



Health News this month



PRODUCT of the MONTH

GETTING RUSTY?



JOINT FORMULA PLUS

GLUCOSAMINE, MSM AND MORE FOR JOINT MAINTENANCE AND REPAIR

Quality. Affordability. Effectiveness.



10% OFF THE MONTH

10% OFF for OCTOBER

This is one of our Dr. Wanda's Wellness products that is highly recommended for those with arthritis or degenerative joint signs and symptoms and for those that work or exercise with intensity.

Building, maintaining and supporting joints is a key component to adding to your chiropractic care. The power combo of glucosamine and MSM have been shown in studies to help joint cartilage and reduce pain.

In this formula, Dr. Wanda has added the key ingredients that may be missing from other glucosamine options. These key ingredients help boost the uptake and usage of the supplement so you get more absorption and better action where and when it matters.

Find out more by asking the docs or check out the info sheet in the clinic!

AN OUNCE of PREVENTION... Science says, it's TRUE!

New research coming out of Norway has confirmed what we have known for years as chiropractors in our community! **Getting regular chiropractic adjustments vs waiting for symptoms to schedule your adjustment is a much healthier option!** Our patients know that regular chiropractic care keeps them feeling well and, just as important, if they do have a flare-up, an injury, or "over do it", those patients that are adjusted regularly often "bounce back" or recover much more quickly. This is one of the best studies we have seen to look clearly at **what is best for patients AFTER they complete successful acute and rehabilitative phases of chiropractic care.**

In the long run it can be argued that regular care is actually cheaper as we see in this study that regular clients had a **average of 13 days less pain in the year of study** than those who only came in when they were hurting. They ended up with similar costs for their care, but missed less work and enjoyed life much more! A win-win with more value for your health care dollars!!

The Nordic Maintenance Care program: Effectiveness of chiropractic maintenance care versus symptom-guided treatment for recurrent and persistent low back pain—A pragmatic randomized controlled trial.

The vast majority of us know that prevention is a key component of wellness and realize that you need your health first now AND also in the future as we age and want to keep moving comfortably. For those that don't stop in regularly, we will always welcome you anytime, but it may be time to consider this science... there is a healthier way awaiting!

Happy Thanksgiving and early Happy Halloween wishes to you all!
Dr. Andrew and Dr. Wanda Lee



RECIPE OF THE MONTH



PUMPKIN PIE BARS

Gluten free, dairy free, low in sugar...and still YUMMY! Yes, it is possible :)

CRUST

- 1 cup gluten-free rolled oats
- 1 1/2 cups almond flour* (not meal // or 1 cup raw almonds*)
- 1/4 tsp sea salt
- 2 Tbsp coconut sugar
- 1 Tbsp maple syrup
- 4-5 Tbsp melted coconut oil

FILLING

- 2 3/4 cups pumpkin purée (DIY here)
- 1/4 cup maple syrup
- 1/4 cup coconut sugar
- 1/4 cup unsweetened plain almond milk
- 2 1/2 Tbsp cornstarch*
- 1 3/4 tsp pumpkin pie spice (or sub mix of ginger, cinnamon, nutmeg & cloves)
- 1/4 tsp sea salt

Instructions

- Preheat oven to 350F and line an 8x8-inch baking dish with parchment paper.
- Make crust by adding oats to a blender (or food processor) and blending/mixing until you reach the consistency of oat flour (if using raw almonds, mix them with the oats)
- Add almond flour (not meal*), sea salt, coconut sugar and mix once more. Then add maple syrup and melted coconut oil and mix/pulse to combine fully. If it appears or feels too dry, add more coconut oil.
- Add crust to the lined baking dish and evenly disperse, then lay down parchment paper on top and use a flat-bottomed object to press down, packing the crust into place firmly.
- Bake for 20 minutes, then set aside to cool.
- In the meantime, add all filling ingredients to the blender (or food processor) and blend until smooth. Taste and adjust seasonings as needed, adding more maple syrup or coconut sugar for sweetness, or pumpkin pie spice or cinnamon for flavour.
- Once the crust is baked, pour the filling into the crust and tap on counter to remove air bubbles. Bake for 50 minutes - 1 hour. The filling will still be a bit jiggly and dark orange with some cracks - this is normal.
- Remove from oven and let cool completely before loosely covering with plastic wrap or foil and transferring to the refrigerator to fully set for 4-6 hours, preferably overnight. (see right to continue >>)

