

# 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 omega fatty acids are 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.**

## Beach Potato?

Summer is awesome and this year more than ever seemed kind of short, or maybe its just me?

In the summer, some of us chill and relax and lounge around a bit more than our usual routine as the kids are off and the rhythm of life seems slower at times. Fall can almost be like a new year in some respects .

If you follow me at all, you know Im a big fan of creating healthy habits and routines to drive our behaviour that creates health outcomes we want for the long run. If you're having an xtra long lazy summer take heed, you're not alone but it's time to get back at it and start your healthy habits again!

For some of us, that means getting regular chiropractic adjustments again. For some, it's walking or going the gym again. For others, it's the dormant yoga class you have skipped all summer. Whatever it is for YOU, make time for your health and start slowly. Avoid the temptation to go too fast, "jump in where you left off in June", or do too much too soon out of the gate. I can tell you from experience that more isn't better,

especially as I age 😊

The last thing you want to deal with is a pulled muscle or your spine going "out of alignment " because you haven't been in for an adjustment lately either. Prepare yourself with a tune up, drink more water, do your stretching (gently!). Slow and steady wins the race and think marathon, not sprint.

I love to treat September like a new year! Use this natural calendar change to re-engage with your healthy habits and treat your body with kindness.

Cheers!  
Dr Andrew



**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).

A golden afternoon of August:  
every breath from the hills so  
full of life that it seemed  
whoever respired it, though  
dying, might revive

Emily Bronte

OurMindfulLife.com



**CALENDAR OF EVENTS**

**CORE FOR BEGINNERS**

**Saturday, September 23, 2023 @ 9am 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](mailto: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, 2023.**

**Dr. Andrew will have additional hours on Friday, September 8, 2023 from 8-10am to make sure everyone is taken care of!**

**Know your posture!**

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



**TEXT NECK and BACK TO SCHOOL**

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!**