



# Health News this month



## PRODUCTs 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 "putting up with" things?

As a front line health care worker, I get to hear first-hand complaints from patients. It often seems like they try to ignore them or blame them on some sort of "bogeyman", because they're "getting older" or it "runs in the family".

Some or all of these things could be true, but often are not. Sometimes these complaints have been there for weeks, months or years and a patient hasn't told me about them, even though I have seen them here 5, 10 or 20 times (for something else) since the issues began.

People ask me "Why should I mention these other things to you, Dr. Andrew? It isn't about my back!"

And I will answer: "because they often can be helped with regular chiropractic adjustments".

Some things that people "forget" to mention are (in no particular order) :

- my regular head aches
- my numb fingers at night
- my leg pains or restless legs
- my "lazy" or sluggish bowels
- my bladder incontinence
- my twitchy eye muscle
- my sore feet
- my sore achy joints
- my sinus headaches
- my low energy
- my sore knees-hips-etc that I just take my regular OTC meds to ease

When your spine is healthy, all the vertebrae are in line and the corresponding nerve roots are sending the proper messages to all target organs, things work better. Your body works better, it heals faster from injury, it has more resiliency and it is more adaptable to its environment. Let me know what is going on and maybe we can help!

**We honour our Veterans this month as "we remember" on November 11. We cannot take for granted the peace we are privileged to enjoy in Canada.**

**We are fortunate and we recognize the contributions of those who serve and have served in our military and support roles over decades of service. It is a sometimes thankless calling - today we remember to offer thanks.**

Dr. Andrew



**RECIPE OF THE MONTH**

**Sausage Stuffed Acorn Squash**

Ingredients

- ACORN SQUASH**  
 2 acorn squash, medium  
 2 tbsp olive oil  
 1/4 tsp salt  
 black pepper, freshly ground



**SAUSAGE FILLING**

- 1 tbsp olive oil  
 1 onion, small, diced  
 10 oz Italian sausage spicy, crumbled (WE USE CAVICCHIS - YUM!)  
 4 cloves garlic, minced  
 1 tbsp Italian seasoning  
 4 oz fresh spinach  
 1/2 cup dried cranberries  
 1/2 cup pecans, chopped

Instructions

- Roast acorn squash:  
 1. Preheat oven to 400F  
 2. Prepare the acorn squash - Slice in half and scoop out seeds and fleshy strands. If needed, slice the outer edge to sit flat, be careful not to cut too deep.  
 3. Place squash cut side up on baking sheet lined with parchment or foil. Drizzle the cut sides with olive oil and rub into the acorn squash. Season with salt and pepper. Turn the squash over - cut side down on the baking sheet.  
 4. Roast in the 400F oven for 30 minutes.

Make sausage filling:

1. Make the filling while the squash is roasting.
2. In a large skillet, heat olive oil, add diced onion, and cook on med-high heat for about 2 mins until cooked and a bit charred.
3. Add crumbled sausage, minced garlic and Italian seasoning and cook for 5 min more on med heat until the sausage is cooked through.
4. Add fresh spinach and cook for another 5 min on med heat until the spinach wilts.
5. Add dried cranberries and chopped pecans and mix everything.
6. Season with salt and pepper (may not need salt if sausage is well seasoned)

Stuff the acorn squash:

1. Remove the squash from the oven and turn cut side up.
2. Turn the oven to 350F.
3. Divide the sausage filling among the 4 halves and stuff until the mixture is level or higher than the squash.
4. Bake the stuffed acorn squash in the oven at 350F for 10-20 min until heated through.

With our local sausage, veg and cranberries it is perfect for November. A new fave for us!  
 (modified from <https://julasalbum.com/sausage-stuffed-acorn-squash/#recipe>)

(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*

•**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.

**Who shouldn't take this supplement?**

These ingredients are generally well tolerated in the doses prescribed. Of course, allergies to all ingredients are possible so please use caution if you have known allergies to similar foods or chemicals.

These can be taken any time of day. Absorption is generally best if you spread out multiple capsules but full doses can be taken safely at one time as well.

**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, 2022 @ 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.**

**Vacation time!**

Did you know that Dr. Andrew WON accommodations for a week in the Turks and Caicos by supporting the Hubbards Sailing Club auction last year? Well, it was pretty exciting and now we are heading south to enjoy this special week of sunshine.

**The clinic will be closed the week of November 28 - December 1, 2022** with the exception of occasional message and email checks. Dr. Andrew will have extra hours added to make sure you get in before he leaves if needed.

