



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

10% OFF IN MAY

Read more on page 2 about this unique and popular supplement blend!

Happy Mother's Day to all our moms, grandmas, moms-to-be, step-moms, and moms of the heart!



Special care to those for whom this day is challenging as well



What was old is now NEW!

We have moved for the third and final time, I promise!

If any of you were in the new clinic last week, you would have noticed that our phones weren't working and our computer system crashed so we couldn't book you anyway... and not that it mattered but our visa machine was down. The horror of change! But now it is all worth it as we LOVE the new space (and my commute can be done with a cup of coffee in hand).



A big thank you to my team, Dr. Wanda lee ,Cathy, Wendy and Kassidy for helping me through this. They have been handling the details like pros.

But mostly a huge thank you to you, OUR PATIENTS, because without you I don't get to do this . We know there are growing pains for all of us but hopefully over the next few weeks we get more things sorted out and running smoothly once again like you expect. God willing, I plan on practicing here for many years to come at our new location.

For those that haven't been in you will notice that, practically speaking, not much has changed. I still have 3 rooms for adjusting and the same front staff and the same old set of hands to adjust you all as indicated.

You will need to adjust, pardon the pun, to a bit smaller rooms and a smaller reception area. We prefer to use the word "cozy" rather than small :). Very soon, we will have our new front desk and hopefully later in the year or early next year we will be able to pave the parking area to finish it off.

I remind myself that none of this really has anything to do with delivering great chiropractic care for you and your families. We really just need you and I and one simple table to make the important magic happen.

We appreciate you for being patient with us as we work out the "kinks" in our new space and will look forward to seeing you all at 5798 St. Margaret's Bay road for the next decade (or two)!

Happy spring!

Dr Andrew and Team.

PS. Here is a reminder of our new parking lot arrangement until we can get paving lines!



CALENDAR OF EVENTS

CORE EXERCISE for BEGINNERS with Christine Somerville

We are assessing our space needs to continue this great class either at the new clinic location. Unfortunately, our front desk is still pending so we are going to miss May and get back to you all in June with future dates!

SCHEDULE CHANGES FOR MAY:

MONDAY, MAY 22, 2023

Victoria Day

We are **closed for the statutory holiday!** Dr. Andrew will have extra hours as needed to get everyone taken care of so please book early.

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!



PATIENT STORY OF THE MONTH

This month's story is from Perry. Sadly it is a story that we hear far too often. Please know that if this sounds like you, there are options to help with chiropractic care!

"My work life has always been physically demanding. Doing labour intensive jobs left me to deal with chronic pain in my shoulders, back and knees. Medication has given me some relief, however, I still live most of my days plagued with pain

and my nights sleepless.

I was at a point where I thought "I can't do this anymore" and thinking my only option was to go on a disability... but I still want to work. I've been told the only option to fix my shoulders is a shoulder replacement and it isn't guaranteed that I would still be able to work.

I've had chiropractic treatment in the past and I remembered that it gave me relief. So, I felt why not give it a try again. Thanks to Dr. Andrew, my pain is significantly decreased to where I can function and at times I am pain free!"

Thanks so much for sharing, Perry! You are an inspiration to others that relief is possible

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PRODUCT OF THE MONTH:

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.

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 bars are "awake" and the blue bars are sleep with dark blue as deep sleep!

