

Health News this month



PRODUCT of the MONTH



NUTRI-SEA OMEGA 3 FISH OIL

**10% OFF for
SEPTEMBER**

Omega oils are considered essential because we need them for hundreds of processes but they are **not** produced by our bodies. They must come from our diet and are critical to key areas like heart and brain health.

Omega fatty acids are also responsible for the proper functioning of the cell membrane. This makes them critical to the health of ALL cells. Omega fatty acids regulate many body processes and are keys to your body's 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 essential fatty acids in our diet alone. We also usually have imbalanced amounts of omega 3, 6, and 9 due to processed foods and oils used. Many experts suggest that this is the one key supplement that EVERYONE should add to their day.

Just one teaspoon per day of 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 this one passes the test for clean and healthy fish oil.

THANK YOU! Celebrating a quarter century!!

25 yrs ago we choose to practice here in St Margaret's Bay. For a naive, broke, nervous young guy from Ontario arriving to practice here in the Bay, it felt like home from the start!

Chiropractic was different then. There were not many of us around and not many knew what we did as chiropractors. My dad, Bruce, practiced chiropractic in Elmira, Ontario for over 55 years and I followed his advice: "go where you think you would love to live and the rest will follow". Having met my future wife and fellow chiropractor, Dr. Wanda Lee at Mt Allison University, we decided to travel around the Maritimes a bit, looking for the naturally right community to live and work in for the long haul.

We felt so welcomed in the Bay from the get go! I remember opening up my first office in Wayne Redmond's mall in Upper Tantallon. My current front desk "captain", Renee Fogarty joined me shortly after as we struggled to pay the bills and gain a foothold in the community.

We feel blessed and honoured to be called "my chiropractor" by many in the Bay and beyond and are proud to see how chiropractic has gained recognition and is now often seen as an integral part of everyone's health care team. We are proud to be helping you, along with your family doctor, dentist and optometrist. We could not have enjoyed this journey without your trust and willingness to embrace us and chiropractic care.

Our two children were born here (quite literally as we had two home births attended by midwives). Claire is now second year at MtA and so far is on track to become a third generation chiropractor. Fingers crossed! If you are still with us in about 7 years, she could be adjusting you!! Thomas is entering his last year of high school and it looks like math and physics will be his thing so not likely another chiropractor to continue the legacy.

From our humble beginnings and from the bottom of our hearts, we THANK YOU! It has always been about the people to us and it will continue to be for many more years to come! On behalf of Wendy, Carol, Renee, Tammy, and our two massage therapists Christina and Stephanie, we appreciate your trust in us over the years.

Please come and help us celebrate as you are all part of our family! Drop in and grab some food, hot off the BBQ and enter your name for door prizes or just come by and say hello. All are welcome! We would love to welcome current patients, former patients and those we have become friends with and done business with over these last 25 yrs in the Bay area. Our anniversary celebration will take place at our office (rain or shine) on **Saturday, September 7 from 11am - 1pm.**

We hope to see you here!
Dr. Andrew and Dr. Wanda Lee

PLEASE JOIN US IN CELEBRATING!
SATURDAY, SEPT 7, 2019 @ 11AM - 1 PM
BBQ, PRIZES, DRAWS AND SPECIALS!



**It's our 25th
Anniversary!**

RECIPE OF THE MONTH**BUDDHA BOWLS****Ingredients**

8 oz firm tofu, chicken, or beef
 1 sweet potato, peeled and cubed
 1 onion, sliced
 2 cloves garlic, minced
 1 tablespoon peanut or avocado oil
 1 cup chickpeas, drained and rinsed
 ½ tsp salt, to taste
 ½ tsp pepper, to taste
 1 tsp chili powder
 1 tsp garlic powder
 1 ½ cups cooked quinoa
 1 cup leafy greens, like baby kale, or spinach
 ¼ cup shredded carrots
 1 avocado, diced
 Juice of 1 lemon

