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Rehab
quehanna
t Rehab
c, Physical Therapy & Wellness

www.susquespine.com February 18, 2009

Dates to Remember

February 28th

Last day to use your recession coupons.

March 10th

Last day to put your name into the St. Patty's Day Raffle

March 11th & 13th

Office will be closed.

Condition Of the Week

Make sure to friend us on our new facebook.com page.

Susquehanna Spine N Rehab

Kidz Korner

For years, pediatricians have been pushing the FDA to restrict over-the-counter cold medicines marketed for very young children, complaining that these medications were too dangerous and ineffective in treating colds. Earlier this year, research conducted by the CDC found that between 2004 and 2005, 1,500 children under the age of 2 had been injured by common over-the-counter decongestants and antihistamines. A second study found that from 1969 to 2006, at least 54 children died after taking over the counter decongestants. Dr. Lee has a selection of all natural children's products, including cold medicine, cough syrup and colic relief, that are safe for your little ones.

It's Not Too Late...

It's February, which mean we've all not only quit and given up all hope, but have probably forgotten all about your New Year's resolutions. Weight Loss is usually one of the top three resolutions each year. Why? Because the American waist line is growing at an alarming rate. Those few extra pounds are not only unsightly, but unhealthy (and quit costly as well). Weight and weight related disorders will soon be the leading cause of preventable and premature death, disease and health care expenditures. LOSING WEIGHT IS NOT EASY. The genetic and lifestyle factors that cause weight gain are the same factors that prevent weight loss.

Anytime you want to make a lasting lifestyle/physical change, it can only be done with support. Be it weight loss, smoking, drinking, addictions or whatever; study after study has shown the only way to be successful is with coaching and support. That's what makes Doctor's Weight Loss solutions so darn successful. The one-on-one support and coaching from a trained, licensed (not to mention good looking) doctor and the pre-packaged foods. It's Weight Watchers and Nutrisystem in one, for less!

It's mid-February, and if you've been to the mall, swimsuits are already out. Which means, NOW is the time. To get you going, we are offering the first month FREE for all who call today! If you aren't going to do it for your health, do it for your mirror.

It's never too early to get ready for the beach!

February is National Heart Health Month

Did you know that regular chiropractic care will lower your risk of a heart attack?:

March 16, 2007 -- A special chiropractic adjustment can significantly lower high blood pressure, a placebo-controlled study suggests.

"This procedure has the effect of not one, but two blood-pressure medications given in combination," study leader George Bakris, MD, tells WebMD. "And it seems to be adverse-event free. We saw no side effects and no problems," adds Bakris, director of the University of Chicago hypertension center..

As with most everything else in your body, blood pressure is controlled by your nervous system. Chiropractic care 're-boots' your nervous system, allowing your body to work better. You don't have to have low back, neck, shoulder or knee pain to see me, chiropractic is good for your health and wellness too.

It's Heart Health Month. To celebrate, we offering 10% off all our heart healthy supplements.

10% OFF

All Vitamins & Supplements

All February

We offer professional grade supplements to help you naturally lower your cholesterol, blood pressure and risk of heart disease.

(Excluding Novolife)

Help spread the gift by forwarding this Newsletter to all your family and friends!