



Lets Grab a Drink!

Do you have a tap water that is. Hydration is critically important. Water does so much for our body. It regulates temperature, enzymatic and chemical reactions, affects mood, sleep cycle and metabolism. For every 1% you are dehydrated, your body slows by 10%. We should be drinking 6-8 8oz glasses of water a day, depending on how active you are; plus an additional glass for every dehydrating beverage you consume (soda, coffee, tea, alcohol). Except for convenience, there really is no need for bottled water. It's not that special. Bottled water is bottled by bottling companies (ironically obvious I know); the same ones that make Coke, Pepsi and so on. In fact

your bottle of Dasani is just water out of the tap from your local Coke plant run through a giant filter, like the one in your fridge's door. Also, there is somewhat credible evidence out there showing that carcinogens and toxins leech from the plastic bottle into your water. But water is sooooo boring and tasteless, you're right. Want a little variety? A cup of green tea or two a day along with a black coffee (now by cup I mean cup, not keg) is good for you, just not the sugar, cream and additives. A (one) dark beer or red wine has some health benefits too (again, normal human size glass). Diet soda? Well, that one's funny. The artificial sweeteners in diet drinks trick not

only your tongue, but your endocrine system as well. When the sweet hits the tongue, an electrical impulse is sent to the brain saying "sugar," that in turn tells the pancreas to release insulin. Insulin not only utilizes sugar as fuel, it sends the fat to live in your hips. In short, diet soda gives you a big butt. But Juice is better than soda right? Better yes, good, kinda sorta. Take a wonderfully healthy piece of fruit loaded with vitamins, minerals and fiber, squeeze all the sugar and water out, then throw away the vitamins, minerals and fiber and you have juice. Juice does have some vitamins in it, but is mostly empty calories. **Always, Always eat your calories, don't drink them.**

Dates to Remember

Starting June 1st we will be beginning new summer hours.

Mon, Tues, Wed & Thurs:

9am - 1pm & 3pm-6am

Friday's: Closed

Condition Of the Week



It seems like things always come in 3's or 4's. Lately we've been seeing lots of patients with shoulder and rotator cuff issues. It's been said that the shoulder sacrifices stability for mobility. In other words, having the ability to scratch your back pre-disposes you to pain and injury. Don't let shoulder pain get in the way of your summer time fun. Call us today.



KidzKorner



As the weather starts to warm up and the school year starts to get shorter everyone's thoughts turn to the summer activities and vacations. Summer is a time for fun in the sun and relaxation, just do not become relaxed with your child's safety. Before you let your child ride in the car without a booster, whether it is to go down the street to the park or a long road trip to the beach, make sure you can answer yes to all of these questions.

- Does your child sit all the way back against the auto seat?
- Do your child's knees bend comfortably over the edge of the auto seat?
- Does the safety belt cross the shoulders between the neck and the arm?
- Is the lap belt as low as possible, touching the thighs?
- Can your child stay seated like this for the whole trip?

If you answered "no" to any of these questions or if your child is younger than 8 years old and not 40 or 65lbs then your child must remain in their booster seat by law. If you have any questions or concerns about your car seats please call us to set up an appointment with Wendy our Nationally Certified Car Seat Technician.

443-512-0025

You Are Invited...

Come and Learn

The Keys to Wellness

Tuesday June 9th at 7pm.

Call to reserve your spot.

443-512-0025

This program is 30 minutes long and concludes with a Q & A session. Please invite family and friends.