



What Could Be Worse Than the Swine Flu?...

I just got back from Texas. I spend as much time there as I can, (un)luckily for me, I got an extra 6 hours in the airport due to storms. I had plenty of opportunity to watch the local news coverage of the swine flu. To keep it brief, everything in Texas is closed for 2 weeks, except for money making events (I have a small conspiracy theory outlook). It's not just Texas, it's happening everywhere; it's costing us and the government billions. I'm not going to talk about it now, but as a former virologist with the prestigious Southwest Foundation, I have my own thoughts. What I have to say is that all of this for a disease that is affecting .000003% of the country (109 confirmed cases/350 million US residents.) What if there was a disease out there over 900,000x more prevalent? What if that disease was the leading cause of preventable death, disease, disability and health care expenditures? What if that disease is causing Medicare & Medicaid to

go bankrupt? You think we should do something about it? You would think so, but we're not, and that disease is growing at an alarming rate. It's called obesity. 60% of us are clinically overweight. Are you? Multiply your real weight by 703 and divide by your real height in inches squared, or look up BMI calculator/chart online (or you could go home, take off all your clothes, stand in front of a mirror, jump as high as you can, and everything that is still in the air when your feet hit the ground; you need to loose.)

There isn't a day that goes by that I don't see a patient whose back or joint problems could be alleviated by losing weight. It can be difficult to adjust someone, and have the adjustment hold, when the individual is obese. For every 10 lbs. you lose, it reduces over 45 lbs. of stress on your joints! We have instituted an excellent weight loss program in our office called **Doctors Weight Loss Solution™**. This

program was created by doctors exclusively for the chiropractic profession. We utilize fun group support lessons, similar to Weight Watchers®. It has been shown that patients lose three times more weight in a group setting than trying to go it on their own. We also use the ease of prepared, portion controlled foods, like Nutrisystems®, all under the care of your doctor! Each patient's program is customized, depending on health history, habits, and lifestyle. The program is very af-

fordable for everyone. In fact, even with weekly Doctor visits, group support workshops, and totally prepared foods, we are still less expensive than Nutrisystems® and Jenny Craig®, with better results!

I am going to give you an offer you can't afford to pass up. Everyone who calls and mentions this email will get a free lifestyle assessment and consultation; and your first month free! (minus the cost of food with a 3 month commitment).

Dates to Remember

May 10 - Mother

June - We will be beginning new summer hours.

Mon, Tues, Wed & Thurs:

9am - 1pm & 3pm-6am

Friday

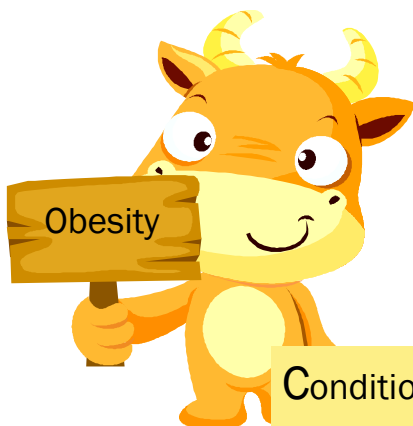
KidzKorner

One of the best preventative measures for kids against the H1N1 Virus is thorough hand washing. Here are some suggestions on how to encourage your children stay healthy by having clean hands:

- Lather up for at least 20 seconds. This is the same amount of time as singing *Happy Birthday* twice.
- Have your children teach their dolls how

to wash their hands.

- Make sure your children can reach the sink easily. Bring in a step stool if needed.
- Keep your kids' nails cut short. Less places for germs to hid.
- Carry around hand sanitizer or sanitizer wipes with you for when a hand sink is not readily available.



Hi Mom!!

Condition Of the Week