MARINADE

2 tsp avocado or olive oil
 ½ tsp sesame oil
 1 tsp hot sauce
 2 tsp dried thyme
 1 t tsp paprika
 ½ tsp salt

**Preparation**

- In a small bowl, combine the vegetable oil, sesame oil, hot sauce, thyme, paprika, and salt. Set aside.
- Add the marinade and tofu/chicken/beef to a container and marinate for at least 30 minutes, or up to a day.
- Preheat the oven to 400°F (200°C).
- Lay the sweet potato, onion, and garlic on a baking sheet and drizzle with oil. Season with salt and pepper.
- Bake for 20-25 minutes.
- In a medium bowl, add the chickpeas, salt, pepper, chili powder, and garlic powder to a bowl and stir to combine.
- Transfer chickpeas to a skillet and cook over medium heat for about 10 minutes. Set chickpeas aside.
- Tofu: Fry the tofu in the same pan for about 10 minutes on each side. Slice tofu to your preference.
- Chicken/Beef: Slice and stir fry or cook whole in advance and slice when done.
- Combine the quinoa, greens, sweet potatoes, onions, chickpeas, carrots, tofu, and avocado in a medium-large bowl and top off with lemon juice or try our favourite peanut sauce (below)

Peanut Sauce:

1.5 c peanut butter
 1/2 c lime juice
 2/3 c soy sauce
 1/4 c maple syrup
 1 tsp dried ginger
 4 grated garlic cloves
 1/4 tsp chilli flakes

- Add water to thin as needed
- Whisk all together in a bowl or jar.

This is one of our favourite pre-prep, ready to go meals for evenings with late work hours and/or a busy kid activity schedule. It also makes great lunch leftovers or make enough for a couple of days and have a night off

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. Vetiver oil is distilled from the plant's roots, and it contains over 100 components. The oil is amber-brown in color, and it's described as a sweet, woody and smoky fragrance. Similar to patchouli oil and sandalwood essential oil, the odor of vetiver develops and improves with aging, and the scent varies depending on the plant's location.

One of the most interesting studies found excellent results of vetiver in helping to manage ADHD/ADD symptoms*** in attention and performance. The essential oils that were used in the study were lavender, vetiver, cedarwood and Brain Power (which is a blend of frankincense, sandalwood, melissa, cedarwood, blue cypress, lavender and helichrysum essential oils). The essential oils were tested one at a time for 30 days per oil; the children used an inhalation device at night and inhaled the essential oil about three times a day when they were feeling "scattered." The final results were extremely promising — lavender oil's benefits were apparent, as it increased performance by 53 percent, cedarwood essential oil increased performance by 83 percent and **vetiver oil increased performance by 100 percent!** With vetiver safely helping to manage busy brains, it is a wonderful, safe option worth trying - especially as we head back to school and become busier at work.



Vetiver essential oil may benefit patients with rheumatism, arthritis, gout and muscular aches with its anti-inflammatory effects. It also may help skin healing and to minimize scarring. This would be a great addition to your diffuser during stressful times or post injury or accident. It even benefits patients that suffer from insomnia.

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

***Find the [reference by clicking here](#) in our online version or search Dr. Terry Friedmann, MD to read the full study.

PATIENT STORY OF THE MONTH!

"Dr. Wanda's Headache Helper.....FANTASTIC!!!"

I suffered from tension and migraine headaches all my life. Over the years I have tried many products, both prescription and over the counter, with no relief significant enough to keep using them. In 2008, I decided to try Chiropractic. Well!!!! Here I am almost 11 years later with a significant reduction in migraine headaches and a cranky sciatic nerve in my back that has been put in its place!



Still having tension in my shoulders and neck and headaches here and there (I think every woman on the planet can relate!), I decided to try Dr. Wanda's Headache Helper. If I don't need to use the product through the day to help ease an oncoming headache, I still apply it to my temples or wrists at bedtime. The aroma has a wonderful calming, relaxing effect and allows me to drift off to sleep without carrying the weight of the day. I am looking forward to trying more of Dr. Wanda's products.

