

Visit Us On the Web!

Facebook: Susquehanna Spine N Rehab

Twitter.com/susquespine

Susquespine.blogspot.com

# Susquehanna

## Spine & Rehab

Chiropractic, Physical Therapy & Wellness



Dr. Shawn R. Lee, D.C.

2105 Laurel Bush Rd.

Suite 103

Bel Air, MD 21015

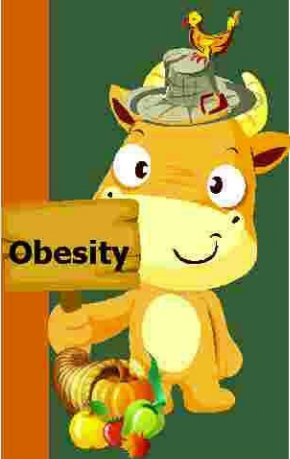
443-512-0025

www.susquespine.com

Remember we will be closed Thursday November 26th!

So stop in before then to stay healthy for Black Friday!

### Condition of the week



**\$2.00 off**  
your purchase  
of \$10.00 or  
more at Pats

Call 410-638-7070 to order today!

## Holiday Survival

As we all now, the year ends next Wednesday at 4pm. Sure, the calendar goes on, but we've all checked out; any aspirations of health have been replaced with visions of sugar plum (shots) and mini-crab cakes dancing in our heads. On Jan 2 we all crawl out of our eggnog induced haze and wonder what happened while celebrating the abrupt death of our resolutions with a trip to the Chinese food buffet.

So why weight (intentional pun)? Get proactive; to help, here's my Holiday survival guide:

1. An all you can eat buffet is not a double dog dare. This is the thing I struggle with the most. I paid good money to eat all I can, and I'm going to get my money's worth; take it from someone who's learned that lesson, it's not worth it. Also remember it's not a race. Generally, the slower you eat, the less you will.
2. An open bar is not a challenge.
3. Water, water, water. No less than 6 glasses a day, more if you're drinking or eating sweet/salty foods.
4. When possible, take a nap.
5. Instead of doubling your coffee to keep up, try vitamins.

6. Replace one meal a day with the endless salad, not the one from Olive Garden, that's the endless waistline salad. Recipe: chopped peppers, cucumber, celery, onion, lettuce, other greens, radish, sprouts, broccoli, cauliflower, endive, arugula; tossed with lemon or lime juice/vinegar or hot sauce (not wing sauce) Notice how no one said salt? Eat as much as you want, and this time I mean it.

7. What ever was said, can't be unsaid, let it go. The holidays are an emotionally trying time. Harboring hate and resentment makes you sick. The past is the past and it's not coming back. Take out a piece of paper and write down his/her name, wad it up, throw it away and forget it; you'll be glad you did.

Exercise. Even if it's an extra lap around the mall, or a round of Wii, get out and move it.

Just because you're having dinner at 2 houses with 2 different families, doesn't mean you have to eat as much as 2 families. Portion control is lost this time of year. Try this: Drink a large glass of water. Instead of using a dinner plate, eat off the salad plate—it holds less food. Drink another large glass of water and wait at least 5 minutes before going for seconds.

10. It really is better to give than receive.

11. Eleven, really? Ten isn't

good enough for Spinal Tap, neither for me. DON'T FORGET YOUR APPOINTMENTS!!! I'll get lonely here without you, plus we don't want to loose the progress we've made in getting you back to optimal health.

## Thanksgiving History Quiz!

1. What year was the First Thanksgiving celebrated?  
A. 1777      B. 1621  
C. 1842
2. Where Indians invited to the Pilgrims first feast?  
A. yes      B. no
3. Why didn't Pilgrims have mashed potatoes at the first Thanksgiving?  
A. There were no potatoes  
B. Potatoes weren't eaten until the 1800's  
C. Potatoes were thought to be poisonous
4. The first Thanksgiving lasted 3 days. What didn't the Pilgrims eat?  
A. Pumpkin Pie      B. Clams  
C. Venison
5. Which U. S. President scoffed at the idea of a national holiday in honor of the first Thanksgiving?  
A. George Washington  
B. Thomas Jefferson  
C. Abraham Lincoln

Help spread the gift of health by forwarding this Newsletter to all your family and friends!