



office you will get an extra three raffle tickets to put in the bowl. You also receive extra raffle tickets if you come into the office already knowing the Condition Of the Week.

Susquehanna Spine & Rehab

October 8, 2008

### Dates To Remember:

**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



## Operation Christmas Tree



We went up to NYC last weekend and while we were there caught a show, Avenue Q, about the interaction of puppets, monsters and humans living in New York. I'm not much of a theater critic, but one of the themes of the show was that when you give to and help others, you feel better about yourself. This is true not only in an emotional and social setting, but physically as well; it is part of the psycho-somatic feedback system. Just as emotional depression creates a feedback loop in your brain that leads to and exacerbates pain,

good emotions feedback to your brain removing psychological



pain and helps alleviate physical pain.

Our assistant Amanda came across a charity that really struck me. It's called *Operation Christmas Tree*. My brother, a captain in the Air Force, has spent 4 of the last 5 Christmases abroad. This charity provides Christmas trees and orna-

ments to troops away from home, giving them a little home during the holidays.

In the immortal words of Bill & Ted: "be excellent to each other" (or something like that). Thus, we are offering 2 ways to give and make you feel better this holiday season.

1. For every qualifying patient referral from now until Nov. 21, we will donate \$25 to *Tree* (the amount needed to donate one tree) in your name.
2. On Monday Nov 17<sup>th</sup>, instead of your usual out-of-pocket expense, we are asking that you make a suggested cash donation of \$25 on that day for *Tree*.



### Gesundheit!

Now that cold and flu season is bearing down on us, the FDA issued yet another warning against the use of cough and cold products in children under 4. In fact, they said don't use them at all, they don't work and have serious side effects. Included in that warning was not to use antihistamines (Benadryl) to make children sleepy. Instead of going back to my grandparent's remedies of a little Jim Beam in the bottle, try our line of homeopathic and alternative remedies for cough and cold and tryptophan (the stuff in turkey) as a sleep aid.

### Condition Of the Week

#### Herniated Discs

This week's condition of the week is herniated discs. The AMA recently released a report stating that conservative care (ie chiropractic) is the best option for treating herniated discs and had the same long-term benefits as surgery, without added risks.

