

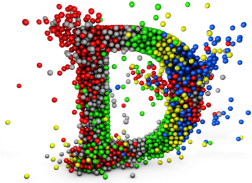


# Health News this month



## PRODUCT of the MONTH

### WE NEED MORE THAN A LITTLE SUNSHINE



Science suggests that 40-80% of people living in northern climates have insufficient Vitamin D. Even those in warmer areas show deficiencies. Vitamin D alone is helpful but in combination with K2, magnesium glycinate and MCT to ensure it works where and when you need it!



This is recommended for everyone all year around now, but especially in our dark and cold winter.

Vitamin D is shown to enhance immune system function in many ways. 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!**

NOTE: Vitamin D is a "fat soluble" vitamin so it is true that over a long time at high doses, you could have "too much". That would require taking over 5000 IU per day for many months or years. You are more likely to be too low than too high in our environment!

**SAVE 10% on Vitamin D Burst of Sunshine AND Vitamin D Boost for November!**

## Am I too old for chiropractic care?

Ok, let's deal with this common concern head on! I will use an example of a real patient to help explain (name changed for privacy).

"Mary" is 70-ish and has been coming to the clinic for many years for regular chiropractic care (approximately every 2 weeks). She has been told she has advancing osteoporosis (a bone weakening condition associated with aging, especially in post menopausal females). It can be very serious and is often referred to as "brittle bones".

Safely and effectively we adjust folks like "Mary" with a handheld instrument called an integrator or activator. Many of you have seen this tool if you have been in our practice. It is not only safe for those who may not like or be able to have other adjustments, but it is also very effective at moving the vertebrae and improving function or "alignment". I see a large volume of patients in the 65-100 years of age category and adapt treatment accordingly. Yes, 100...you read that correctly!

In Mary's case, recent spinal X-rays revealed very little osteoarthritis/ degenerative arthritis that many think is part of "normal aging" at age 75. It's not necessarily "normal" if you take care of your joints and nerves as you age.. It always amazes me what I see people putting up with or assuming is normal aging just because it is common. I also hear that this arthritic degeneration "runs in my family" and there is nothing we can do about it. Yes, there is. Ask a different doctor! If we all took great care of ourselves like Mary, this wouldn't be "normal" or common anymore!

You were made to move and your joints in your spine are no different. When you combine regular adjustments (that move the spine) with healthy safe exercise and proper supplementation and menu choices, age can really be "just a number".

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.**

THANK YOU! Dr. Andrew



### CALENDAR OF EVENTS

#### Saturday, November 4, 2023 @ 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.

#### Break time!

The clinic will be closed the week of November 13 - 17, 2023 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" :).



Christmas is Coming!

We are supporting the Salvation Army C100 Toy Drive. This is over 20 years of donations with a short hiatus during Covid.

Thanks to all who have been asking and preparing for our annual opportunity to give.

Please drop off an unwrapped toy to the clinic BEFORE FRIDAY DECEMBER 8, 2023. The final collection date hasn't been announced yet but this is usually when the drop off is held at Cineplex Theatre.

#### Planning for good care!

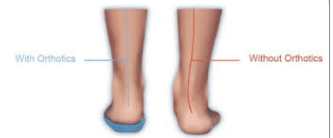
With the final months of the year coming up, many of you have insurance related questions for us.

Some of you may have coverage remaining and have a recommendation for chiropractic treatment or orthotics that you can fulfill. For others, benefits may be getting tight.

Ask us how to help navigate your recommendations to ensure you are not going to have a gap in care that ends up costing money and time!

### 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 2023 health benefits!



### WELCOME BEV

You have probably noticed a new smiling face at the front desk for the past couple of months. We are excited to have Bev join Wendy in helping us help you!

We are also featuring Bev as our Patient of the Month. It is great to know that she shares your experience as a patient and the benefits of chiropractic care :).

"Since starting Chiropractic care with Dr Andrew, about 5 weeks ago, I have noticed incredible changes! Not only has it improved my immune system drastically, it has also impacted my nervous system in a very positive way. I'm feeling so much calmer and more relaxed. Oh yeah, and the pain in my shoulder is gone. Thanks Dr Andrew!

\*Required disclaimer: Any and all information is shared with the expressed written consent of the patient. Results are individual and are not meant to promise or imply the same for others.

### 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!



### NOVEMBER REMINDERS

Two months later, you'd wish you had started now

One day everything you go through will make sense

No one can force you to grow Only you can do it

You are your home. Take care of it

Be with people who are good for your mental health

OurMindfulLife.com