

Health News this month



PRODUCT of the MONTH



NUTRI-SEA OMEGA 3 FISH OIL and DEPA

**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. See our research links on Page 2 for more!

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.

Sleep Matters!

Proper rest and sleep is essential but often not talked about enough. Sleep time is healing time. When our body is less busy with other things, this is time for repairs to happen!! Here are a few basic tips to consider that I have found useful from my own research and experience.

1. Minimize blue light exposure before bed; otherwise known as screen time from electronic devices. Research shows this affects melatonin (the sleep hormone) in our brains.
2. Prepare yourself for sleep, take 15-20 minutes before sleep to calm your body rhythms in preparation. I like to read (paper book) in bed for 20 minutes or so. Or listen to quiet meditative instrumental music to prepare myself for sleep.
3. A room too hot is a sleep killer! This can be difficult in our summers without a heat pump or air conditioner of some kind but being too hot is a definite sleep killer. Ideal room temperature for sleep is suggested around 18 degrees C or 65 F.
4. Avoid late night snacks or eating before bed time. This will definitely mess up your internal clock as digestion actively kicks in before you sleep. I have been there!
5. For many people caffeine is a major sleep disruptor. Depending on the author, any caffeine contains products in the afternoon can disrupt sleep. Remember caffeine is not just found in tea and coffee but also chocolate, energy drinks and pop/soda.
6. Avoid the night cap (alcohol) before bed. There is no denying a glass of wine or a beer helps to give you a "calm" feeling, but consuming right before bed is a major sleep disruptor. It elevates heart rate and fires up digestive processes. Both things that you don't want happening before sleep. Research would suggest no alcohol for 3 hours before bed.



RECIPE OF THE MONTH**Healthy Gluten-Free
BLUEBERRY MUFFINS**

One part of eating healthy is eating good food in season. With amazing blueberries right now, here is a great way to get them into our diets.

What makes these healthy? There is no butter, no refined sweeteners, no gluten and no dairy in these healthy blueberry muffins. They are truly a perfect grab and go muffin and great for kids too!

INGREDIENTS:

1 cup + 2 tablespoons gluten free oat flour
 1 cup packed super fine blanched almond flour
 1/4 teaspoon salt
 3/4 teaspoon baking soda
 2 eggs, slightly beaten
 1/3 cup pure maple syrup
 1 teaspoon vanilla extract
 1/2 cup unsweetened almond milk (or any dairy free milk of choice)
 1 tablespoon olive oil (any neutral oil will work)
 1 teaspoon apple cider vinegar (or fresh lemon juice)
 1 cup fresh or frozen blueberries

DIRECTIONS:

1. Preheat oven to 350 degrees F. Line 9 muffin cups with liners and spray the inside of the liners with nonstick cooking spray (this is important so that they do not stick!).
2. In a large bowl, whisk together 1 cup oat flour (reserving the 2 tablespoons for later), almond flour, salt and baking soda.
3. In a separate large bowl, mix together eggs, maple syrup, vanilla, almond milk, olive oil and apple cider vinegar until smooth and well combined. Add dry ingredients to wet ingredients and stir until just combined.
4. In a small bowl toss blueberries and oat flour together, then gently fold them into the batter.
5. Divide batter evenly between 9 muffin cups, filling 3/4 of the way full. Bake for 18-25 minutes or until toothpick inserted come out clean or with just a few crumbs attached.
6. Transfer pan to a wire rack to cool for 10 minutes then remove muffins from pan and place on wire rack to cool completely. Makes 9 medium muffins (or 12 small muffins).

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I would also add as a chiropractor, if your spine is unhealthy aka "out of alignment" there can be pain or discomfort that will wake you up. Also, pain activates the fight/flight response that makes it hard to shut down and rest. One of the most common "side affects" of eating regular adjustments is improved sleep!

These are just a few of the most common contributors to poor sleep and usually easy things to change for most of us. For those of you who feel like you already do these things and still have issues with sleep disruption, I suggest you check out Dr Wanda's products like [Deep Sleep Assist](#) or [Stress ReBalancer](#). Depending on the reasons why your sleep is poor, one of these can help break the cycle and support what you need to get back to a better sleep. There is lots of research on our website to explore more about these supplements.