MESSAGE THERAPY:

“Emotional meets Physical”

It is sometimes difficult to understand that what we feel emotionally and mentally can result in physical discomfort and ailments. Understanding ourselves a little more and observing what emotions drive us can help reduce physical issues as well.

These emotions may arise from work, home or other stressors and experiences like health ailments, sports performance, MVAs or any other life situations that can evoke a rise in emotions. We may help to manage these emotions through a gentle form of homeopathic-like remedies called “Bach Flower Remedies”.

The original Bach Flower Remedies is a safe and natural method of healing discovered by medical specialist, Dr. Edward Bach from 1920 – 1930's in England. They aim to gently restore the balance between mind and body by balancing negative emotions such as fear, worry, hatred and indecision which interfere with the equilibrium of the being as a whole. It is a safe and natural way to aid in our own emotional health along with other medical or lifestyle options to you may use.

There are at least 38 different flower essences that were developed by the Bach Foundation that are still in use today and used world wide. Some of the essences are:

- Agrimony - may help to deal with mental stress behind a cheerful face
- Beech - may help to deal with intolerance
- Centuary - may help to deal with the inability to say NO
- Gentian - may help to deal with discouragement after a setback
- Pine - may help to deal with guilt
- Star of Bethlehem - may help to deal with shock
- Wild Oat - may help to deal with uncertainty over

one's direction in life

These are just a few of the 38 essences that deal with some of the emotions we may feel in life. The one essence blend that many have heard of is **Rescue Remedy** (which is even used for animals). It is a combination of 5 different flower essences and is one of the most popular one used worldwide.



If you are interested in helping yourself and learning more feel free to join us on Oct. 3 @ 6:00 pm for an information session on Bach Flower Essences. Please register in advance as we have limited space!

(Thanks to Christine Renaud, RMT for contributing this article.)

PATIENT STORIES OF THE MONTH



“Your attitude, not your aptitude, will determine your altitude.”

Audrey B. shared these words of wisdom with me that she lives by daily. I can't help but be inspired by this healthy, active woman living life to her fullest!

Laura R. is “living life without daily migraine headaches” for a professional mom of two that is huge!



If you think that YOUR STORY would make an awesome addition, let one of our doctors or staff team know! Are you back to doing something that you couldn't do before chiropractic? We would love to showcase your success in living an active and healthy life with chiropractic care!

- Once cooled, gently lift bars out of dish and slice into approx. 9 bars. I also sliced the edges off mine for appearance, but this is optional.
- Serve with coconut whipped cream and an additional sprinkle of cinnamon, nutmeg, and/or pumpkin pie spice if you like. Serve fresh if possible (may store in fridge 3d.)

CALENDAR OF EVENTS

HOLIDAY REMINDER:

Thanksgiving - Monday, October 8, 2018

The St. Margaret's Bay Chiropractic Centre is **CLOSED** to celebrate Thanksgiving.

Extended hours are available on Tuesday and Thursday with both docs to help accommodate your appointments!

Wednesday, October 3 @ 6 PM

Essentials of Bach Flower Remedies

Join Dr. Wanda Lee, Stephanie and Christine as they share some of the history and science of Bach Flower Remedies. These 38 plant remedies have been used for almost 100 years to help balance emotional and physical well-being.

\$10 workshop fee applies and you will have all the supplies to make your own take home remedy!

Please pre-register at the desk, call 902-826-1088 or email us at info@stmargaretsbaychiro.com to book a seat. Limited spots available (15) for workshop.

