



Health News this month



PRODUCT of the MONTH

We know there isn't just one season for colds and flus...but with back to school, shorter days with less sunshine and more sugar with Halloween treats and Christmas baking...our immune systems are overworked in fall and winter and often need a boost!



VITAMIN D

This is recommended for everyone in our dark and cold winter. Vitamin D is shown to enhance immune system function in many ways. It is one we all need.

Organic OREGANO Oil

Mix 4-5 drops in an ounce or two of water and swish/swallow that germ-killing power!



ENER C

This is a great boost of vitamin C and vitamins that support your immune system. Perfect for a "sports drink" too.

Power C PLUS
and our ****new****
IMMUNE BOOST
by Dr. Wanda's
Wellness!

(see more on page 2)



This month all of our immune helpers are on special for 10% off.
Stock up to fight and prevent illness this winter!

The SILENT Killer

Most of us have been trained to think that if we don't have any symptoms we must be healthy. We live in a quick-fix/drugs first/fast-paced world. We are constantly reminded with ads on social media, tv and print of the latest potions and lotions available to help us feel good - NOW!

I have one question for you, if you think it is true that feeling good or being symptom-free means you are well: **Why do they call high blood pressure the silent killer?**



Here is another question: Do you know someone in your family or circle of friends the was "healthy" one day and a month later told they are full of cancer and have 6 months to live?

In both cases, they are symptom-free. No pain, so they assume, no problems. Hmmmm...perhaps there is more to it than symptoms!

Our goal in health care is different that just "no symptoms" or "no pain". While that is also good, our real goal with our practice members is to help their body express its full health potential for as long as you are blessed to be alive. That's quite different than just a life without symptoms.

If you choose to be on this journey with us, you know that we recommend having you and your family's spines checked for misaligned (subluxated) vertebrae and proper spine/nerve function long before you experience symptoms. Most studies suggest that is (at most) every 2 weeks for optimum expression of health and vitality.

Because we know that your spine and nerve system run your body, how well you look after it can help you run like a Ferrari or a rusted-out clunker, if that's your choice.

We advocate for all kinds of healthy living habits, but even if you eat well and exercise and think happy thoughts, without proper nerve function you can never enjoy your fullest health potential.

See you on the adjusting table,
Dr. Andrew

CALENDAR OF EVENTS

**Saturday, November 16 , 2019 @ 9am
CORE EXERCISE for BEGINNERS
with Christine Somerville**

We offer the class at **no charge*** to our patients but spots are limited so **please register** at the office or call 902-826-1088 or email us: info@stmargaretsbaychiro.com (* There is a no show fee of \$15)

**We are OPEN on Monday,
November 11th @ 3pm - 730pm**

We are here to help ease the strain after standing at the Remembrance Day events! We have surveyed our clients who are military and veterans to be sure that we are interfering with the message of this day and without question they all said "open later, we will be here".

We are closed during all ceremonies and honour our fellow Canadians for what we enjoy both here at home and worldwide because of their service. We Remember.

**Saturday, Nov. 23, 2019
9:30 am - 1:30 pm
Shop LOCAL Saturday!**



As part of the amazing Bay area community, we would like to invite you to SHOP LOCAL in our wellness store! General public is also welcome as we open our doors to everyone looking for high quality, healthy products for their Christmas gift-giving (or personal care).

All in stock items will be TAX FREE! Supplements, pillows, bracing, shakes and greens, organic essential oils and diffusers, personal care products and more are in stock and ready for your stocking stuffers, gift bags and (dare we say it already?) New Year resolutions for wellness.

**PLUS Make-and-Take Essential Oils Workshop @ 10am November 23!
Christmas gifts made easy :)**

As part of our first SHOP LOCAL SATURDAY event, Dr. Wanda Lee and Christina will be on hand to help you create some amazing Make-and-Take gift options using our organic essential oils!

