



Health News this month

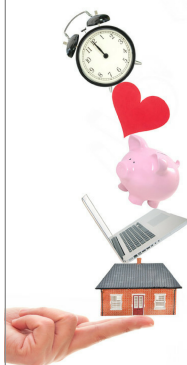
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PRODUCT of the MONTH

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 if you are taking certain medications), 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)

10% OFF IN MAY

Study Shows Walking is a Powerful Exercise to Prevent Alzheimer's

Sometimes we just make being healthy all too complicated. I know that I am guilty of that too.

What can you do that will help make you healthier - physically, mentally and emotionally? Get a good pair of running shoes and start walking, today. That's it!

A study done in 2007 by a group of Neurologists following about 750 seniors (people over the age of 65) over a 4 year period. What they found was not new but fascinating. Moderate exercise, like regular walking, significantly lowers the risk of vascular dementia, the second most common form of Alzheimers. "Significantly" means up to a 30% reduction in your chances of getting the disease! That's huge! Simple, moderate exercise like walking 25-30 minutes a day is all it takes, folks. Walking and other forms of moderate exercise clearly affect our brains in a very positive way.

Obviously, walking helps a lot of other things besides your brain like your spine and joints. We know walking 20-40 minutes also improves mood and reduces anxiety and depression.



Move it or lose it really is more than a cute saying. Now that spring is here, let's all get moving!

Happy Mother's Day to all who fill the roles of "Mom", regardless of title. You are all appreciated!

Dr Andrew and Dr Wanda Lee



MASSAGE THERAPY

We would like to thank Stephanie for sharing her massage therapy skills with us and our clients over the past 7 years. She has moved on to a new opportunity and will no longer be offering massage therapy at St. Margarets Bay Chiropractic.

We have a list of other massage therapy options in the Bay area (there are many!) and some may find Steph's new locations in the city work for you as well.

Best wishes to Steph on her new adventures!

MAY is also for MENTAL HEALTH!



CMHA Mental Health Week May 2-8, 2022

When someone is struggling, you don't have to fix it. **Just be there.**

Before you weigh in, tune in.

#GetReal about how to help.

mentalhealthweek.ca



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?

Try some awesome made in CANADA options in the clinic store!

ESSENTIAL OILS TO REPEL BUGS

ONEssentialCOMMUNITY.com

 cedarwood mosquitoes, flies, silverfish, ants, fleas, mites, ticks, lice	 cinnamon wasps, earwigs, bed bugs, silverfish, spider
 peppermint ants, aphids, bed bugs, boxelder bugs, cockroaches, fleas, fruit flies, gnats, head lice, moths, spiders, stink bugs, wasps	 citronella fleas, mosquitoes, gnats, moths, ticks
 lemon eucalyptus most effective essential oil for natural mosquito repellent	 lavender mosquitoes to head lice, flies, gnats, ants, bed bugs, moths, spiders, ticks, fruit flies
 lemongrass chiggers, fleas, flies, fruit flies, ticks no-see-ums, mosquitoes	 sweet orange Ants, cockroaches, gnats, head lice, moths, silverfish, spiders, ticks, weevils, fleas, flies
 tea tree bed bug, dust mites, head lice	 spearmint ants, boxelder bugs, flies, gnats, head lice, mosquitoes, moths, spiders

CALENDAR OF EVENTS

SATURDAY, MAY 14, 2022 @ 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 11, 2022
That is our last one before a summer break!

SCHEDULE CHANGES FOR MAY:

MAY 2 - 6, 2022

Dr. Andrew is GONE FISHING:

MONDAY, MAY 16, 2022

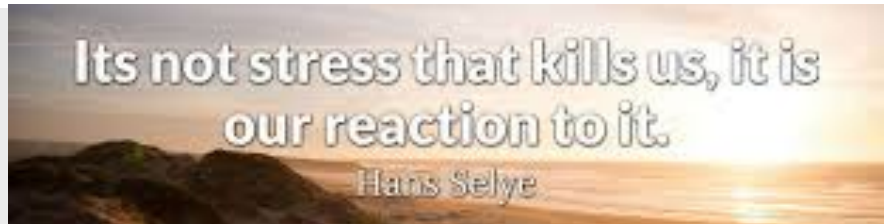
Both Dr. Andrew and Dr. Wanda Lee are out of the office for their daughter's Convocation from Mount Allison University. Congratulations to Claire!

MONDAY, MAY 23, 2022

Victoria Day: CLOSED for Stat Holiday

*There are some **extra FRIDAY hours** for Dr. Andrew on **Friday, MAY 20, 2022** to make more times available!

HAPPY MOTHER'S DAY TO ALL!



(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 (like Effexor for example) can take it safely as well!

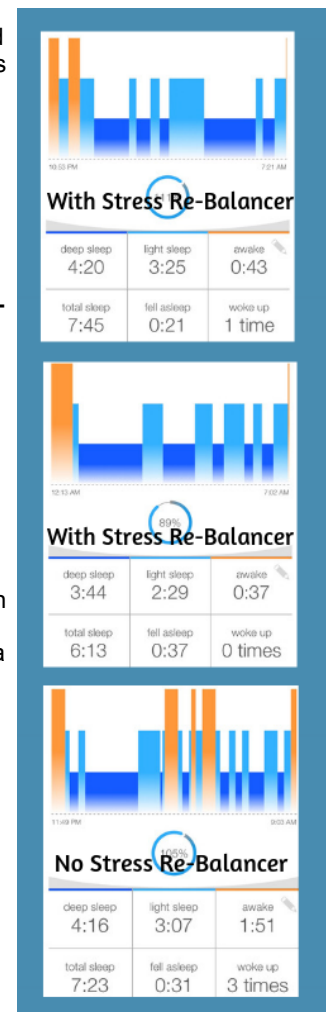
Do you sleep well and wake up rested?

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 :)



**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.\)](#)

