



Health News this month

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PRODUCT of the MONTH



**NUTRI-SEA
OMEGA 3
FISH OIL**
(formerly called
Ascenta)

**10% OFF for
SEPTEMBER**

Omega oils are essential but are not produced by our bodies. They must be supplied by our diet to maintain many everyday functions.

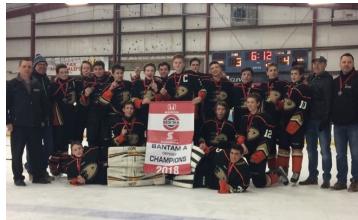
Omega fatty acids are responsible for the proper functioning of the cell membrane so are critical to the health of ALL cells. These omega fatty acids regulate many body processes and are keys to immune system responses, hormones, brain neurotransmitters, nerve system function and reducing inflammation.

Unfortunately, a shift in our diet means the vast majority of people are not getting enough of this key nutritional need through diet alone. Many experts suggest that this is the one key supplement that EVERYONE should add to their day.

Just one teaspoon per day of Ascenta Nutri-Sea omega oil will fulfill your recommended daily intake with an ultra-pure source!

Quality matters in our supplements, and especially with fish oils. Concerns about fish oil and mercury content is real and we have researched our source to ensure the clean, pure ingredients for better health all around.

Taking Necessary Precautions for Fall Sports



With the coming of the season and the chill in the air at night, it seems like the wonderful stretch of summer weather is coming to an end. In our house, it also means the start of football and hockey...maybe it's ringette or soccer in your house! All sports bring some degree of physical risk and we all want to take steps to prepare our young athletes for the upcoming season.

It makes no difference whether your child/teen is playing tackle football, heading the ball repeatedly in soccer, or going into the boards in hockey or ringette, there is always a risk of head injury/concussion and neck/spine injuries. These injuries may be acute or they may not show their full effects right away. Long term effects of repeated spine and/or head trauma are well documented in the popular press and research.

Here's what we recommend (and what we do with our own children):

1. Get a baseline concussion test done. We have done this for years at our office for many individuals and teams and have previously worked for the local minor hockey organization, TASA. Some MDs and PTs are also trained to do this. It makes no difference where you do it but get it done early or before each season before an incident. This helps your health care team to properly know when it is safe to return to play after the injury. The research recommends these from approximately 8 to 15 years old.

2. Be proactive with regular chiropractic care for your child/athletes. Not only will this help them perform at a higher level, but the research shows we recover much quicker from injury when already under care. It has also been our experience over the last 20 years, that when accidents happen (and they do!), those that have put in the regular work beforehand recover much faster and are able to return to play much quicker. Being proactive vs reactive with your chiropractic care is good for everyone, and especially well known for athletes. The pro athletes do it and amateurs and youth can have the same benefits!

Enjoy the fall sports and best of luck to your athletes as they compete, get great exercise, learn teamwork, and stay safe and healthy. And most of all, I hope they enjoy sports as much as our children have too!

Dr. Andrew



RECIPE OF THE MONTH**Dr. Andrew's Energizer Breakfast Shake**

- 1 to 2 scoops of our vegan, pH balanced Seven Point 2 Protein shake powder
- 1/2 avocado
- A small/med handful of Goji berries or blueberries
- 1 glass of organic unsweetened coconut water or plain water
- A large handful of organic spinach or cucumber (or both!)
- 1-2 Tsp of Ascenta Omega oil

For variety, add a few berries, some cacao powder, peanut butter or almond butter. You can make a different healthy flavour every day.

This is a great start to busy back-to-school mornings.

Blend and relax to enjoy or grab-and-go!

THANKS TO Dr. Liz!

Thanks, once again, to Dr. Liz Hallett for taking such good care of our St Margaret's Bay Chiropractic family while we enjoyed our summer vacation!

We spent our vacation in Maine with friend and used the week to relax and rest. A perfect re-boot for our bodies and minds!

**PATIENT STORY OF THE MONTH**

This month's story is from Robert Keddy. He shared this:

"Acute sciatica flattened me and took the fun out of everything. Chiropractic got me laughing again and back in the saddle!"

We love to hear stories like this. Getting out of pain is step one. Then the healing can begin once the fire is out. When you feel good physically, you feel better mentally and enjoy life the way it is meant to be lived.

Thanks for sharing Robert! We hope this inspires others to get help and have hope that they can get back to laughing again too.