We will have ingredients to create bath salts and roll-ons to customize awesome gifts for teachers, Secret Santas, coworkers, friends and more. Drop in and let us help you select a perfect blend! **\$10.00 fee to cover workshop supplies. Supplies are limited.**

Utilizing the Body's Natural Healing Abilities after Surgery or Injury

Many people forget that there are many effective and natural ways to affect the healing process when you have been injured or are recovering from surgery. Here are some of the reasons to look to your qualified health practitioners at St. Margaret's Bay Chiropractic Center for help:

Chiropractic Care:

Addressing the ability of your body to function and move properly is a core part of Chiropractic care. The nervous system is the master controller of the entire body and coordinates everything we do, including our healing. Improving how we can move during recovery, maintaining the best posture and patterns possible and enhancing nerve communication are all important roles for chiropractors to play to improve results. Chiropractic is more commonly covered by insurance than any other type of alternative care.

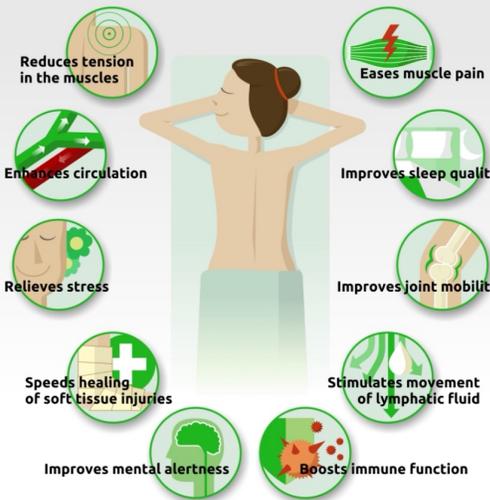
Massage therapy:

Massage therapy is the scientific manipulation of the soft tissues of the body, consisting primarily of manual (hands-on) techniques such as applying fixed or movable pressure, holding, and moving muscles and body tissues. Generally, massage is delivered to improve the flow of blood and lymph (fluid in lymph glands, part of immune system), to reduce muscular tension or flaccidity, to affect the nervous system through stimulation or sedation, and to enhance tissue healing. These are all great benefits when recovering.

The Benefits of CHIROPRACTIC CARE

- ⊖ Reduces muscle spasms
- ⊖ Reduces recovery time
- ⊖ Enhances immune system
- ⊖ Improves oxygenation
- ⊖ Increases nutrient flow
- ⊖ Reduces stiffness and pain
- ⊖ Promotes relaxation
- ⊖ Improves digestive function
- ⊖ Improves athletic performance
- ⊖ Encourages tissue regeneration

10 Benefits of Massage Therapy



Cold Laser Therapy:

Cold Laser Therapy or Low-Level Laser Therapy (LLLT) is a treatment that utilizes specific wavelengths of light to interact with tissue to help accelerate the healing process. It can be used on patients who suffer from a variety of acute and chronic conditions in order to help eliminate pain, swelling, reduce spasms and increase functionality by stimulating the increase of cellular regeneration. It can improve recovery times for a number of different injuries!

Our assessments first focus on what should and should not be done so you get the best care and results possible. Like

chiropractic care, massage and laser will be customized depending on the surgery or injury to enhance healing without aggravating injured tissues.

We have massage times available six days a week (Sunday through Friday), with hours that are able to accommodate everyone. Call (902)826-1088 to book your massage appointment.

(Submitted by Christine Renaud RMT and Laser Practitioner)

PATIENT STORY OF THE MONTH



How many miles are on your orthotics?

Custom fitted orthotics can be very helpful in preventing and managing foot, knee, hip and back problems but helping keep you aligned from the ground up.

It is recommended that orthotics be replaced regularly, at least every year or two depending on wear. Just like your car tires, they do wear down and lose their support after hundreds of miles!

Custom orthotic inserts are often a great option when starting with orthotics. You can use them in a variety of footwear so they offer the most wear.

Orthotic sandals are not just for summer. They make great slip-on sandals indoors during the winter months. Ask for a catalogue or check out some of the selection at www.oolab.com for more on orthotic shoes and sandals.

