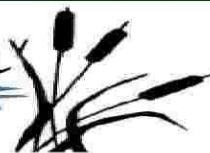


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Susquehanna

Spine & Rehab

Chiropractic, Physical Therapy & Wellness



Swine flu, Schmine flu; part deux.

Like the proverbial bad penny, Swine flu, or H1N1 just won't seem to go away. Let me re-phrase, the media's obsession and government's over-reaction with the swine flu won't go away. I can understand the media, it's all about selling more papers (figuratively speaking, no one reads newspapers anymore). Fear mongering equals high ratings. The government? Who knows, maybe they're trying to divert us away from the fact that they're hiding the bodies of little green men shot down over New Mexico. Awhile back I talked a little about the swine flu, and the fact that it's not Ebola or Hanta, it's

the sniffing, sneezing, coughing, aching, fever flu, with a cool new name; there's some 16,000 known variants of influenza. Now, I'm not saying let's just ignore it and hope it goes away, I'm just saying let's get a little perspective. At last count about 109 Americans have died from the swine flu this year; 30,000 have been killed by complications from taking Tylenol in the same time period. As Ben and I have both said, an ounce of prevention is worth a pound of cure. And I'm not talking about a vaccine, that's being pro-active at best and brings up a whole host of other issues. Over the past 30 something

years, I've eaten tons of water-melons, seeds and all; and have yet to have a vine grow out my ear (thanks Uncle Mike for scaring the bejesus out of me). What I'm saying is, just because you plant a seed doesn't mean a plant will grow. The environment has to be just right. The same goes for disease. If you create an environment in your body non-conducive to the growth of disease, you won't get sick. So how do we create a flu-unfriendly environment? #1 Vitamin D. Vitamin C is to Marsha Brady what Vitamin D is to Jan Brady. We all know how great C is, but no one ever talks about D. Ever notice how fewer

people are sick in the Summer? It's because the direct rays of the sun create Vitamin D in our body. Once the equinox rolls through and takes away our direct UV light, we no longer make Vitamin D; quite possibly the most important vitamin involved in boosting our immune system. #2 Proteolytic enzymes, the enzymes in your body that regulate protein function. All disease is manifested via the prostaglandin E2 pathway. Multiple enzymes in the body such as ginger, turmeric (mustard), paipan (pineapple), and a long list of others that are hard to say and spell, act on

pathway stopping tissue damage and thus take the "dis-ease" out of disease. #3 Me. As we go through our daily lives, life inflicts stress upon our bodies. This stress causes our joints to stop working, which causes immobilization degeneration leading to a chemical reaction the body mal-affecting the immune system. Regular chiropractic care reverses this boosting your immunity and resistance while improving your function and vitality.

Meet our New Staff

Heidi- Receptionist

The first thing you will see when you walk in the office is Heidi's smiling face. She wants to make your visit as easy as possible and is willing to help with all questions and concern you might have.

Caitlin- Patient Care Coordinator

Caitlin is our patient care coordinator, which means that you may see her in many areas of your care. You may meet her at an outreach event or at the front desk when you come in, or in the rehab department. She is also willing to help with any questions or concerns you may have.

KIDZ CORNER

National Child Passenger Safety. 8 out 10 kids are not safe!!!

- Do not turn children forward facing too soon. American Academy of Pediatrics is recommending children remain rear facing until the rear facing max of the seat. Around 18 -24 months.
- Never turn a child forward facing who is under 20lbs or under one year old.
- Do not place children in booster seats too soon. Children should remain in the full harness until the child reaches the harness max for the seat. (usually 40lbs some seat go to 65 or 80lbs)
- Know the maximums of your seat. Any harnessed seat that can be used as a booster will list the maximums 40/100lbs. The first number represents the harness max and the second number represents the booster seat max.
- Safety seats need to be installed so they can not move more than 1 in.
- Use LATCH or seat belt not both
- LATCH systems also have a max. Please check safety seat manual and vehicle manual.
- Please also check vehicle manual to locate where LATCH is located. If LATCH is located in the two outboard positions please do not borrow from each and LATCH in center position. Please do not LATCH your seat if you do not have LATCH anchors.
- Do not remove children from booster seat too soon. New MD law; children must be in a booster seat until 8 years old or until 65lbs or 4'9". Check out our website for the five step booster seat test.

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