



## All Fired Up!

Health care reform seems to be all anyone can talk about these days. Everyone seems to have an opinion; and you know what they say about opinions. So now you get mine. I'm not going to talk about insurance companies, tort reform or any of that. I'm going to talk about Ben Franklin; *An ounce of prevention is worth a pound of cure.* The two leading causes of doctor visits and health care expenditures are smoking and diet related disorders. If you're still a smoker these days, come by so I can hit you with a stick. No, this isn't going to be a eat less and exercise more diet related letter (even though you (we) should). All disease and manifestation of disease is through the chemical process of inflammation. Back in un-

dergrad, I used to work at KFC. Every time our register got over \$200, we had to have the manager empty the cash in to the safe. If we ever got a \$50 bill, we had to immediately get a manager. Inflammation is the same. Some processes cause enough inflammation on their own to cause problems, while others only "put a little in the pot." When it builds up enough, you get problems. Like: colitis, fibromyalgia, endometriosis, infertility, asthma, Lupus, arthritis and on and on. Every time you eat something that has been refined or processed, you create inflammation in your intestinal tract. As more inflammation is added to your system from genetics, infection, or exposure, you will start to develop, or manifest disease. If you can't

catch it or grow it and then eat it as is (except for cutting, peeling and cooking); you shouldn't eat it. If you have to grind it, dry it and mix it in chemicals, you shouldn't be eating it. To make it easier, if it comes in a box, sack or package, don't eat it. And just because you can go catch a cow or a pig (not as some sort of fraternity prank), doesn't necessarily mean you should eat your fill of it either. Limit your intake to 4-8 ounces of LEAN (no visible fat) meat a day; the remainder of our diet should come from fresh fruits and veggies. BTW, cheese (regular, not processed or non-fat) is a condiment, not side dish. Follow simple rules like this, and you will not only be able to prevent, but treat disease.

### Dates to Remember

July 2nd - Office will be closing at 4:30

June 30th - Last day for 50% off select vitamins and supplements.

July 31st - Last day to receive 10% off of Airpacks.

### Condition Of the Week



We've been having oodles and noodles of success with our new spinal decompression unit. If you or anyone you know is suffering from some sort of disc disorder: herniated, bulging, slipped, degenerative or swollen, I'm your man.



### KidzKorner



Surrounding schools just let out for the year and every kid breathed a sign of relieve to get that weight off their shoulders....and their backs! Not only is school stressful to their minds with all the tests, homework, sporting events and class projects but school can also be stressful on their backs. We call this the "backpack hunch-back." This is the unnatural curving of your child's back due to the improper fitting and over-loaded backpacks they are currently

using. The Congress of Chiropractic State Associations recommends that you carry no more than 10-15% of your body weight in your backpack. The average amount of weight your child is carrying on their back exceeds 20lbs, so unless your child is 200lbs they are carrying too much!

Susquehanna Spine & Rehab is now carrying Airpack Backpacks. These backpacks, when properly fitted, enhance the body's natural ability

to carry weight, reducing stress on the body up to 80% and lightening the load up to 50%. They come in a variety of colors, sizes and prices to fit everybody's personality and budget. Plus until July 31st we are taking 10% off of all Airpack Backpacks. You can learn more about our Airpack Backpacks on our website:

[www.susquespine.com](http://www.susquespine.com)

or stop into the office to see them and place your order.

