

# susquehanna

## Spine & Rehab

Chiropractic, Physical Therapy & Wellness

### Happy Veteran's Day!

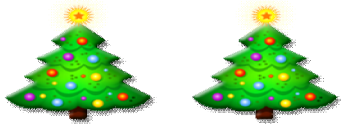
There is no better way to celebrate their sacrifice than participating in our Operation Xmas Tree.

#### Ways to participate:

Make your next appointment for November 17th and in lieu of you co-pay make a donation to Operation X-mas Tree.

OR

Make a qualifying referral between now and November 26th and we will make a donation to Operation X-mas Tree in your name.



*Giving is contagious...*

Because we have received such positive feedback about our Operation Christmas Tree Dr. Lee has promised us that if we can get **25 or more** donations that he will match them!!

So far

We have

5

We need

20

Susquehanna Spine & Rehab

443-512-0025

## NOVOLIFE

It's time for a new beginning... Do you work out and eat right and can't seem to get that last 10 pounds/ spare tire/bubble butt off? 2 possible reasons are one; your body is working on cave-man technology and assumptions. Your body doesn't just store, it hordes fat. Back when we had to chase down and spear our own food, we didn't eat 3 squares a day, so your body was designed to pack away fat for energy, warmth and functional needs. Second is toxicity. The food we eat, air we breath and water we drink are all lacking in qual-

ity and full of toxins that inhibit our body's ability to work at it's full potential and cause inflammation in the intestine. We are now providers of *Novolife* medicleanse weight loss and detox program. *Novolife* acts kind of like a defacto, non-surgical gastric by-pass in that it resets our appetite and digestion, while simultaneously detoxing our systems of toxins that not only inhibit our digestion, but affect our overall health. All done under the supervision of a physician (me) and the program includes sup-

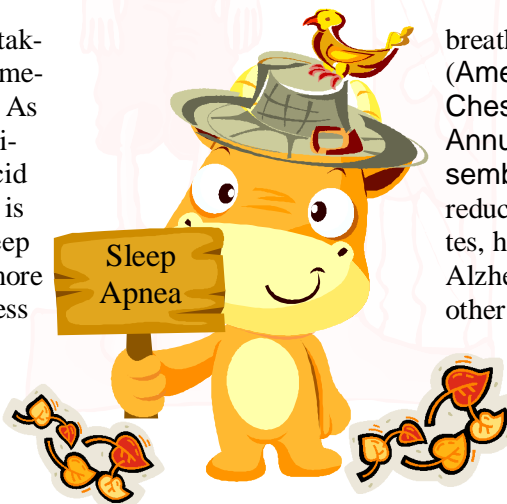
plements and medical grade



food supplement re-tune your body and keep it running at tip-top shape.

## CONDITION OF THE WEEK

By now, if you aren't taking fish oil, there is something wrong with you. As if you needed more evidence why, Omega Acid (fish oil) consumption is inversely related to sleep apnea. Meaning, the more fish oil you take, the less likely you are to stop



breathing in your sleep (American College of Chest Physicians 74th Annual Scientific Assembly). Not to mention reducing the risk of diabetes, heart disease, stroke, Alzheimer's and about 30 other disorders.