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# Susquehanna

## Spine & Rehab

Chiropractic, Physical Therapy & Wellness



### Dates to Remember

Now - Nov. 19th

*Operation Christmas Tree!*

*For every qualifying referral a tree will be donated in your name!*

Nov 4th

*We will be out of the office.*

Nov 17th

*Make an appointment on this day and your usual out of pocket expense will be donated to Operation Christmas Tree.*

### Man-O-Pause

Man-o-pause. Yes it's true, we have it too; unfortunately we didn't hire the better PR firm, so not as many people know. As we get older (Once you hit 25, it's all down hill) our hormone production also starts to slow and we start to lose some of our secondary characteristics. Trust me, 10 years ago I look like I just walked off the set of those Spanish speaking soap operas shot on South Beach, with out even trying. As time goes by, it gets harder to keep that chiseled chest and washboard abs with that full, flowing lock of dark hair.

What can we do? First,

don't smoke. After that, make sure to get plenty of sleep (7 hours a night).

Make sure to get plenty of exercise, avoid fatty and processed foods also foods that contain lots of soy (soy has estrogenic properties).

The main male hormone is testosterone. We can boost our testosterone production by not only the above, but also with supplementation, most effectively through DHEA.

DHEA is a hormone that serves as precursor to male and female sex hormones. DHEA levels are low in some people with anorexia, type 2 diabetes (non-insulin

dependent diabetes) and a host of other disorders. DHEA levels may also be depleted by a number of drugs, including insulin, corticosteroids, opiates and especially hormonal birth control. High levels of physical, emotional and psychological stress also lowers DHEA concentrations. Low levels of DHEA have been contributed to depression, abnormal weight gain, poor muscle definition, sexual dysfunction and decreased cognitive abilities. We have DHEA available here in the office long with a full line of other high quality vitamins and supplements. And all vitamins are 10-30% off this month!!!

### Operation Christmas Tree



My youngest brother has been a pilot in the Air Force for 9 years now, spending 5 of those Christmases abroad. One thing he told me was how they most missed the things that we took for granted, like a Christmas tree. That's one of the reasons I enjoyed working with *Operation Christmas Tree* so much last year. This

local charity provides Christmas trees and ornaments to troops away from home, giving them a little of home during the holidays.

In the immortal words of Bill & Ted: "be excellent to each other" (or something like that). Thus, we are offering 3 ways to give and make you feel better this holiday season:

1. Come in on November 17<sup>th</sup> and we will donate your normal out of pocket expense to Operation Christmas Tree.
2. Donate a tree (\$25) between October 26<sup>th</sup> - November 17<sup>th</sup> and Dr. Lee will match all these donations for the whole month.
3. Refer a friend to our office and we will donate a tree in your name.

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

Call 410-638-7070 to order today!

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