state of survival. Physiologically, that means the stress hormone called cortisol is release into your blood system telling your entire organs and body to prepare for the on coming "crisis event" This response is mediated or controlled by your nervous system. When your are in this state of preparing for attack, bodily functions like nutrient resorption, sleep, reproduction and immune function will all reduce. Energy and attention is redirected to increased heart rate and breathing and preparing muscles to run from a threat. As famous scientist Dr Bruce Lipton says: "you can't be in growth and protection at the same time".



What can you do for YOU?

1. Sleep. Take a nap if needed.
2. Meditate. There is lots of research on the ability of this practice to shift your body . I suggest you check out Dr Joe Dispenza's work.
3. Vitamin D is king! We don't get enough sunlight on exposed skin, even in summer.
4. Go for a walk outdoors in your neighbourhood. Fresh air and play is important and can be done within the rules!
5. Help someone else that is struggling. Sometimes a phone call or email or text saying your here for them is all it takes. You can't be in stress mode when your helping others.
6. Make lists of what you do have and can do during this lockdown. Its always easy to focus on the bad stuff but look for the good too!
7. Do yoga at home. There's lots of great stuff online from our local teachers. Check out Breathing Space Yoga in Tantallon for more.
8. Get adjusted and see your chiropractor. This is a scientifically proven way to decrease anxiety and stress as it helps shift your nervous system from fight-flight to healing and "parasympathetic" activity where your body's immune system has the best chance of working.

We are following "Dr Strang approved" safety protocols but if you're not comfortable coming in at the moment, the door is always open when this lifts! Just let us know or ask any questions you may have. Be understanding, take care of yourself and others when you can, and we will get through this again!

Happy Springtime to All! Dr Andrew

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! Ask your vet for more info.

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

The Waters family is sharing their story with us this month ❤️ We love keeping our community families healthier over all ages and stages!



"We met Dr. Andrew when my husband was suffering from a long spell of back pain from an injury. Dr. Andrew invited us to a doctor's meeting where he explained what chiropractic care was and how it could help our family. I am a physiotherapist and up to that point did not know much about chiropractic.

We were impressed and decided to give it a try. Our family has been seeing Dr. Andrew for the past 12 years. He has helped us alleviate pain and be proactive about preventing it. He has helped us boost our immune system's and be generally healthier. He has helped my children with their growing pains, figured out when they needed orthotics and helped my son manage his anxiety.

We are all very grateful to have Dr. Andrew as part of our healthcare team. The whole staff at Saint Margaret's Bay Chiropractic are wonderful. They are always kind respectful and ready to help. We happily recommend them to our friends and family."
The Waters Family

REQUIRED DISCLAIMER

This story is reprinted with signed permission. Results are unique to each individual and may vary. This is not meant to imply or guarantee results for others.

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 it's 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! Stephanie has appointments for day, evening and weekend schedules.



CALENDAR OF EVENTS

SATURDAY, MAY 15, 2021 @ 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

*Please note: There is a **no-show fee of \$15** for those who book the class and do not attend. Please let us know by NOON on FRIDAY, May 14, 2021 if you need to cancel. Thanks for your understanding.

UPCOMING DATES: June 5, 2021
 That is our last one before a summer break!

SCHEDULE CHANGES FOR MAY:

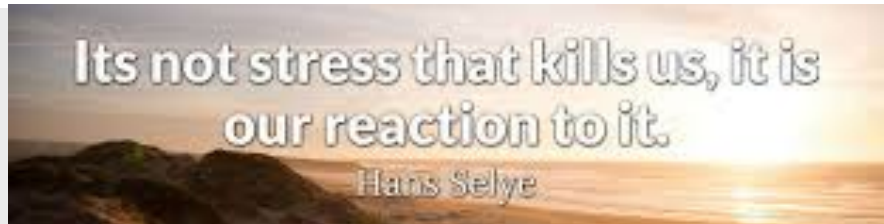
MONDAY, MAY 24, 2021
Victoria Day

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

NEW COVID-19 RULES
EFFECTIVE IMMEDIATELY

As part of recent directions from Public Health, masks are required now in all areas of the clinic, including treatment rooms, unless there is a significant medical reason for exemption.

Chiropractic care and massage therapy continue to remain open for your health and wellbeing!



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

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**.

We also now have Stress ReBalancer 2 without 5-HTP so those on SSRI type medications can take it safely as well!

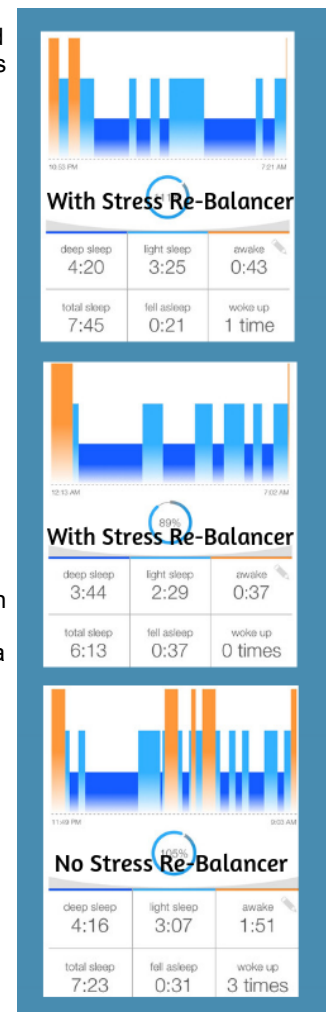
Do you sleep well and wake up rested?

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.

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): The orange is "awake" and the blues are sleep with dark blue as deep sleep!

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

Directions:

1. Melt and whisk almond butter with coconut oil.
2. Add cacao, coconut flour, sea salt, and vanilla.
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. Tastes sweet without the sugar! These are Dr. Andrew's favourite :)

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

M♡Y
we've been waiting for you

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 I do, **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.\)](#)