Knowing the care, quality and dedication that has been put into developing these products to help heal not only my body but mind as well, are trusts I do not have in any other products being sold today."
 - Stephanie B. (reprinted with permission)

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 :)

CALENDAR OF EVENTS

It's our 25th Anniversary!

Please join us to celebrate on Saturday Sept 7th 11 am - 1 pm



Saturday, September 14, 2019 @ 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: info@stmargaretsbaychiro.com

(Next classes Oct 19 and Nov 16)

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.

There are also a couple of evening football games for Thomas and the CPA Cheetahs that we won't want to miss. It is hard to believe it is grade 12 time already! We will arrange other evenings to cover appointment hours and ask for your understanding in advance as we enjoy these final events with our baby boy.

STAY TUNED! SPECIAL EVENTS for FALL 2019

Keep an eye on these newsletters each month as well as our FACEBOOK page for some exciting events that we are planning for fall 2019! We have several plans in the works and plan to offer another free lecture series in the community.

Celebrating 25 years!

There is no way to capture everyone who has been so involved in our practice for the past 25 years. We have been making a point of saying a special thank you especially to those of you who have been part of our family for 20+ years. This is just some of our amazing community!





Keep Your Head in the Game

We have been doing pre-season concussion screenings and post-injury assessments in the community for almost 10 years! We have been on the frontlines and have provided testing for thousands of young athletes. As part of our community efforts, we have donated both many hours of time and over \$10,000 back to youth sports in our community with our Keep Your Head in the Game fundraising program.

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.



MASSAGE THERAPY

REST PREVENTS INJURY!

It's common sense that resting is beneficial for injury reduction, but why? Well for starters, rest days prevent overuse. That extends from running to lifting and even walking. If you're a regular runner, you know how much your legs and feet can take until you just need a day off. If you push it too hard without a break, your muscles and joints suffer from overuse and that's where injuries can happen.

YOUR MUSCLES NEED REST

This is likely the first thing you learned about strength training! When you lift weights or exercise, you're essentially making tiny tears in muscle fibers. Without a proper period of rest for your immune system to repair and grow the muscle, you're not going to get the benefit of your training. Reduced range of motion, diminished muscle strength, and inflammation are all common. It's during rest periods that muscles have time to recover and rebuild in stronger formations and increase in size.

YOUR PERFORMANCE WON'T DIP WITH PROPER REST

In general, it takes your body almost two weeks of non-activity before you start losing a noticeable amount of your progress or performance level. So don't think that taking a day or two off (or even a week of vacation) will set you back all that hard work you've put in.

OVER-TRAINING AFFECTS SLEEP

Is your sleep all over the place? Over-training could be the culprit. Too much exercise can put your body in a constant state of restlessness or on high alert making a good night's sleep tough to achieve. A telltale sign is an increase in your resting heart rate. Taking those rest days can help bring down your alertness and heart rate, which can help get you a night of sound sleep.

YOUR IMMUNE SYSTEM CAN "OVERHEAT"

During periods of heavy activity, our immune systems are constantly activating to repair muscles and joints. Without proper rest, your immune system can't catch up to all the repairs your body needs. And then? Yes, more injuries (and maybe even more colds!)



Whether they're in it for health, happiness, or an upcoming vacation, many gym-goers want to look and feel a certain way — and fast. But in the process of strengthening the legs, chest, or any other muscle group, rest is just as important as reps. Yep, turns out that strength and muscle gains, actually occur outside the gym, during periods of rest, not inside the weight room.

Need help improving your muscle mobility and add to your exercise "gains"? Massage can help! Keeping muscles looser, encouraging better circulation and improving on repair and healing are all part of what we do for you.

(Article submitted by Christina Renaud, RMT)

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

THANK YOU!

Thanks, once again, to Dr. Amy for looking after our emergencies and to all of you for booking your adjustments around our vacation week. We spent our vacation in Maine with friends and used the week to relax and rest. A perfect re-boot for our bodies and minds.

Summer may be winding down but great memories were made. We hope these will hold us through the long winter!

