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March 6, 2009

Rx for Vacation!

I'm going on vacation, and so should you.

Next week I'll be gone, don't fret, there will be a doctor here for all your health care needs. Even though I love my job, and don't really hate the cold and snow, I'm taking some time off. Why?

Vacations Promote Creativity: A good vacation can help us to reconnect with ourselves, operating as a vehicle for self-discovery and helping us get back to feeling our best.

Vacations Stave Off Burnout: Workers who take regular time to relax are less likely to experience burnout, making them more creative and productive than their over-worked, under-rested counterparts.

Vacations Can Keep Us Healthy: Taking regular time off to 'recharge your batteries', thereby keeping stress levels lower, can keep you healthier.

Vacations Can Strengthen Bonds: Spending time enjoying life with loved ones can keep relationships strong, helping you enjoy

the good times more and helping you through the stress of the hard times. In fact, a study by the Arizona Department of Health and Human Services found that women who took vacations were more satisfied with their marriages.

Vacations Can Help With Your Job Performance: the psychological benefits that come with more frequent vacations lead to increased quality of life, and that can lead to increased quality of work on the job. The bottom line is that taking a good amount of time away from the stresses of daily life can give us the break we need so that we can return to our lives refreshed and better equipped to handle what-

ever comes.

Many are probably saying, I can't afford a vacation in times like this. Well, if you are lucky enough to be one of the over 90% of Americans still employed, you are experiencing one of the few times of deflation in our history. Prices are actually going down! You don't even have to go anywhere. Take a few days off, sleep in, check out a book on ethnic cooking, drink beer in the middle of the day and plan your own home-get away.

Speaking of vacations, is your behind ready for a bikini? If not, call us today! We have extended our free analysis offer for Doctor's Weight Loss Solution.

Dates to Remember

March 8th

Day Light Savings Time

Remember to turn your clocks ahead

March 11th & 13th

Office will be closed.

March 17th

Happy St. Patrick's Day



Condition Of the Week



Better Sleep Month

Research has shown that a lack of enough restful sleep results in daytime sleepiness, increased accidents, problems concentrating, poor performance on the job and in school, and possibly, increased sickness and weight gain. Tips for better nighttime sleep:

- Maintain a regular

bed/wake time.

- Establish a regular bedtime routine.
- Create a sleep conducive environment.
- Sleep on a comfortable mattress and pillow
- Finish eating 2-3 hrs before your regular bedtime.
- Exercise regularly.

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For children, sleep is no less important than eating the right foods. You would not let your children not eat their veggie so why would you allow them to not get the right kind of sleep. Proper sleep is critical for children to develop and function properly. sleep plays in being alert or drowsy, stressed or relaxed, and how that in turn may affect temperament,

learning, and social behavior.

Essentials of Health Sleep for Children:

- Sufficient amount of sleep.
- Uninterrupted (good quality) sleep.
- Proper number of age appropriate naps.
- A consistent & healthy sleep schedule.

March is Better Sleep Month

To help we are offering all of our sleep products at

10% off

through April 15th.

This includes Tempurpedic beds, pillows and our natural sleep aids.