



# Health News this month

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## PRODUCT of the MONTH

As we head into shorter days with less sunshine (and more sugar with Halloween treats and Christmas baking), our immune systems are often overworked in fall and winter and it is a great time for a little boost! SAVE 10% on ALL immune support products in stock!

### VITAMIN D is king!



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! We have it both as solo D3 and in combo with K2, magnesium and MCT for bone boosting power as well.

**TIP: If you take Vitamin D, make sure you get enough - 1000 IU per 50 lbs of body weight is the "maintenance" recommendation!**

### Organic OREGANO Oil

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



### VITAMIN C



**Ener-C** This is a great boost of vitamin C and vitamins that support your immune system to dissolve with water and absorb quickly. Perfect for a "sports drink" too.

**Power C Plus from Dr. Wanda's Wellness** and our **Immune Boost** herbal and vitamin blend are two other great additions to our wellness shop!

(see more on page 2)

## Are you sitting at a computer too much?

There is a saying: "sitting is the new smoking". This couldn't be closer to the truth!

Perhaps you have heard us quote this research before, but there is a whopping 50% increased mortality rate in people from all causes when they sit more than 8 hrs/day. That really should get your attention!



People are inactive and that creates problems. They gain weight and that creates more problems. It is essential that we strategies to combat the reality of sitting since it isn't going away entirely.

These poor lifestyle changes are also worse because of poor posture and slouching. To add to the challenges, these same people also usually suffer from increased neck and low back pain, more headaches, more numbness in the arms, hands and legs, increased incidence of carpal tunnel syndrome and degenerative arthritis in the spinal joints.

There are many of us that can't help but sit to do our jobs, so how do we combat this? What are some solutions?

What the research says is that for every 8 hrs of sitting, you need to get up and do some light to moderate exercise at least one hour. That could be walking, biking, or swimming for example. Ask Dr Wanda or Dr Andrew what exercises might be right for you!

It is also recommend to use a sit/stand desk and for each 30 minutes block of the day, you stand for 20 min and sit for 10 - plus add a 2 minute stretch break. See the picture below and make sure your work station is ergonomically correct so that your posture is correct.

Lastly (and most importantly) see your chiropractor regularly and get checked as we know regular chiropractic check ups help you move better, function better and minimize these symptoms. We can help improve your posture and slow or prevent early aging and degenerative changes in the spine along the way.

Sitting is the new smoking but there are ways to minimize the effects! Chiropractic works @work and @home!

See you soon,  
Dr. Andrew and Dr. Wanda Lee

**RECIPE OF THE MONTH**

**Autumn Buddha Bowls**

**Ingredients**

- Herbed Quinoa:
- 1/2 cup uncooked quinoa
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon thyme
- 1 teaspoon rosemary
- 1/2 teaspoon sage
- 1 teaspoon lemon juice
- Squash:
- 1 medium butternut squash about 3 cups cubed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon olive oil



**Dressing:**

- 1/4 cup olive oil
- 2 Tablespoons [tahini](#) sesame seed butter
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons water
- 1 Tablespoon maple syrup
- 1 teaspoon lemon juice
- salt and pepper to taste

**Other Toppings:**

- 1 bunch kale about 4 cups chopped
- 1 apple I used gala
- 1/4 cup chopped walnuts
- 1/4 cup pepitas/pumpkin seeds

**Instructions**

**Prepare the Squash:**

Preheat oven to 400 degrees Fahrenheit  
Using a vegetable peeler, remove the skin off of the squash. Cut lengthwise and spoon out seeds. Cut into cubes and place in mixing bowl.

Add 1 teaspoon olive oil and 1/4 teaspoon salt and pepper. Mix well.  
Spread evenly onto the baking sheet and bake squash for 25 minutes

After 25 minutes, remove from oven and flip squash with a fork. When squash is fully cooked, you should be able to stick a fork through a piece with ease. Let cool and turn down oven temperature to 300 degrees Fahrenheit.

**Cook the Quinoa:**

In a small saucepan, bring 1 cup water to a boil

When water is boiling, add quinoa and reduce heat to low-medium. Put the lid on the pot and let simmer 15-20 minutes.

When fully cooked, fluff with a fork and add all ingredients for quinoa. Mix well.

