



Dates To Remember:

Susquehanna Spine & Rehab

October 27, 2008

Now - November 21st:

Donation of a Christmas Tree in your name with every qualifying referral.

October 31:

We will be out of the office.

November 4:

We will be out of the office.

November 17:

No co-pay with \$25 donation for Operation Christmas Tree



Make sure to refer a friend or loved on today so we can make a donation to Operation Christmas Tree in your name!



Cold Prevention



We've all heard there's no cure for the common cold. New research makes this even truer. Researchers have found that the virus that causes the cold has such a short life span, that by the time you start to feel symptoms, the virus has already died and you are no longer contagious. What they've found is that your body actually "over-reacts" to the invasion of the cold virus and all the sick symptoms are being caused by an inflammatory reaction rather than an actual infection. And we all know that an ounce of prevention is

worth a pound of cure, especially when there is no cure. So how would you prevent the cold? First and foremost is to wash your hands. Next, is to lower your body's level of inflammation. This is done through diet, vitamins and of course, regular chiropractic adjustments. An adjustment

creates a neurological reflex that in turn lowers inflammatory mediators (chemicals that cause inflammation). For more on how diet can affect inflammation, go to our website

www.susquespine.com and click on 'nutrition,' and follow the links to Dr Seaman and Anabolic. We carry a full line of Anabolic products along with other immune boosting and inflammation busting supplements.

Condition Of the Week

Unless your broker knows something mine doesn't, your 401k is worth about \$4.01. Which means you know have a headache. Did you know that researchers from Duke University have found that Chiropractic is

the leading treatment for chronic headaches? If you or a loved one (or even someone you just kind of know) suffers from headaches, please pass this along