These are the last months to use (or lose) your 2019 health benefits!

Ask Dr. Andrew or Dr. Wanda Lee if these can help YOU or schedule an appointment to update your current orthotic inserts or shoes before the end of the year.

OUR SLEIGH IS COMING!



The St Margaret's Bay Chiropractic annual toy drive will start on NOVEMBER 12th

Donations will be accepted until the morning of Friday, December 13th.

Thank you for supporting this initiative for the past 20 years! We have had the honour of donating over 1800 toys on your behalf to make Christmas magical for all.



This is Nick and he has a great story to share with you and your family!

After taking a bad bounce to his head/helmet/ground during a Timberlea Titans game, he had signs and symptoms of concussion. Headaches, dizziness and nausea were nasty. After being sent home from a check at the hospital with a diagnosis of probable concussion and ruling out other issues, another mom suggested to his family that he get checked by us as well.

Well, it was a good thing he did! In addition to some mild concussion injury, Nick had a nasty upper neck problem that is much like a whiplash injury. After his very first adjustment, the days of headaches, nausea and dizziness were gone! With a proper post-concussion protocol in place and the neck injury being taken care of, Nick will be back in the game and helping his team much more quickly. Go Titans!

Of course, you don't need to wait for injury to see a chiropractor :) Nick was already asking about chiropractic before he was hurt as his idol, Odell Beckham Jr., had his social media lit up with reports of chiropractic care with our friend, Dr. Jodi Serra. We may not work with OBJ but we have trained alongside Dr. Jodi at different events and love bringing chiropractic to amateur and youth athletes...it's not just for the NFL \$\$\$!

**REQUIRED DISCLAIMER* This story is reprinted with signed permission. Results are unique to each individual and may vary. This is not meant to imply or guarantee results for others.*

**ESSENTIAL OIL of the MONTH:
Organic Eucalyptus**



Eucalyptus organic essential oil is often identified quickly by its well known scent. Even after a quick sniff, you can feel it clearing to the sinuses right away. We have two types of organic Eucalyptus in stock and both are effective plant extracts:

1. **Eucalyptus globulus** has high concentrations of the active ingredient (1-8 cineol) that acts as a decongestant and anti-infectious agent. It is highly recommended for asthmatics as well.
2. **Eucalyptus radiata** also has high concentrations of the effective 1-8 cineol but has a lighter, more citrusy smell that some people prefer.

Eucalyptus is expectorant, mucolytic, antimicrobial, anti-bacterial, anti-viral, anti-fungal and antiseptic. It is an effective air purifier to remove odours and airborne bacteria. Here is one of many scientific articles showing the benefits of eucalyptus: <http://www.academicjournals.org/journal/AJPP/article-full-text-pdf/4B720D632697>

How can I use it?

We like the diluted oil in our small spray bottles for an effective air purifier and hand sanitizer that you can have around the house and on the go. It is great in our inhalers for sinus clearing as well. A drop or two in warm water creates a steam bath to clear the lungs and sinuses. Or, mix in some carrier oil like coconut and make a lovely chest or throat paste to apply to the skin. A little bit goes a long way as this oil is powerful and fragrant.

Our Eucalyptus Essential oil is organic and therapeutic grade.

We have both great strains in stock for only \$10 per bottle.





**LOCAL SATURDAY SHOPPING
IN OUR WELLNESS STORE!**

CHRISTMAS GIFT SALE

SAVE THE TAX*!

OPEN 9:30 AM - 1:30 PM

NOVEMBER 23, 2019

DECEMBER 14, 2019

PLUS Dr. Wanda Lee and Christina will be doing a special essential oils demo and workshop on Nov 23 @ 10 am as well. Come and create a special make-and-take gift for teachers or Secret Santas for only \$10.00!

*Applies to regular pricing on all supplements, essential oils, accessories, personal care, pillows and supports - in stock only.