Cheers to better sleep!
 Dr Andrew



Time really does fly when you are having fun!
28 YEARS of serving our Community ❤️

We thank you all for your trust and your confidence in us and in chiropractic.

We have now spent more than half our lives here and it is our pleasure to be part of such an amazing community for all of these years! We are grateful.

We would like to celebrate with gifts!
ALL PRODUCTS ARE 10% OFF ALL IN STOCK PRODUCTS FOR OUR BIRTHDAY MONTH OF SEPTEMBER!

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

HAPPY BIRTHDAY SALE!

CALENDAR OF EVENTS

WE ARE STARTING CORE CLASSES UP AGAIN!

Saturday, September 24, 2022 @ 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
Cancellation fees will apply without 24 hours notice.

SPECIAL HOURS in September:

We are CLOSED for Labour Day on Monday, September 4, 2022.

Dr. Andrew will have additional hours on Friday, September 9, 2022 to make sure everyone is taken care of!

Dr. Wanda Lee's healing sabbatical continues with no set dates at this time. Unfortunately, standing and bending continue to be the challenge and it is just about impossible to do what we do with those limitations. We will keep you posted as things improve.

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>

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.** (<https://www.ejmanager.com/mnstemp/55/55-1448500242.pdf?t=1542041165>) 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.

Vetiver is a strong "base note" in aromatherapy. It is also very thick in the bottle, unlike other oils, as it is made from resin. Don't be surprised if it is hard to drop from the top and you may need to remove the dropper top to get to it! Sometimes you need to remove the cap and use a toothpick to access a few drops for your blend.

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. Enjoy our organic vetiver!

CANCELLATIONS POLICY REMINDER

Cancellation Policy

There will be a \$25 cancellation/no-show fee if you are unable to make your appointment without giving at least 24 hours prior notice.

There has been a sharp increase in last-minute cancellations and no-shows for appointments in the last few months. We know that in summer it can be tricky to keep track of the days, but this has a significant impact on our community of patients, the staff team and the docs, especially with Dr. Andrew doing "double duty".

We haven't been great at enforcing the policy but we are going to be a more attentive going forward. For a recap, here is our policy:

PLEASE provide 24 hours notice to cancel your appointment.

If you do not have 24 hours notice, if we can reschedule your appointment for that day, there is no additional fee.

If you do not provide 24 hours notice and cannot reschedule the appointment, there is a \$25.00 cancellation fee.

We appreciate your understanding. Obviously, significant emergencies and snowstorms are allowed some "wiggle room" so don't worry in those instances!

BACK TO SCHOOL RECIPES "BUDDHA BOWLS"

This is a **BONUS** recipe and one of our go-to make ahead meals, especially for busy sport schedule nights! It also makes great lunch leftovers or make enough for a couple of days and have a night off!

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 chilli 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

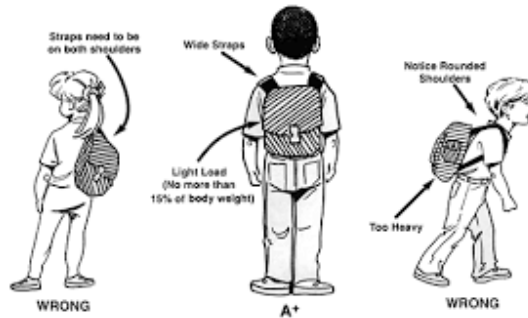
- In a small bowl, combine the vegetable oil, sesame oil, hot sauce, thyme, paprika, and salt. Set aside.
- Add the marinade and tofu/chicken/beef to a container and marinate for at least 30 minutes, or up to a day.
- Preheat the oven to 400°F (200°C).
- Lay the sweet potato, onion, and garlic on a baking 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 (or alternative for allergies/school)
- 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/shake all together in a bowl or jar.

BACK TO SCHOOL: POSTURE MATTERS!

Is Your Child's Backpack Making The Grade?



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**.

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/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

Know your posture!
With a seemingly innocent tilt of the head, you are actually exerting:



What do you know about TEXT NECK?

The latest research says that we spend on average 2-4 hours hunched over our smart phones every day! 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 used to see only in adults.

The following symptoms could suggest a problem with "Tech Neck":

- **Headaches**
- **Neck pain, aching or burning or neck stiffness**
- **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**

**Good posture and ergonomics is important at EVERY AGE.
We are here to help!**