Saturday, Oct @ 9 AM

Beginner Ball Exercise Class

Join Christine Summerville in our complimentary introduction to ball and home exercise class.

Make sure you are doing the best you can to make and keep better mobility and strength for CORE and MORE!

Sign up at the front desk, call 902-826-1088 or email us at info@stmargaretsbaychiro.com

COMING UP IN NOVEMBER:

Wednesday, November 21 @ 6 pm

Dr. Andrew will be hosting a conversation about aging well, reducing inflammation and slowing down that nasty thing called arthritis! Learn key strategies, supplements and more that can help to minimize and prevent pain, keep you moving, and slow down the aging process, naturally.

Register for your seat (limited to 30) at the clinic or call 902-826-1088 or email info@stmargaretsbaychiro.com

REMEMBRANCE DAY - OPEN on Monday, November 12th for normal hours!

*Some have been asking about schedules around Remembrance Day. Since that day falls on Sunday this year, we will be **OPEN for regular**

“Gratitude shifts your focus from what your life lacks to the abundance that is already present.”
— Marelisa Fábrega

ESSENTIAL OIL OF THE MONTH

Organic Peppermint Essential Oil

Peppermint is one of the most versatile and well used essential oils in the world.



Peppermint is actually a hybrid species of spearmint and water mint. The essential oil comes from steam distillation of the fresh aerial parts of the flowering plant. Peppermint is one of the oldest European herbs used for medicinal purposes and can even be traced back to the Egyptian pyramids! This is not a new fad but a time tested method of helping your body feel and work better.

On the body, Peppermint essential oil feels cooling and calming. It is a wonderful application to relieve sore muscles and helps with both relaxing muscles and reducing inflammation. Peppermint is well known to soothe digestive issues as it relaxes muscle spasms in the digestive tract as well. Dr. Wanda Lee even used it during pregnancy for helping with nausea! Breathing in the essential oil helped with that nasty "morning" sickness!

Our essential oil is therapeutic and organic but not tested for food grade use. **We do not recommend ingesting essential oils by mouth unless you are sure they are food grade preparation and you use with extreme caution.** Aromatherapy is not the same as swallowing essential oils!

Try our organic therapeutic grade peppermint essential oil to work to:

- soothe digestive issues from mild upset to colic to irritable bowel syndrome
- freshen bad breath
- relieve headache (check our display for the inhaler recipe!)
- improve mental focus
- boost energy
- clear the respiratory tract and sinuses
- relieve and release muscle tension (this is a key ingredient in Dr. Wanda's Muscle Relaxing Blend!)
- reduce inflammation and joint pain with sprains, sports and arthritis
- tick repellent/bug repellent

Peppermint is a perfect place to start building your home library of organic essential oils and it offers incredible value in helping you feel better and function better in so many ways (plus it just smells great)! Make your own mixes or creams, diffuse it in the air or try it in Dr. Wanda's Muscle Relaxing body cream or roll on to help ease tight muscles and aches.

Because you asked...

We are often asked why we choose Aura Cacia and New Directions Essential Oils for the clinic and for ourselves. As you can imagine, Dr. Wanda spent quite some time researching and looking for quality that we can provide at a reasonable price!

Here are some features of Aura Cacia that you may find interesting too:

- Aura Cacia products are 100% pure essential oils, which lets you have confidence that you're getting true aromatherapy benefits in their application.
- The company has a unique business structure in the form of a co-op, where multiple owners and businesses decide the brand direction together.
- Aura Cacia personally meets with growers of their essential oil sourcing supply chain, establishing relationships and a common understanding of the level of quality control desired. This is especially important in organic grower as there are differing quality standards that may be used.
- Their bottles have child-proof screw caps, which looks a bit bulkier but is definitely appreciated in a family household environment.
- At Aura Cacia the mission is to be responsible to people and planet. Each purchase of an Aura Cacia product supports organizations that help women transform their lives through the brand's Positive Change Project. This is an annual grant program that supports organizations who encourage women and girls everywhere in the world to overcome difficulties and better their lives.