**Make the Kale:**

Remove stems from kale and tear into bite-sized pieces. Place in a colander and rinse well.

(Recipe continued on page 3)

(continued from page 1)

Wondering what to take if you are not feeling well? This is a special immune system support formula that blends herbs, vitamins, minerals and mushrooms that are research-based and effective enhancing immune responses.

**Here is a quick summary of the**

**science behind what is in our Immune Boost by Dr. Wanda's Wellness** (all references are available on the website for more detail):

- Zinc** - This is a key mineral for optimal immune system function and for better utilization of ingredients that help build immunity.
- Selenium** - This is another key element that is foundational to good immune system function. With Zinc and Selenium on hand, there can be better results of any immune enhancing protocols.
- Vitamin D3** - Vitamin D can modulate the innate and adaptive immune responses. Cells of the immune system possess vitamin D receptors (VDR). Vitamin D enhances the local capacity of the epithelium to produce endogenous antibiotics and also reduces certain destructive arms of the immune response, especially those responsible for the signs and symptoms of acute inflammation. Vitamin D3 is the natural form of vitamin D. It is considered by most experts and scientific studies to have the greatest proven benefits. Studies are now showing that regular supplementation of Vitamin D3 is best (year round) and have greater health benefits, especially in elderly populations.
- Glutathione** - This is a key anti-oxidant for cell protection and repair and in growing use as a marker for human disease. This is pure Setria® brand reduced L-Glutathione, the world renowned leader in Glutathione manufacturing and is stable when exposed to stomach acid for enhanced absorption. It supports the liver and immune system function.
- Acerola (Vitamin C and natural bioflavonoids)** - Acerola is from the acerola cherry and is rich in vitamin C, bioflavonoids, magnesium, pantothenic acid, and vitamin A. It has significant antioxidant properties and enhances immune function.
- Echinacea** - Echinacea helps increase white blood cells (macrophages, natural killer cells, T-cells) and interferon, and helps tissue repair.
- Olive Leaf** - Olive Leaf is a potent antibacterial, antifungal, antiparasitic and antioxidant herb. It weakens microorganisms and interferes with the ability of a virus to assemble at the cell membrane. Olive Leaf stimulates phagocyte production which enables immune cells to destroy microbes.
- Elderberry** - Anthocyanins in elderberry boost the production of cytokines, the proteins messengers within our immune system. It also possesses anti-inflammatory properties which have a positive effect on aches, pains and fever. Recent studies have indicated that elderberry may have antiviral activity, increasing its value as a preventative measure.
- Maitake Mushroom** - Maitake is a tonic and adaptogen, enabling the body to adapt to stress and resist infection. Maitake increases the activity of macrophages, T cells and NK cells. Its beta-glucans bind to receptors on macrophages and other white blood cells including NK cells and cytotoxic T-cells, which flips white blood cells on and triggers a chain reaction leading to increased immune activity.

**Immune Boost**

60 vcaps

Servings Per Container: 60

Serving Size: 1 capsule

Suggested Use: Take 1 capsule, 2 times per day, or as directed.

Ingredients	Dose Per Serving	Daily Amounts
Zinc (Citrate)	1.25 mg	2.5 mg
Selenium (L-Selenomethionine)	12.5 mcg	25 mcg
Vitamin D3	500 iu	1000 iu
Setria Reduced L-Glutathione	50 mg	100 mg
Acerola 17%	200 mg	400 mg
Echinacea Angustifolia 4%	125 mg	250 mg
Olive Leaf 20%	100 mg	200 mg
Elderberry 10%	75 mg	150 mg
Maitake Mushroom 4:1	125 mg	250 mg

**CALENDAR OF EVENTS**

**Saturday, November 14, 2020 @ 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 for those who register and do not cancel before Friday prior. We have limited spacing available.)  
\*LAST CLASS of 2020 on DEC 5, 2020\*

**We are OPEN LIMITED HOURS on  
Wednesday, November 11, 2020:  
2pm - 4pm with Dr. Wanda Lee only.**

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 want to be here".

