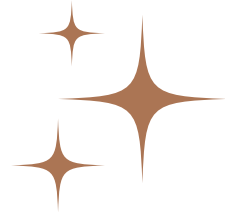


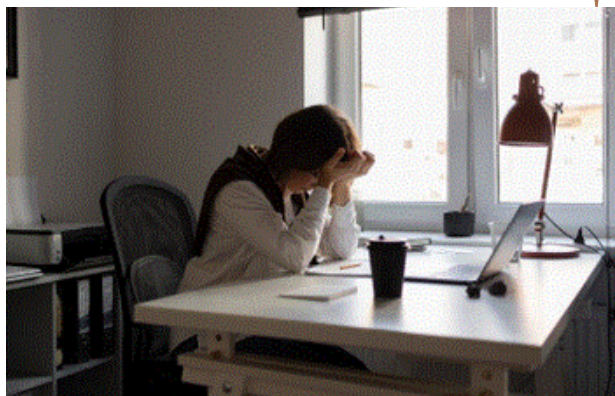
Newsletter



St. Margaret's Bay Chiropractic Clinic

May, 2025

Got Stress?



Find your balance with Dr. Wanda's Stress Rebalancer. 10% off in May

Dr. Andrew's Blog

Your Body, Brain and Stress

We need stress to continue to grow and evolve and, frankly, to stay alive. The actual stress response occurs when we see a lion in the grass crouching to attack us... just a metaphor :). Our adrenaline kicks in and cortisol is released into the blood stream causing all our spinal muscles to contract/get tense. Things like digestion, the immune response, reproductive activity are slowed. The heart rate accelerates and our pupils dilate as our body readies for impending attack. This is the classic fight/flight response. What if the lion leaves? What if the lion is actually just a mouse in the grass? This is called a story we tell ourselves. What if we stay in a prolonged stress response? Clearly this is not good. Think of your body's ability to deal with stress as a big bucket. To be more adaptable and deal with stress effectively we want to use strategies that make the bucket bigger, empty the bucket faster and be aware of when the bucket is ready to overflow.

That's why regular chiropractic care is such a key component to dealing with stress. It reduces static or interference in the nervous system to allow your brain to get signals of stress quicker. It's like you are emptying your stress bucket after you get an adjustment.

The other key thing you can do is check out the product of the month for May - Dr. Wanda's Stress Rebalancer. It is a custom blend of vitamins and herbs clinically shown to positively affect stress by reducing the stress hormone cortisol, relaxes muscles, improves sleep and supports your nervous system. Check out our website if you're interested in more research and the nitty gritty science behind this product. Also, ask Dr. Andrew to see if this is right for you as there are a few contraindications as with all supplements.

Other important things to help stress proof your body might include proper sleep, regular exercise, meditation, yoga, qigong, or ask us for a referral to a mental health professional (if like the rest of us you get stuck in your stories).

Enjoy the spring!!
All my love,

Dr. Andrew



Need a Public Speaker?

Dr. Andrew presents on various health topics. Ask if he is a good fit for your group.

Feedback from a recent talk:

"Andrew shared an engaging presentation with our clients. Our goal was for everyone to take one thing from the presentation that they could do to improve their self care. We think that goal was met."

P Flemming

Notes of Gratitude

We asked what you're grateful for this spring.

Below are a few of the responses:

- Signs of spring- robins & pussy willows
- The warmth of the sun
- Being able to enjoy the views of this beautiful bay
- The birds singing, even when it's still cold outside



Upcoming Events

May 8th - Clinic Closed - Gone Fishin'
May 11th - Mother's Day
May 19th - Victoria Day - Clinic Closed
Jun 16-20 - Clinic Closed. Dr. A on vacation



Healthy Back Gardening Tips

Many of us are eager to get back in the garden. Here are some helpful hints to keep in mind as gardening season gets underway...

- Have the right tools
- Ensure you drink lots of fluids
- Alternate between heavy & light jobs
- Lift correctly
- Take frequent breaks
- Heavy load should be shared
- Your feet should be protected with thick soled shoes

- Before you start, warm up your muscles
- Avoid muscle strain, learn the right techniques
- Change positions frequently
- Kneel to plant and weed
- Spinal check-ups can help keep your back healthy

California Quinoa Salad

Mangoes are in abundance in the grocery stores. This recipe from the Yum & Yummer cookbook is refreshing, tasty and filling.

Ingredients

- 1 cup quinoa, rinsed
- 1 ½ cups of water or veg broth
- 1 cup diced yellow mango
- ¾ cup diced red pepper
- ½ cup finely diced red onion
- ¾ cup frozen shelled edamame beans, thawed
- ½ cup dried cranberries or raisins
- ½ cup sliced almonds, toasted
- ½ cup unsweetened flaked coconut
- 3 tbsps minced fresh cilantro

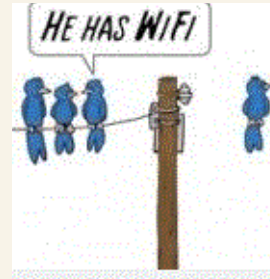
Dressing

- 3 tbsp squeezed lime juice
- 1 ½ tbsp white or regular balsamic vinegar
- 3 tsps of honey
- 3 tbsps olive oil
- Sea salt and pepper to taste

Instructions

- Combine water and quinoa in med pot. Bring to boil, cover and simmer for 15 mins. Let stand for 5 mins. Fluff with a fork.
- Allow quinoa to cool
- In a large bowl, stir together all salad ingredients
- Whisk together dressing ingredients and add to bowl.
- Salad will keep well in refrigerator for several days.

Switch up mango for nectarines or peaches



Our Patients Speak



Years ago I was hurt in a car accident. This, coupled with 2 slipped discs years later, had me bedridden for a month and hobbled around for the next 8 months. A friend introduced me to St. Margaret's Bay Chiropractic and Dr. Wanda Lee and Dr. Andrew. I was pain free in a month!!

I now follow a recommended maintenance plan and live with ease and enjoy an active life. The overall care this clinic has provided me is invaluable. It has improved my mobility, decreased sinus issues, migraines, drastically improved labor and recovery with my 3rd child. Adjustments help my arthritis, and find my memory and energy levels lifted. For anyone in pain, there is help. Chiropractic is a way of life and one that I choose not to live without again. C Rozee



The Book Corner

James

by Percival Everett

A brilliant reimagining of the Adventures of Huckleberry Finn—both harrowing and satirical—told from the enslaved Jim's point of view.

ST. MARGARET'S BAY CHIROPRACTIC CENTRE

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