As with all things - look for the best quality in addition to great prices. That is why we feature these organic, therapeutic-grade essential oils for maximum health benefits to be affordable and effective!



It's that time of year again! Time to gather with family, give thanks, and enjoy a few slices of (gluten-free) pumpkin pie!

At St. Margaret's Bay Chiropractic Centre we are thankful that you have chosen us as a partner in your family's health. We are thankful for our amazing bodies that are capable of such great things and allow us to enjoy life to the fullest. We appreciate our blessings.

It's a wonderful time to sit down and reflect on what we are grateful for in our lives. We hope your health is at the top of that list!

Thank you all for sharing in our mission to inspire our community to live healthier lives.



Pre-Injury Baseline Concussion Screenings for young athletes and teams!

We are now scheduling pre-injury baseline testing for the months of October and November for teams and individual players.

At St Margarets Bay Chiropractic, we have tested thousands of young players and donated over \$10,000 back to local teams and players!!

Hockey, ringette, football, soccer, and rugby players are all at high risk. Early in the season is the time for baseline information BEFORE injury occurs.

This is a very useful tool to help guide care if an incident occurs to help your player recover well and get back in the game. However, it needs to be recent to offer that help and we recommend this close to pre-season play.

**Call us to arrange your team!
1 hour is required for a full team screening.**

COMMUNITY NEWS from our PRACTICE MEMBERS New Polish Monument Created



The main idea of the monument was to celebrate 300 years of Polish Canadians contribution to Canada's society. The principle element of the Monument is a natural sand stone donated by the famous quarry Brenna from Poland. The main element of the Monument, is set on a granite from Nova Scotia. This slab symbolize the new territory which was the destination for the emigrants. Its natural, porous surface symbolizes the earth that was not always friendly and easy to settle but gave hope and foundations for a better, solid future.

Simplicity and symbolism of the monument represents the fate of emigration, it's usually difficult initial years of adaptation and integration on the new society. The fact that the main stone traveled to Halifax similar way as thousands of emigrants did, gives the Monument a special emotional value. For me personally, I wish for my daughter in law Laura Rulka, who is also a grateful patience of Dr. Andrew, and my two beautiful granddaughters Athina and Aurora to be proud of their Dad's Polish roots and their "Babcia" (grandma in Polish).

The location of the Monument is in the immediate vicinity of the Museum of Immigration "Pier 21" in Halifax. All completed by volunteers and good people will. Opened to public on Sept 16, 2018. Submitted by Elizabeth Rulka

Is it "flu season" in your house?

Less sunshine and vitamin D, less rest with back to school routines and a faster pace of work, more grab and go food, more driving kids and sitting in field bleachers, gyms and arenas are all part of the fall season. Coming up this month, we will have the added challenge of all of that Halloween candy and then the stress of Christmas with shopping malls, too many cookies, and busy schedules. ALL of these things mean MORE STRESS (physical, chemical and emotional/mental) on your nerve and immune systems at this time of year and more "fuses blown" that make it hard for your body to function at its best.

There are lots of ways we attempt to fight flu season medically but let's not forget what YOU can do for yourself as well to address the inside causes of "getting sick". Let's all look after ourselves better so those pesky viruses can't take over. These are all scientifically supported ways to stay healthier in all seasons and help boost immune responses:

- 1 Get enough quality sleep.
- 2 Drink more water.
- 3 Supplement with Vitamin D and Vitamin C.
- 4 Get more frequent adjustments.
- 5 Take time to relax.
- 6 Exercise.
- 7 Wash your hands often with soap and water.
- 8 Put less sugars and carbohydrates in your menu.
- 9 Use organic essential oils to help clear the air with natural antiviral and antibacterial properties (Eucalyptus is particularly effective!).
- 10 Oil of Oregano is a great tool with it's antimicrobial properties to help fight off the "bugs" when those around us are sick.



And...if you do get sick, do even more of all of the above except exercise (take a rest instead). Every little bit we can do will help and if we all take care of ourselves and our families, our entire community can be healthier!