



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.

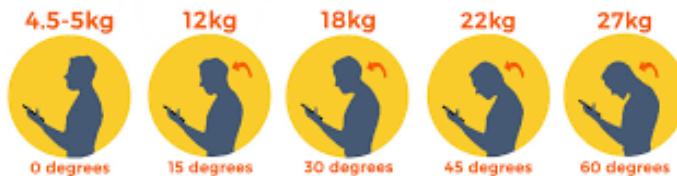
What to watch for as we get back to school and work: Text Neck or Tech Neck

The latest research says that we spend on average 2-4 hours hunched over our smart phones every day!

Further research shows that the average human head weighs approximately 8 pounds and at a 15 degree forward angle that makes the head weigh about 27 pounds and at a 60 degree angle, hunching over, the actual weight of the head is close to 60 pounds!

Know your posture!

With a seemingly innocent tilt of the head,
you are actually exerting:



As our children head back to school it is very important that they are aware what improper use of smart phones, tablets and computers is doing to their spines. Repetitive strain occurs on the joints, nerves and muscles of the upper back and neck. This has resulted in an explosion of symptoms in kids and teenagers we use to see only in adults. The following symptoms could suggest a problem with "Tech Neck".

- Headaches
- Neck pain, aching or burning
- Numbness and tingling into the arms and shoulders

If you or your children suffer from any of these symptoms, the best thing to do is have their spine and posture checked by us or another chiropractor ASAP. Secondly, a discussion is needed about safe posture to prevent these symptoms from happening in the first place.

Proper preventative measures should include:

- Take frequent breaks
- Sit up straight with your shoulders back and head looking out rather than looking down
- Hold the phone up higher to eye level
- Ask us how to stretch properly and do these exercises regularly

Smart phones are here to stay and the side affects of improper usage are a real and growing problem. We have to manage our posture better and bring more awareness to practice prevention and smart habits. This will help you and your family feel and function better now AND be better in the long run too!

Happy Back-To-School from Dr. Wanda Lee and 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!

RESEARCH CORNER

Here are some great reads for those who like a bit more information about our supplement of the month:
Omega Fatty Acids!

From Harvard Medical School:

<https://www.health.harvard.edu/staying-healthy/should-you-be-taking-an-omega-3-supplement>

From the Cleveland Clinic:

<https://my.clevelandclinic.org/health/articles/17290-omega-3-fatty-acids>

From Alberta Health:

<https://www.albertahealthservices.ca/nutrition/Page14679.aspx>

PATIENT STORY OF THE MONTH

This month's story is from Luke!

"I've always been into action sports. I've had more broken bones than fingers I can count them on! When I was 16, I crashed my mountain bike and fell 15 feet to my face, breaking my sternum and doing damage to my back."

I used to have chronic back pain. I couldn't sleep and every time I stood up, I groaned. I can't thank Dr. Andrew and the team to SMB Chiro enough. You've saved me so much pain and now I'm getting back to feeling how a 30 year old should. I can bike, paddle, drum and work better than ever!"



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 :)



SEPTEMBER...It's our birthday!

26 YEARS of serving our Community ❤️

We thank you all for your trust and your confidence in us and in chiropractic. We are particularly grateful this year with all of the changes and delays to care due to Covid-19. We appreciate your patience and your loyalty to our clinic, team and doctors during these strange times. It is our pleasure to be part of such an amazing community for all of these years!

Here's to another year of healthy wellness living in the St Margaret's Bay/Tantallon area and beyond!

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

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.

CALENDAR OF EVENTS

WE ARE STARTING CORE CLASSES UP AGAIN!

**Saturday, September 19, 2020 @ 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: [\(Next class is October 3\)](mailto:info@stmargaretsbaychiro.com)

SPECIAL HOURS in September:

We are closed for chiropractic services from Sept 1 to Sept 4 as well as on Labour Day, Sept 7, 2020

Dr. Wanda Lee is driving with their son for university drop off in Ontario and will be quarantined on her return until Sept 20 (unless things change). She is booking appointments again starting on Sept 21 for now.

Dr. Andrew is taking a few days to rest before doing double duty at the clinic! He is here for everyone until Dr. Wanda Lee is able to return. He will have additional hours on Wednesday pm and as needed to make sure all of our patients and clients are looked after!

WELCOME AMBER!

We hope everyone has had a chance to meet our newest smiling face at the front desk, Amber Marriott. It may be hidden with a mask at times but the smile is there!

Amber has been training with us for a few weeks as we get ready to say good bye to Jaida who is heading back to school at Acadia.

Katherine will still be here after school plus Tammy and Wendy are here as usual. We know Amber is fitting in great to our team.

Please introduce yourself and let Amber get to know you, your preferences and how best to reach you when we need to get in touch. This is a great time to also update your files in advance of winter weather!



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 routine with an appointment by calling (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!

AND...an extra "back to school routine recipe to share!"

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 chili 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!

Have YOU lifted your child's backpack lately?!

Get Smart! Check the Chart:

If you're hauling more than 15% of your body weight (10% for younger kids), lighten up. Now!

If you weigh.....only carry

28 kg/50 lbs	2.2 kg/5 lbs
32 kg/70 lbs	3 kg/7 lbs
40 kg/90 lbs	4 kg/14 lbs
50 kg/110 lbs	5 kg/16 lbs
59 kg/130 lbs	6 kg/19 lbs
68 kg/150 lbs	7 kg/22 lbs
77 kg/170 lbs	8 kg/25 lbs
86 kg/190 lbs	9 kg/28 lbs

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

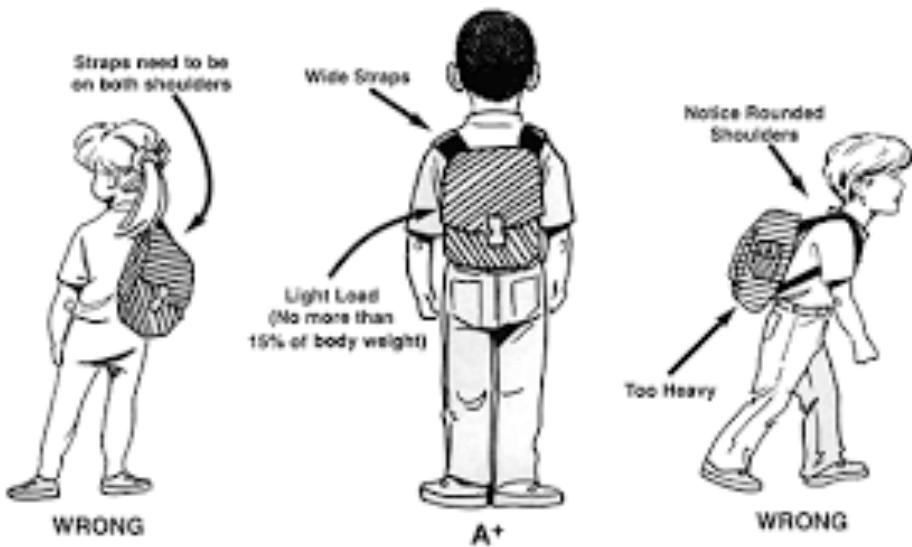
Please make sure it is less than 10% of their body weight.
(Check our chart for more details.)

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?



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.H. Jackson]