



ST MARGARET'S BAY
Chiropractic Centre

BODY • FAMILY • LIFE

Dr. Andrew Kleinknecht B.Sc. D.C.



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902.826.1088

Serving the St. Margaret's Bay and surrounding communities since 1994.

PRODUCT of the MONTH

GETTING RUSTY?



JOINT FORMULA PLUS

**GLUCOSAMINE, MSM AND MORE
FOR JOINT MAINTENANCE AND REPAIR**

Quality. Affordability. Effectiveness.



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!

4 Tips for Creating an Ergonomic Work Space for Kids or Adults working from Home:

With children and adults spending more time at our computers schooling from home or working from home it's important to make sure we all have an ergonomic work space. And, fortunately, creating an ergonomic work space for home doesn't have to be difficult.



Here are 4 simple things you can do to improve your posture and comfort while working:

- Make sure the feet are resting flat on the floor (get a stool or stack of books to put your feet on if they can't reach the floor)
- Keep the computer monitor at eye level to avoid neck strain and about an arm's length away
- Put a pillow between the back and the chair so that the back is fully supported
- Last, but definitely not least, get up and move! Our bodies are made to move, so a few laps around the living room in between homework or business zoom calls will do wonders for your body and mind.

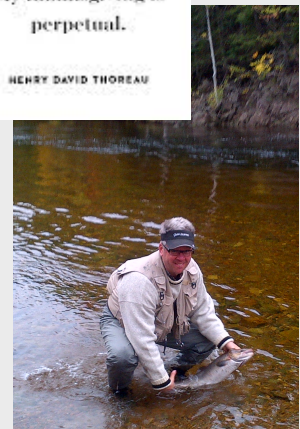
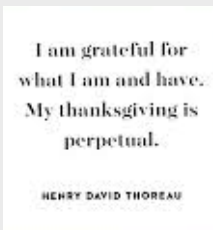
HAPPY THANKSGIVING TO ALL!

On a different note, I love this time of year!

I love to get out and chase wild Atlantic salmon in our beautiful rivers and of course, I love thanksgiving. I don't know about you, but it reminds me of all that I am grateful for in life.

With that in mind I urge you all to soak it all in and get away from your desk this fall season. Get outside and enjoy the colours wherever you live or visit in our beautiful province!

Happy Thanksgiving!
Dr Andrew and Family.



CALENDAR OF EVENTS

HOLIDAY REMINDER:

Thanksgiving - Monday, October 9 2023

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

Dr. Andrew has extra hours on FRIDAY, October 13 to make space available!

He will be in the clinic starting at 8 am until we fit everyone in...

We will be OPEN on Truth and Reconciliation Day on October 2, 2023. We will be marking the day and it's important meaning to our country and our community in the clinic.

Saturday, Oct 14, 2023 @ 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 of St Margarets 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.

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

(Next class is November 2023)

Oct. 31, 2023 Happy Halloween! No hours changes will apply.

COMING UP: VACATION WEEK!

Dr. Andrew will be on vacation from November 13 to 16, 2023 and there will not be clinic hours.

Stay tuned for a few social media photos of the greatest team on earth in action...that's right, the Montreal Canadiens!

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 the clinic is not closed for long!

PATIENT STORY OF THE MONTH

I am an active senior that has been a patient of Dr. Andrew and Dr. Wanda Lee since approximately 1997.



I first came to St. Margaret's Bay Chiropractic because of ongoing neck and shoulder issues. My medical doctor would prescribe anti-inflammatory drugs which would help for the short term but not get to the root cause. I had immediate relief from my first visit without drugs.

I also had a bad case of "plantar fasciitis" that was so bad I had to take time off from work. Dr. Andrew had it under control within 3 weeks and it has not returned. Most people with this condition end up going for surgery and it was totally not needed.

If not for my regular biweekly adjustments, I know I would not be enjoying the good health I do enjoy as a senior person.

I would recommend that all people make chiropractic care a part of their health regime. I started my great-granddaughter with Dr Wanda Lee and Dr. Andrew right after she was born and she is hardly ever sick....one of the healthiest babies I know!

I have been a patient for 25 years and can't imagine my life without Dr. Andrew and Wanda Lee!

Submitted by Pat R.

**Please note that all information is shared with the expressed permission of clients. This is the experience of an individual and is not meant to imply or guarantee results in others. Health care is unique to each person's history, diagnosis and condition.



RECIPE OF THE MONTH

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!

It's that time of year again...



Happy Halloween! Wishing all of our littles a safe and fun trick or treat adventure this year.

P.S. Skeletons make a great costume!