Want to share your story? We post one on Facebook most weeks to celebrate our client's great wins and bring inspiration to others to get well and live better. Let us know at the front desk or at your adjustment visit and we can make it happen :)

**BACK TO SCHOOL...NEED NEW SHOES?**

Check out our selection of orthotics and custom fitted shoes, sandals and boots! With back to school, your child or teen might benefit from a better fit and more support. Your insurance coverage may help cover the cost - and in the end save you \$\$ over shopping at the mall.

Ask us for a catalogue or check out some of the selection at www.oolab.com for more.

SCHOOL LUNCHES ARE BACK!

Back to School means back to lunch boxes. Not always the best part of September! This is always a challenge for Moms and Dads to balance time, nutrition and appealing snacks and meals for kids. Planning ahead and doing prep on the weekends makes it easier to stay on track during the busy weeks. Pre-cutting veggies, preparing a couple of great protein options and keeping healthy snacks at the ready are some of our strategies.

Here are some of our favourite resources for healthy lunches:

- <http://thepaleomama.com/2013/08/40daysofglutenfreelunches/>
- <http://www.ourpaleolife.com/2013/03/kids-paleo-lunches/>
- <http://homnompaleo.com/post/59118514268/paleo-lunchbox-roundup>
- <http://www.paleoplan.com/2015/08-19/back-to-school-paleo-lunch-inspiration/>
- <http://paleononpaleo.com/paleo-school-lunches/>

(NOTE** not all of the suggestions online here are "nut free" and school approved. You can modify! Just substitute an appropriate safe option like sunflower seed butter for the nut butters and you are ready!)**



CALENDAR OF EVENTS

**Saturday, September 29, 2018 @ 9am
CORE EXERCISE for BEGINNERS
with Christine Somerville**

We offer the class at **no charge** to our patients but space is very limited so **please register** at the office or call 902-826-1088 or email us: [\(Next classes Oct 20 and Nov 24\)](mailto:info@stmargaretsbaychiro.com)

SPECIAL HOURS in September:

We are closed on Labour Day, Monday September 3rd. Dr. Andrew and Dr. Wanda Lee will have extended hours on Tuesday afternoon/evening.

**Dr. Wanda Lee and Dr. Andrew will be out of the clinic September 17-21, 2018
Dr. Liz will be here to fill in again!
Her hours will be:**

**MONDAY, Sept 17 from 130 - 830 pm
WEDNESDAY, Sept 19 from 130 - 730 pm
FRIDAY, Sept 21 from 7 - 1130 am**

STAY TUNED! SPECIAL EVENTS for FALL 2018

Keep an eye on these newsletters each month as well as our FACEBOOK page for some exciting events that we are planning for fall 2018!

Christine, Stephanie and Dr. Wanda Lee are preparing an evening to share Bach Flower Remedies with you! Bach Flower Remedies have been in use for almost 100 years and are homeopathic based flower essences that can provide help with emotions like stress and anxiety as well as improve sleep.

**Join them for an information session and make your own remedy blend on Wednesday, October 3 @ 6 pm.
Call 902-826-1088 to reserve a seat
Limited to 25.**

We also have a series of events planned to share more nutrition information on request,

Dr. Andrew will be hosting an evening to discuss arthritis and joint inflammation with proven strategies to help minimize, manage and prevent pain and degeneration. There is hope!

Dates are pending as we work out everyone's fall schedules and get settled back into fall sports, school and work routines. Stay tuned :)



SEPTEMBER...It's our birthday!

24 YEARS of serving our Community

We thank you all for your trust and your confidence in us and in chiropractic. Here's to another year of healthy wellness living in the St Margaret's Bay/Tantallon area and beyond!

TIME TO "FALL" BACK ON TRACK with MASSAGE!

August has come to a fast end it seems and the beginning of September means school is just around the corner. All the fun summer activities we have all grown so fond of in the heat are coming to a close - camping, swimming, baseball, water sports, and road trips. Before you know it the aches and pains from summer activities may become the "new norm" BUT they do not have to!



With the kids returning to school and the older ones going back to university, why not treat yourself to a regular massage program for this new school year.

We offer various hours throughout the week to suit everyone's time needs and can plan around work, school and sports schedules. We even have hours on Sunday if you can not get in during the work week!

Call today to book your Massage and start your fall health plan at (902) 826-1088.

ESSENTIAL OIL of the MONTH

Organic VETIVER



The very soothing and cooling effects of this essential oil **calms all sorts of inflammation**. It is particularly good at providing relief from inflammation in both the circulatory and nervous system. **It has been researched in studies of ADHD children with an amazing 100% improvement noted in attention and behaviour.** With back-to-school time at hand, this is a great tool for students.

