



Health News this month

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PRODUCT of the MONTH

GETTING RUSTY?



JOINT FORMULA PLUS

GLUCOSAMINE, MSM AND MORE FOR JOINT MAINTENANCE AND REPAIR

Quality. Affordability. Effectiveness.



10% OFF THIS 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!

Children also need Chiropractic Care!

Fall is such a busy time for parents and children. It's back to school and back to activities like soccer, hockey, ringette, dance, football, and more. You know what I mean and those of us that are parents get it too!

Although we fully endorse physical activity and sports of all kinds because movement is vital for wellbeing, sports and activities also come with a "downside".

Every child also has 24 spinal bones protecting that very delicate spinal cord and its nerves. We all remember how flexible and "bendy" we were as children, but that doesn't mean we were bullet-proof either! Children bounce more than they break but those bounces can leave undetected issues in the spine.

"Function of the spine or nervous system is to perceive the environment and co-ordinate behaviour of all other cells and organs"

St. Margaret's Bay Chiropractic Centre

Unfortunately for our messaging systems, the pain tolerance in kids and teenagers is very high. Sometimes they don't even know their spine is "out of alignment" or not functioning properly. Maybe it has been like that so long that it even feels "normal"! It may not be until years later that the pain and damage is actually felt.

Parents and kids are often surprised by how much imbalance and nerve damage shows up when we do our computerized nerve and muscle testing in the office (otherwise known as scans). These tests don't lie. It is precisely why we recommend regular check ups by a chiropractor and scans be done on all kids no matter if they are having pain/symptoms or not. Its painless and it's easy.

How we measure stress on your nervous system in our office

Dr Andrew:
"Any stressor that tips you into prolonged, unchecked, sympathetic firing = disease."

St. Margaret's Bay Chiropractic Centre

So book your child in for a scan today (and maybe yourself too if it has been a while)...prevention is key and early correction is the next best thing. Test, don't guess with your health and well-being. Chiropractic can help!

We hope you all enjoy the beautiful and busy fall season!

Dr. Andrew and Dr. Wanda Lee

RECIPE OF THE MONTH

Easy Breakfast Alert! EGG CUPS

For anyone who has yet to discover these amazing timesavers, let us share some of our favourite versions. The possibilities are endless so add what your family likes to make your own special recipes.

Here are a couple of favourite options:



Ham and Cheese Muffins

- Line muffin tin cups with sliced ham (one or two depending on thickness).
- Add chopped or shredded cheese in the bottom of the cup.
- Crack an egg directly into each muffin cup (try not to break yolk but ok either way!).
- Optional: Top with black pepper or smoked paprika.
- Bake at 400F for approx. 12-15 minutes (depending on how you like your yolks plus thickness of ham and size of eggs). Be careful not to over cook as eggs become "rubbery".



Easy Omelette Cups

- Grease muffin tins or use parchment muffin liners/silicone liners.
- Whisk eggs and salt/pepper to taste.
- Add onion finely chopped if desired.
- Fill 1/2 of muffin cup with egg mixture.
- Add your toppings of choice to remaining egg mixture (we love spinach and cooked bacon, mushrooms and tomatoes chopped, or whatever is leftover or ready to use in the fridge PLUS cheese - cheddar, feta or mozza all work and we use goat versions for no dairy).
- Bake at 350F for about 20 minutes.

These are a great way to feed kids and teens a quick and nutritious morning meal. They are also great to have on hand for snacks and give a protein boost instead of reaching for carbs after school or when we need a lunch on the go.

Store in an airtight container for a few days or freeze and wrap individually for easy reheat later!

MASSAGE THERAPY:

There is just 3 months left in 2019!

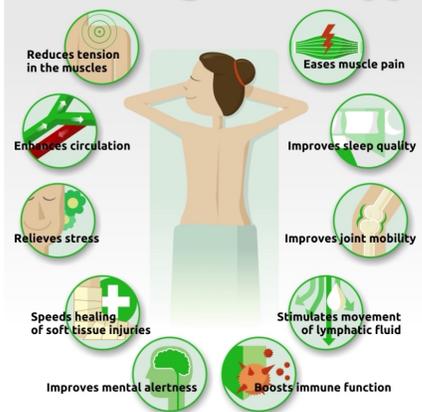
When it comes to extended health benefits it is true: If you don't use it, you lose it!

