



# 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 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!

## October Already!

Well, its that time of year - pumpkin spice latte ,heavy sweaters, leaves, vibrant colours and salmon fishing on the majestic Margaree River !

Many things come to mind for me in this newsletter, so in no particular order here is what's top of mind to me:

1. It's Thanksgiving and I have much to be grateful for! Most recently, Fiona hit the Maritimes hard and although she left a wake of destruction in her path, I feel blessed to live in a country where there are so many helping us out in times of need. What are you grateful for?
2. I make plans this time of year to exercise and get outdoors. You have heard us talk about walking before. Besides the obvious physical benefits, the research into dementia and aging is overwhelming for walking being the single most important thing you can do to prevent dementia. It helps your brain that much!
3. I think about the winter and coming inclement weather. It makes it hard to get out safely for walks when the ice and snow arrive. I make plans to visit my local gym more often and visit my favourite yoga studio more too. I heard recently that the Bay Seniors have started a tai chi class again. I like classes because the social aspect is very important for our well-being too! Make plans, don't wait, winter is coming! Having a "plan B" to substitute for walking outside ensures you won't loose any momentum.
4. Keep your joints moving! Slow down the degenerative changes in your spine and continue to get regular adjustments. Think it like keeping the rust away! And what's even better is that the chiropractic adjustment also up-levels the communication functions of your brain and spinal nerves. As you all know, this positively affects how you move and everything you do and experience !

Have a wonderful fall season, enjoy and cherish your loved ones,

Dr Andrew



**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!

**Because Birthdays and giving Thanks seem to go together, our Birthday sale is on until Thanksgiving weekend!**

**PATIENT STORY OF THE MONTH**



This is a HUGE THANK YOU to Jerry for treating our team to an amazing chef's lunch at our staff meeting last month. We take care of you because we love to, this was such a surprise bonus (and yes that is non-alcoholic beverages LOL) Thanks Jerry for sharing your talents with us! It was yummy

Happy Halloween!

Wishing all of our little's a safe and fun trick or treat adventure this year.

P.S. Skeletons make a great costume!



## CALENDAR OF EVENTS

### HOLIDAY REMINDER:

**Thanksgiving - Monday, October 10, 2022**

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

**Dr. Andrew has extra hours on FRIDAY, October 14 to make space available! He will be in the clinic 730am until 1030 am as needed.**

**Saturday, Oct 15, 2022 @ 9 AM**

### Beginner CORE 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.

We are very limited in spacing due to covid19 restrictions. Registration is required.

**Sign up at the front desk, call 902-826-1088 or email us at [info@stmargaretsbaychiro.com](mailto:info@stmargaretsbaychiro.com)**

(Next class is November TBD, 2022)

### COMING UP:

#### REMEMBRANCE DAY

With Remembrance Day on a Friday this year, we will be closed for the entire day on November 11, 2022.

#### VACATION WEEK!

Dr. Andrew and Dr. Wanda Lee will be on vacation from November 29 to December 2 and there will not be clinic hours.

Emergency coverage is tricky but we will try to have some options on the answering machine for anyone in need while we are away. This is not an easy thing to provide these days and is one reason that we don't take off for long!

The docs are heading to the Turks and Caicos on a trip they WON last summer at the Hubbard's Sailing Club Auction. A perfect example of why donating to fundraisers in our community can have added benefits :) Thanks HSC for all the work you do for our wee sailors. We are proud to support your efforts!

## 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.*** Essential oils are mainly used for AROMATHERAPY - scent is not the same as swallowing essential oils! (SEE MORE ON PAGE 4 - How to use 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 that are affordable and effective!

**Want more reading on Peppermint oil?**

**Check out these links:**

<https://www.sciencedirect.com/topics/medicine-and-dentistry/peppermint-oil>

<https://www.webmd.com/a-to-z-guides/peppermint-oil-uses-benefits-effects#1>

The effects of peppermint on exercise performance

<https://jissn.biomedcentral.com/articles/10.1186/1550-2783-10-15>

<https://www.healthline.com/health/benefits-of-peppermint-oil#forms>

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

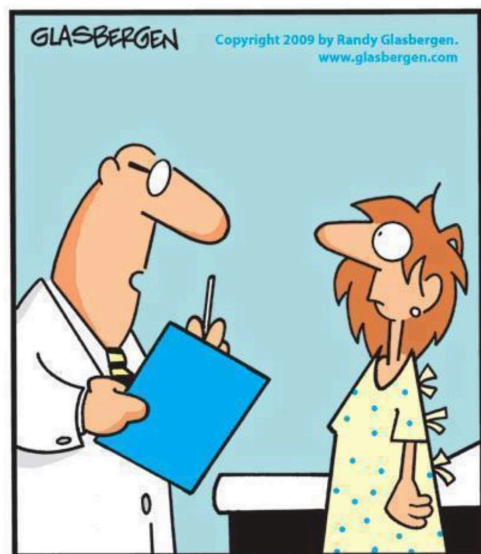
Dr. Wanda Lee and Dr. Andrew are looking forward to a visit from Dr. Bruce, Dr. Andrew's Dad, for the holiday. Let's hope for great hiking weather!

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!



"You have a rare condition called 'good health'. Frankly, I'm not sure how to treat it."

## You know what fall brings to St Margaret's Bay? Wet and mucky weather. Know what comes next? Snow!



Although we don't want to bring up the dreaded winter weather, we do need to make a few changes to our shoe/boot policy once again so we can keep the clinic sanitary and safe (not to mention save the floors).

We will once again be taking shoes off in the foyer before you come in the clinic, especially on wet days. We have 2 chairs to sit comfortably and shoe racks to hold wet items.

We have slippers! Please note the "clean" and "dirty" baskets so the slippers can be sprayed with our medical disinfectant between uses.

We are happy to have that option again but if you are one of the rare clients who prefers the blue plastic booties, let us know. We have those too.

### How to use ESSENTIAL OILS

By special request, here is a quick primer on how to use essential oils at home!

Essential oils are primarily used for AROMATHERAPY. This means we take them into our bodies via breathing with our sense of smell.

They are really not "oils" but concentrated chemical compounds from a plant that has been condensed to a liquid after extraction from a plant. They are volatile chemicals so they readily evaporate into air and can be absorbed by breathing them into the lungs. Their nature also makes the absorbable via the skin and especially the thin linings of our nasal passages.

Essential oils stay in the body for up to 48 hours according to scientific studies. Some oils last longer than others of course!

With over 200 essential oils to choose from, where do you start? Everyone is different with different needs and different preferences. They are natural substances but there can still be allergies and sensitivities for some people. If you are sensitive, try testing a very small amount of oil diluted in water or oil and apply to your inner forearm. There shouldn't be any redness or itching!

Once you pick one or more oils that you like, now we get to put them to work! Using a diffuser the oil is combined with water and steamed into the air. This is very effective but you do need the diffuser machine. If you don't have one, no problem! Putting a few drops in a small saucer of water will evaporate - it just takes a bit longer to get into the air! Terra cotta or porous stones make great diffusers too. Just drop a few drops on top and let them naturally evaporate.

I like putting a few drops in a bath or adding a few drops to coconut oil/shear butter for body creams to add the skin absorption as well as the aromatherapy intake!

Unless they are specifically FOOD GRADE and safe, DO NOT take essential oils by mouth. We do not recommend ours for ingestion!

Thanks for the suggestions for this article! Hope it helps make health easier 🍷