




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

info@stmargaretsbaychiro.com 902.826.1088
Serving the St. Margaret's Bay and surrounding communities since 1994.

PRODUCT OF THE MONTH

BONEHEALTH 10% OFF IN APRIL!

Calcium supplementation is recommended for all women over the age of 35 and for everyone over the age of 55 due to risks of bone loss and osteoporosis (unless you have issues with kidney stone formation).

FOR MORE THAN STRONG BONES



Calcium, Magnesium, Vitamins D and more created for stronger bones.

ALSO SUPPORTING:
Nerve Function
Heart Health
Muscle Contraction



BONE HEALTH FORMULA
Quality. Affordability. Effectiveness.

10% off for APRIL

This is more than just Calcium! Check out our amazing Bone Health Formula for calcium/magnesium PLUS the key minerals and ingredients to help you absorb and utilize those key supplements. It is what goes inside your bloodstream and can be used by your body that counts, not what goes in your mouth!

Find out more about our Bone Health Formula on the website:
<https://stmargaretsbaychiro.com/dr-wandaswellness-custom-created-nutritional-supplements/dr-wandas-wellness-bone-health-plus/>

APRIL SHOWERS BRING MAY FISH??



I love the seasons and the change and that feeling of new beginnings and possibilities that spring reminds me of. The late, great public speaker and author, Jim Rohn, used to talk a lot about the seasons of life. The second part of that, and I paraphrase, he often referred to was that you cannot change the seasons but you can change yourself.

- Here's a distillation of his meaning by me:
- 1-Handle the winters-every year winter comes-I think its wise to learn to handle it and take the dark time to learn and prepare for spring.
 - 2-Take advantage of the spring-seize the time, its short, use that new wisdom and plant those seeds (in your mind) from winter, get it done while you can.
 - 3- Summer-after we plant the seeds in spring it's wise to protect the garden(your mind), kill the weeds and nourish the new seeds.
 - 4-Fall represents the harvest-we take full self responsibility for it -winter is coming.
- The cycle repeats as it is, or I feel it's up to us-we change it.

Whatever spring represents to you, jump in, enjoy it, savour it, love it, be grateful for it, Happy Spring, and to my fellow fishers:

TIGHT LINES!
DR ANDREW



CALENDAR OF EVENTS

APRIL HOURS:

*Open Easter Monday April 1st! Regular Hours

*Thursday April 25th we are closing early and have added extra hours on Tuesday April 23rd



We have a Winner!!!
Winner of the St Patrick's Day Basket
Pat R



Recipe of the Month:

Sheet Pan Spinach Tomato Frittata



Ingredients:

- 2 tsp avocado oil, divided
- 1/3 cup onion, chopped
- 3 cups spinach
- 1 1/2 cups cherry tomatoes
- 8 large eggs, pasture-raised
- 1/3 cup basil, chopped
- 3/4 tsp sea salt
- 1/2 cup fresh mozzarella cheese, torn

INSTRUCTIONS

Preheat oven to 400F and grease a baking sheet with oil. Place the sheet in the oven while preheating. In a medium pan, preheat 1 tsp avocado oil. Add onion and saute until softened, about 5 minutes, stirring frequently. Add in spinach and continue cooking until wilted. Transfer the mixture into a bowl. Add remaining teaspoon of oil to the pan along with cherry tomatoes. Cover and cook until the tomatoes start to pop. In a large bowl, whisk eggs, onion-spinach mixture, cherry tomatoes, chopped basil and salt. Pull out the baking sheet from the oven, pour egg mixture onto the pan and spread over torn mozzarella cheese. Bake for 15-18 minutes until the frittata is puffed around the edges and set in the middle.

PATIENT TESTIMONIAL OF THE MONTH

Gracie was a 3month old baby with poor latching abilities, that did not have a tongue tie, but was having poor weight gain, and was very gassy with irregular bowel movements. She also had visual neck restrictions and range of motion.

Since working with Dr. Andrew at St. Margaret's Bay Chiropractic, Gracie is latching 100% better, less gassy, more frequent bowel movements, and most importantly gaining her weight well.

I'm so grateful for the work that Dr. Andrew has done for Gracelyn - and myself - as we would still be struggling with breastfeeding and possibly given up and went to formula and bottles by now.

The thanks is all mine !

Shon



****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.**

You've been asking and here it is! Dr Wanda's Body Butter

ANTI-AGING BLEND:

- 10 DROPS LAVENDER
- 3 DROPS FRANKINCENSE
- 3 DROPS YLANG YLANG
- 4 DROPS SWEET ORANGE

MUSCLE RELAX BLEND:

- 4 DROPS LAVENDER
- 5 DROPS PEPPERMINT
- 4 DROPS LIME
- 2 DROPS ROSEMARY

Ingredients :

- Organic Shea Butter (or combo Shea/Cocoa Butter)
- Organic Coconut Oil
- Organic carrier oil of choice
- Organic Essential Oils (10-20 drops)

Instructions:

Melt 1/2 cup shea butter with 1/4 cup of coconut oil in top half of double boiler. Add 1/8 cup of body oil - jojoba, sweet almond, olive, macadamia nut or other favourite. Cool slightly and add essential oil blend. Mix. Chill for 1 hr in fridge or 20-30 min in freezer Whip with hand mixer or blender. Pour into tinted or solid container (no light) Let harden in fridge and enjoy!