



**ST MARGARET'S BAY  
Chiropractic Centre**  
BODY • FAMILY • LIFE  
Dr. Andrew Kleinknecht B.Sc. D.C.

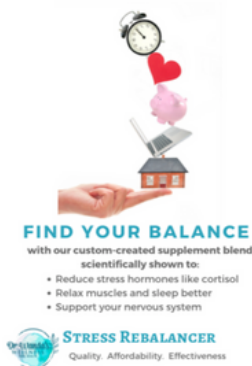
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Serving the St. Margaret's Bay and surrounding communities since 1994.

**PRODUCT OF THE MONTH**

**STRESS RE-BALANCER  
10% OFF IN MAY!**

**GOT STRESS?**



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.

Public reminder:  
Round-Up will kill weeds,  
your pets, your kids,  
you, pollinators, bees  
and entire hives up to 3  
miles away. Use 1 gallon  
white vinegar, 1 cup salt  
and tablespoon of dish  
soap instead 🍷

**Did you know this about your Brain and Spinal Cord?**



1. You live your life through your nerve system - this includes your brain and spinal cord
2. When you have a spine problem number 1 is affected
3. Pain is controlled positively and negatively by your brain and spinal cord
4. Sometimes pain is unavoidable but suffering is optional
5. Sciatica- back pain-headaches - numb fingers-neck pain are not normal or because "your getting older"
6. Vertebrae often go out of "alignment" at any age and can be corrected by a chiropractic adjustment and resolve issues in 1 .
7. Adjustment to the spine positively amplifies the part of the brain called the Prefrontal Cortex - this in turn amplifies the body's autonomic nerve system which in a nutshell leads to - better functioning immune system-better emotional control -less anxiety -less brain fog- decreased inflammation-better coordination - and even better it slows down or inhibits the stress response (cortisol levels decrease)
8. Number 7 is kind of complicated but way cool !!....trust me :)

I love being your chiropractor!

If you know someone suffering, send them to a chiropractor -what have they got to lose?

Thank you,  
Dr Andrew



## CALENDAR OF EVENTS

Mother's Day  
Sunday, May 12th

Closed Monday May 20th  
(Victoria Day)



## Home Hacks with Organic Essential Oils

1. Sleep Spray: Fill your spray bottle with 30 ml of water, 30 ml of rubbing alcohol, and 10-20 drops of Lavender essential oil. Spray on or under pillow.
2. Put peppermint oil on a cotton ball under your bag or liner in your trash can or compost bin to repel bugs and odors.
3. Using a cotton ball, wipe peppermint oil on your window sills to repel insects.
4. Hang a small pouch of epsom salts along with a few drops of your favorite essential oil in your closet to keep clothes smelling fresh.



## PATIENT TESTIMONIAL OF THE MONTH



"In November I "wrecked" my shoulder throwing 4 heavy snow tires on rims into the back of my car. I was quite concerned that I would have lasting damage. Dr. Andrew did a thorough! assessment and described a course of treatment. I'm pleased to find that I have regained and maintain good flexibility from Dr. Andrew's care."

- Fred Dolbel

\*\*Please note that all information is shared with he expressed permission of clients. This is the experience of an individual and is not meant to imply or guarantee results in others. Health care is unique to each person's history, diagnosis and condition.

## RECIPE OF THE MONTH

### Bev's Favorite Cucumber & Watermelon Salad



#### INGREDIENTS:

- \*3 cups watermelon cubed
- \*1 1/2 cups sliced cucumber
- \*2 tablespoons Fresh mint leaves
- \*1/3 cup feta cheese crumbled

#### Instructions:

Chop washed cucumber into bite size pieces. (It's best to use English Cucumber so there are no seeds)  
Slice watermelon cut off rind. Cut into bite sized pieces.  
Chop mint leaves.  
Add all items to a large bowl, then top with crumbled feta cheese.

Enjoy!