The essential oil of vetiver is most well known as a **nerve tonic**. It takes care of the nerves and maintains their good health. It also heals the damage done to the nerves by shock, fear, and stress. This would be a great addition to your diffuser during stressful times or post injury or accident. It may help to soothe and calm nervous irritations and emotional outbursts such as anger, anxiety, restlessness, and nervousness. It even benefits patients that suffer from **insomnia**.

Vetiver essential oil also benefits patients with **rheumatism, arthritis, gout and muscular aches** with its anti-inflammatory effects.

It also promotes the growth of new tissues of the skin to minimize scarring. This is also useful for post-delivery stretch marks for pregnant women, after spots left by pox and burns.

The essential oils of grapefruit, lavender, and ylang-ylang blend well with the essential oil of vetiver. This essential oil is very safe, being a non-irritant, non-sensitizing and non-toxic substance. It is a very strong scent and a little bit goes a long way. It is a thicker oil and sometimes you need to remove the cap and use a toothpick to access a few drops for your blend. Enjoy our organic vetiver!

Say Hello - TO - September

*by all these lovely TOKENS
september DAYS ARE HERE,
WITH SUMMER'S BEST OF weather
AND autumn's best of cheer.*

[H.L. Jackson]

Get (and KEEP) Your Head in the Game

In the past 7 years of screenings, we have provided testing for thousands of young athletes in our community and donated both many hours of time and over \$10,000 back to youth sports in our community.



If you are ready for a new screening this year please contact the office. Testing is \$25 per player. All team proceeds (min 10 players) are donated back to the team's fundraising account!

Due to the time required to do the testing, special "after-hours" office times are available with limited spaces so contact us early to arrange a spot for your team.

Please call 826-1088 or email info@stmargaretsbaychiro.com to book in your team or player.

Have YOU lifted your child's backpack lately?!

Get Smart! Check the Chart:

If you weigh.....	only carry
28 kg/60 lbs	2.2 kg/5 lbs
32 kg/70 lbs	3 kg/7 lbs
40 kg/90 lbs	6 kg/14 lbs
50 kg/110 lbs	7 kg/16 lbs
59 kg/130 lbs	9 kg/19 lbs
68 kg/150 lbs	10 kg/22 lbs
77 kg/170 lbs	11 kg/25 lbs
86 kg/190 lbs	13 kg/28 lbs

Here are some great guidelines on backpacks that will help guide families in choosing wisely and selectively filling those packs!

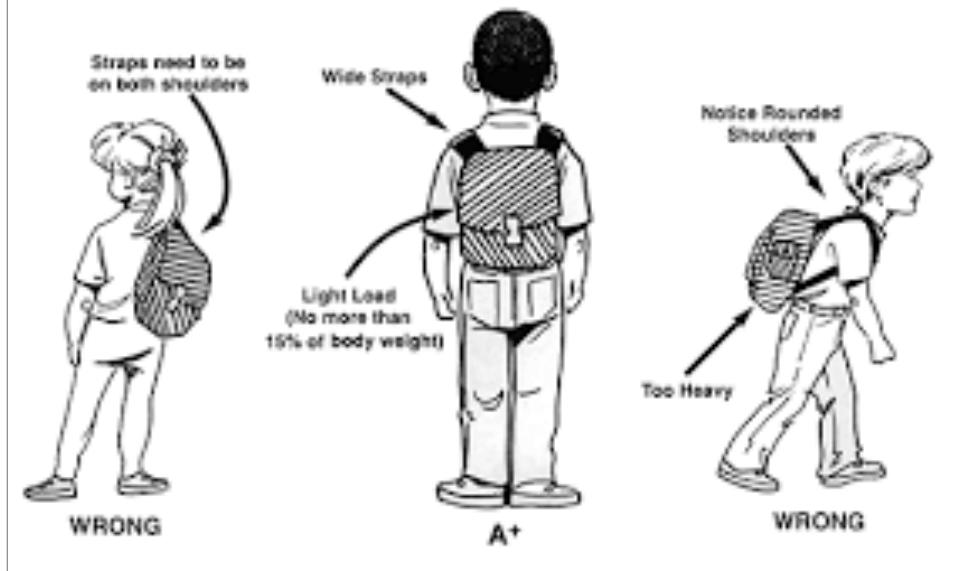
**Please make sure it is less than 10% of their body weight.
(Check our chart for more details.)**

It should have two snug fitting shoulder straps and a waist strap.

It should be worn close to the body.

If you have any concerns or questions, just bring along the backpack for your next appointment and we can check the fit with you!

Is Your Child's Backpack Making The Grade?



Of course I am sad you're going back to school, because I have to stay home all alone where it's quiet and do whatever I want.

Is it just me or did mom seem a little too happy about the first day of school?