We will have an emergency number available, but we can not guarantee openings in another clinic so please don't leave appointments to the last minute if you "feel something coming on" :).



**We are hiring IMMEDIATELY!**

**Ideal hours for a student on Mondays and Thursdays from 4 - close (approx. 730-8 pm)**

Our lovely Tammy is retiring at the end of November to start up a new AirBnB business in Cape Breton. We will miss her smiles and her talent to keeping everyone laughing from the front desk.

These past 10+ years have flown by and we thank her on behalf of us, her co-workers and our clients who have benefited from her enthusiasm and good cheer.

**THANK YOU TAMMY!**

**Working at home OR back to the office?**

**Time for a posture check in! Bad habits are sneaky 😬**

This is a common mistake, especially if your desk is a bit higher than ideal for your body.

Adding a foot rest (for those of us on the shorter side), can help.

The PostureMedic (check it out in the clinic) is also a great tool for keeping those shoulders back and helping maintain upper back strength!



**UPDATES from St Margarets Bay Chiropractic 3.0!**

Some of you have probably driven by and noticed the new building is starting to take shape...very exciting to see the inside layout as well as the outer! Fortunately the weather has been pretty great (just one little delay for Fiona) so things are moving forward pretty well. The new space may even be ready for the end of the year if all goes well.

If you know anyone looking for an amazing commercial space to buy, we have one for sale too! We plan to stay in the current clinic until it is sold so there isn't a firm date for moving just yet. You will be the second to know, after our staff team!

Dr. Wanda Lee is continuing her healing journey. She is feeling better but this chiropractic adjusting business is hard work on the body! It is going to be a long road to recovery and the medical system moves slowly so we are trying to be patient. In the meantime, she has approval to do AquaFit exercises so you may spot her in the pool at Canada Games Centre doing some rehab!

Dr. Andrew has space for those of you who normally see Dr. Wanda Lee. Many have already been getting adjustments with him. We encourage you to keep your spine healthy and make sure you get your adjustments - don't wait for Dr. Wanda Lee!

If you would like another option or someone closer to home, that works too. Please let us know where you land so we can help make that transition as easy as possible. Plus, we worry about your well-being and knowing you are getting care makes us feel better :)

Here are some updated photos from the new clinic so you can join in our excitement!





**OUR SLEIGH IS COMING!**

**ANNUAL Toy and Food Drive**

**Donations of food and toys will be accepted from November 14 to December 9, 2022**



There are so many challenges in today's world. Let's help with this one!

We will be dropping off donations on behalf of our amazing chiropractic community to organizations in need. Thank you for helping us help others at Christmas and beyond.



**Is your community group looking for an engaging speaker to share health and wellness education?**

If so, We've got a guy for you! As more in-person events start up again, Dr. Andrew is available to your community group or organization as a guest speaker. He has presented to many over the almost 30 years of practice here in the Bay and loves to share a message of wellness along with practical ideas for your members to live better.

Topics like stress management, wellness and posture are popular as well as topic specific information on the nervous system, back/neck pain and headache issues.

Dr. Andrew can customize a presentation to your group so reach out if you have an idea that you want to explore.

The best way to connect is email: [info@stmargaretsbaychiro.com](mailto:info@stmargaretsbaychiro.com)



**How many miles are on your orthotics?**

Custom fitted orthotics can be very helpful in preventing and managing foot, knee, hip and back problems by 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 to start. You can use them in a variety of footwear so they offer the most flexibility. Custom shoes, boots (including steel toed) and sandals are also available.

These are the last months to use (or lose) your 2022 health benefits!

Prices are increasing in 2023 for all orthotics and orthotic shoes. We have managed to absorb the extra shipping and lab costs for the past decade, but it is unfortunately no longer an option! Prices will increase \$75-\$100 per pair in 2023 so book now to save!

**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.**

"In November,  
the trees are standing all  
sticks and bones.  
Without their leaves, how  
lovely they are, spreading  
their arms  
like dancers."  
- Cynthia Rylant, in November

BUT THERE IS ALWAYS A NOVEMBER SPACE AFTER  
THE LEAVES HAVE FALLEN WHEN SHE FELT IT WAS  
ALMOST INDECENT TO INTRUDE ON THE  
WOODS...FOR THEIR GLORY TERRESTRIAL HAD  
DEPARTED AND THEIR GLORY CELESTIAL OF SPIRIT  
AND PURITY AND WHITENESS HAD NOT YET COME  
UPON THEM.  
- LUCY MAUD MONTGOMERY -