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



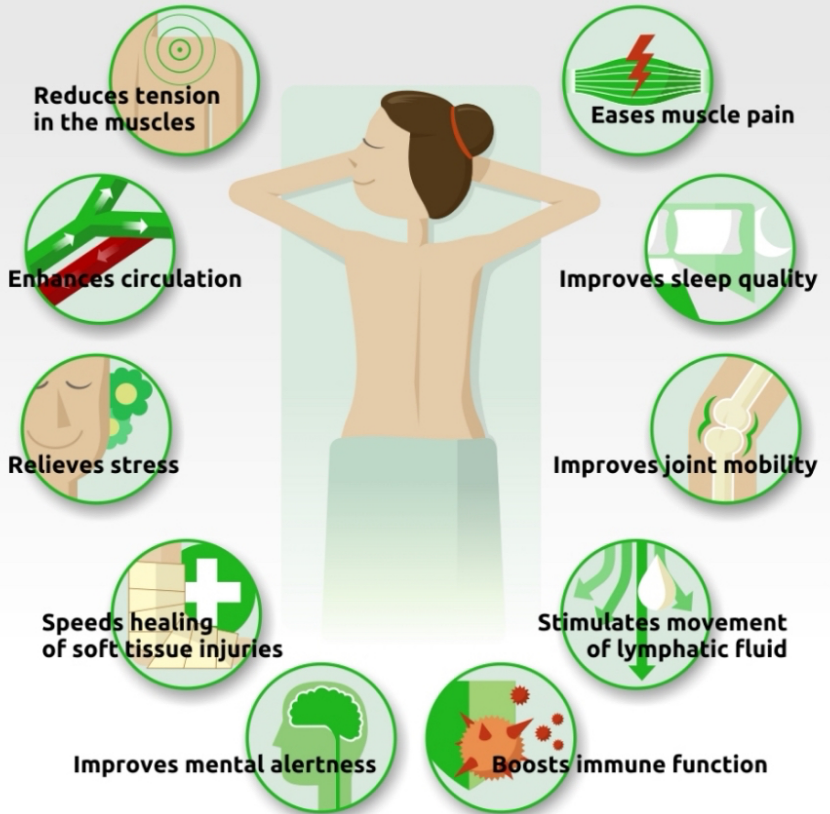
**We Remember**

**ONLINE ORDERING!**

We are setting up new options to order your supplements, supports, essential oils and more IN ADVANCE! You can order online and simply pick up at the front desk on your appointment or drop in during open hours.

If you keeping a tight circle and need a curb-side delivery option, just let us know and we will run it out to you at the front door! STAY TUNED for MORE as we get it up and running for Christmas!

**10 Benefits of  
Massage Therapy**



**Massage Therapy is available Monday, Wednesday, Thursday, Friday and alternate Sundays by appointment.**

**Call us at 902-826-1088 to schedule your time!**

December appointments book quickly as we come to the stresses of Christmas and the end our many people's insurance year. Please try to book ahead if you can to ensure you get the times you need for both massage therapy and chiropractic care!

**Make YOU a priority this holiday season!**

(Recipe continued from page 2)

Put squash in a bowl and set aside. Place kale on baking sheet and bake in oven for 5 minutes.  
Remove kale from oven and let cool.

**Dressing:**

In a small mixing bowl, add all the ingredients for dressing and mix well.

**Assemble Bowls:**

Assemble bowls with quinoa, kale, squash, apples, walnuts, pepitas, and dressing.

Serves 4. Prep Time 1 hour. Cook Time 30 minutes. #mindfulavocado recipe by AMANDA  
Serving: 1bowl | Calories: 461kcal | Carbohydrates: 47.5g | Protein: 11.6g | Fat: 28.2g |

**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.

**These are the last months to use (or lose) your 2020 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!**

**St Margaret's Bay Chiropractic will be changing it up for 2020!**

**Donations will be going directly to the St. Margaret's Bay Food Bank.**



**In addition to toys, we welcome non-perishable food donations as well.**

**2020 is a tough year for many and we feel the need to support those here in our community as well as our community service organizations**

**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 year we continue the love but make it #local!**



We have the privilege of caring for many athletes in our community - both professional and recreational and at all ages!

Helping athletes play at their best is what chiropractic is known for around the country and the world.

Right here at home, we are cheering on the Halifax Thunderbirds Lacrosse team and doing our part to keep great players like Stephan on the field and making us proud to help!

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**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. Blend with a light citrus for freshness or temper with a bit of lavender if you find the pungency strong.

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.**