Have you checked your health coverage recently to see if you have benefits that include massage therapy? If you haven't, it might be worth checking out. Most plans cover some amount toward massage therapy treatments and usually benefits don't carry forward to next year.

Along with chiropractic care or on its own, massage has many health benefits that could be right for you. Now with the perfect time to try it and see if those nagging aches and pains from all the summer fun will leave your body for good before the stress of winter and holidays comes around!

(Thanks to Stephanie Locke RMT for contributing this article.)

10 Benefits of Massage Therapy



CONGRATULATIONS!

One of the highlights of our 25th anniversary celebration was our GIANT gift basket prize draw! With some of everything, it has a value of over \$550.

Congratulations to Elizabeth for winning. We know you will enjoy!

PATIENT STORY OF THE MONTH

Celebrating 25 years! Thanks to all who were able to come and a special thanks to Jeanette and Bill who have been benefiting from chiropractic care since the beginning! We love making a difference in people's health now and love that the benefits can be over a lifetime.

"Coming to this office over the past 25 years is a part of my lifestyle and it keeps improving every year."



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 you LOVE that you couldn't do before chiropractic? We would love to showcase your success in living an active and healthy life with chiropractic care!

Please note that these are individual results shared with permission. Every client and patient is unique and the same results are not guaranteed to all. Your health history, treatment, and results as well as your activities and lifestyle are all part of your unique care plan and response to chiropractic.

CALENDAR OF EVENTS

HOLIDAY REMINDER:

Thanksgiving - Monday, October 14, 2019

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 23 @ 6:30 PM
Staying Healthy in a Stressful World

Join Dr. Wanda Lee and Dr. Andrew to learn about healthy ways to manage and improve your body's response to stress.

We will share things you can do for yourself, how chiropractic and massage can help, what nutritional concerns often arise, supplements and essential oils that are recommended...and much more. Learn what is happening to you under the stress of busy lives and how you can "stress-proof" your body!

Please pre-register at the desk, call 902-826-1088 or email us at info@stmargaretsbaychiro.com to book a seat. **Limited spots available and everyone is welcome. Please feel free to bring a friend and share with others!**

Saturday, Oct 19th @ 9 AM
Beginner Ball Exercise Class

Join Christine Summerville in our complimentary introduction to ball and home exercise class. This is a special added benefit just for patients/client of St Margaret's Bay Chiro!

Make sure you are doing the best you can to make and keep better mobility and strength by learning to do these exercises with the supervision of a personal trainer.
Sign up at the front desk, call 902-826-1088 or email us at info@stmargaretsbaychiro.com

COMING UP IN NOVEMBER:

REMEMBRANCE DAY - OPEN on Monday, November 11th at 3 pm!

*Some have been asking about schedules around Remembrance Day. Since that day falls on Monday this year, we will be opening following the ceremonies to put you back in line after all of that standing! **We honour our veterans by closing during ceremony times and appreciate your understanding of our limited hours on that day.**

COMING UP IN DECEMBER:

We will be hosting some "SHOP LOCAL" Saturday mornings to make Christmas shopping fun and easy! **Look for dates coming up** next month and join us to save \$ and shop our health store.

ESSENTIAL OIL OF THE MONTH

Organic Peppermint

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

Peppermint is actually a hybrid species of spearmint and watermint. The essential oil comes from steam distillation 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 as it encourages circulation.

Ever wonder why restaurants serve mint after dinner? Peppermint is also 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 that lasted far longer than just the morning!

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!

We do now have an organic essential oil spray in peppermint (and one in cinnamon) that is approved for internal use. **Check out our Divine Essence breath freshener** in the clinic...they are both yummy!

