



**ST MARGARET'S BAY
Chiropractic Centre**
BODY • FAMILY • LIFE
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Serving the St. Margaret's Bay and surrounding communities since 1994.

PRODUCT OF THE MONTH

IT'S YOUR HEALTH & YOU GET TO CHOOSE



"ARCH MADNESS!"

**ORTHOTICS
10% OFF IN
MARCH!**

We were made to move around barefoot. Then we stuffed our feet into heels, work boots and flip-flops and stopped moving very much at all. This ends up creating issues not just for our feet, but our ankles, shins, knees, hips and right up into our spine. Having an orthotic can help not just foot and leg pains but your overall posture.

There are 52 bones, 66 joints, 224 ligaments and 38 muscles in the feet!! It is no wonder that over half of the population should be wearing proper orthotic supports. The best solution for many foot and lower limb problems is an orthotic shoe or insert.

Orthotic inserts are designed to last one year with daily use or with regular exercise. They can last up to two years if used less than 50% of the time with no exercise. After this point they lose their structural integrity and need to be replaced.

Are your orthotics still doing their job? Let us test them for you!

If you think orthotics may help you or a family member please call the office for a consultation this month and save 10%.

Orthotic inserts and shoes are covered by most insurance plans and your 10% off this month can amount to almost \$50 in savings!! This may require a prescription for reimbursement - ask us for more info.

10% off for March "Arch" Madness

After 30 years of practicing (and still loving it, for the record), I get a front row seat to what people choose with respect to how they participate in our chiropractic care. Let me explain the different types of care as I see it in my office:

Crisis care - to me, this is the start of care or when there is some sort of crisis in a patient's life prompting them to start care. Could be a fall or slip or a difficult delivery into the world as a baby. All create immediate symptoms that naturally folks want dealt with ASAP. Care is often intense and frequent, often 2-3/week, until the "fire's out". This is usually the tip of the iceberg.

Rehabilitative care - after the crisis, a body transitions to this phase of care where we suggest coming less frequently. Depending on your age and severity of the underlying issues, this can last for months or weeks. The purpose of this care is to properly deal with the part of the iceberg below the surface or what we sometimes call the "root cause". Following through with this type of care ensures that the deeper layer of muscles, ligaments and nerves get a chance to heal. Some folks choose to skip this part of care and unfortunately it usually results in a relapse where we end up back in crisis care again.

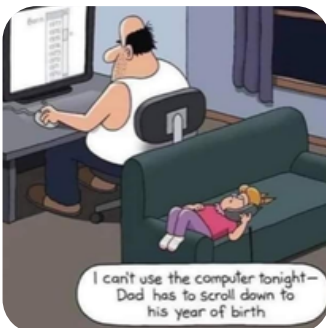
Wellness care - This type of care is truly aimed at continually improving your health. The purpose is to getting your body to continue to perform at its best and express health at the highest level possible. This also allows people to recover from injury and illness more quickly. Typically most patients interested in performing at their best choose 2-3 visits per month, again depending on age, activity level, and many other factors that are unique to each individual.

Maintenance care - this would be like going to a dentist for early detection of cavities. Folks that choose this type of care usually come once or twice per month. As the word implies, they are interested in maintaining their health and detecting small issues before they become big issues.

Whatever type of care you choose is always up to you. We love to see old smiling faces return for care and old smiling faces continue to come in for their visits. I am grateful that you choose our office for chiropractic care in all its forms!

To you and your family, much love,

Dr Andrew





CALENDAR OF EVENTS

MARCH HOURS:

Dr Andrew is on vacation in the sunny south from March 4th - 8th

(Dr Amy Robinson will be covering for EMERGENCIES at Lifehouse Chiropractic 902-446-4030)

The clinic is open Easter Monday - April 1st

St Paddy's Day Basket! (Retail value \$166)
Enter to win! Draw is March 18th



RECIPE OF THE MONTH:

APPLE CINNAMON MUFFINS

(NO REFINED SUGAR)

- 2 CUPS WHOLE WHEAT FLOUR
- 1 TSP BAKING POWDER
- 1 TSP BAKING SODA
- 2 TSPS CINNAMON
- ½ TSP ALLSPICE
- 0½ TSP SALT
- 2 LARGE EGGS
- ¼ CUP SMOOTH APPLESAUCE (UNSWEETENED)
- ½ CUP PURE MAPLE SYRUP
- 1/3 CUP MELTED COCONUT OIL
- 01 ½ TSP OF VANILLA
- 2 CUPS GRATED APPLE (APPROX. 2)
- OPTIONAL ¼ CUP CHOPPED PECANS OR WALNUTS

PREHEAT OVEN TO 425.

WHISK TOGETHER DRY INGREDIENTS. WHISK WET INGREDIENTS AND ADD TO DRY STIRRING GENTLY JUST UNTIL COMBINED. FOLD IN APPLES AND NUTS, IF USING.

BAKE AT 425 FOR 5 MINUTES THEN REDUCE HEAT TO 350. BAKE FOR ADDITIONAL 16-18 MINUTES. TOTAL BAKE TIME IS 21-23 MINUTES.

ENJOY!

PATIENT TESTIMONIAL OF THE MONTH



"Pain free today for the first time in years!"
Submitted by Rod M

****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.**

AROMATHERAPY WITH ESSENTIAL OILS

Baths

A warm relaxing soak in a fragrant bath can ease the cares of the day and sooth tense muscles. Dilute 4 to 8 drops of essential oil in 2 teaspoons of carrier oil (ie: almond, jojoba, coconut oil) into bath water. Mix well.

Before Bed Bath

2 drops Ylang Ylang, 5 drops Lavender

Energizing Bath

3 drops Peppermint

Foot Bath

5 drops Rosemary, 3 drops Peppermint, 4 drops Lavender

Inspiration Corner:

Dr Andrew is reading a great book for those looking at middle age and/or realizing we are all going to be living longer than we thought and longer than any generation before us :) Great read!