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 why it is a key ingredient in Dr. Wanda's Muscle Relaxing Blend!)
- reduce inflammation and joint pain with sprains, sports and arthritis (another reason it is in our Muscle Relaxing blend!)
- tick repellent/bug repellent - Ants seem to especially hate peppermint!



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, add a few drops to an epsom salt bath after your massage... or try it in Dr. Wanda's Muscle Relaxing body cream or roll on to help ease tight muscles and aches.

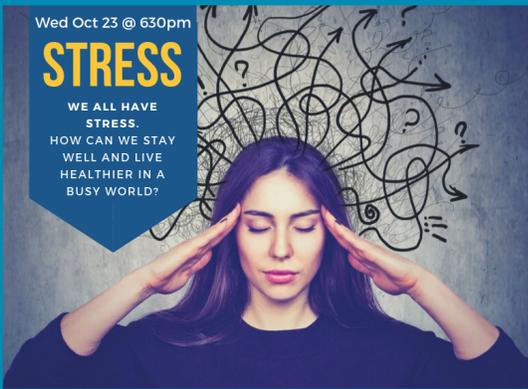
Because you asked...

We are often asked why we choose Aura Cacia and New Directions Essential Oils as primary suppliers 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! 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!

Wed Oct 23 @ 6:30pm

STRESS

WE ALL HAVE STRESS.
HOW CAN WE STAY WELL AND LIVE HEALTHIER IN A BUSY WORLD?



Join Dr. Wanda Lee and Dr. Andrew at St. Margaret's Bay Chiropractic as they share the science of stress as well as real-life ways to help yourself live better.

Find out what YOU can do to stay well, reduce pain and prevent stress-related issues with chiropractic, nutrition and supplements, essential oils, self-care and more!



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. We love to do what we do and appreciate you for allowing us to do it!

Pre-Injury Baseline Concussion Screenings for young athletes!

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!!

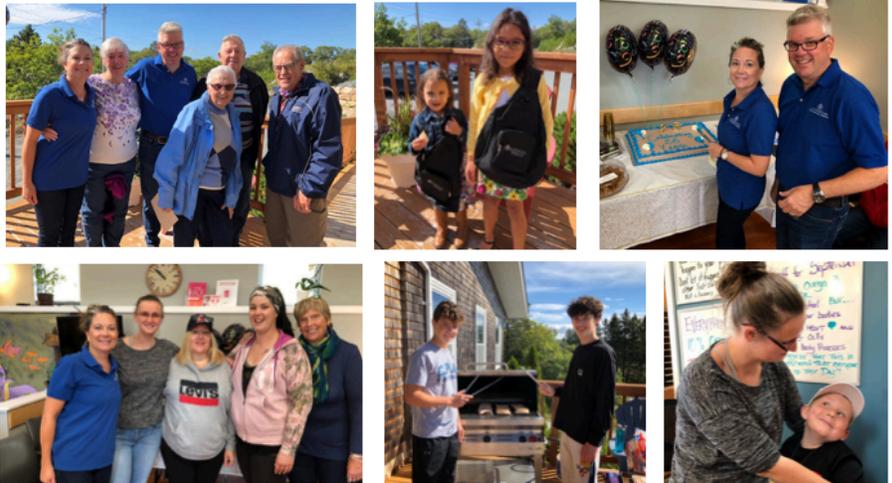
Hockey, ringette, football, soccer, and rugby players are all at high risk. Early in the season is the time for baseline information BEFORE injury occurs.

This is a very useful tool to help guide care if an incident occurs to help your young 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 for those under the age of 15. Older athletes have more consistent expectations. Younger athletes vary widely in their development and skill level in performing the SCAT testing and having a personal "normal" pre-injury allows the most accurate "apples-to-apples" comparison.

Call us to arrange a screening for your athlete!

SPECIAL THANKS for sharing our 25th ANNIVERSARY!

We were having so much fun sharing our memories, great food and some happy laughs that we didn't get a lot of photos from the big day! Here are just a few snapshots of our 25th Anniversary BBQ. Thanks to all who came out for our rescheduled event...it was a beautiful day. Looking forward to the next 25!



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 its 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!

