

Visit Us On the Web!

Facebook: Susquehanna Spine N Rehab
Twitter: com/susquespine
Susquespine.blogspot.com

Dr. Shawn R. Lee, D.C.
2105 Laurel Bush Rd. Suite 103
Bel Air, MD 21015 443-512-0025
www.susquespine.com

Susquehanna
Spine & Rehab
Chiropractic, Physical Therapy & Wellness



December 9, 2009

Thanksgiving Quiz Answers

1. B - 1621
2. A - yes
3. C - Thought to be poisonous
4. A - Pumpkin Pie
5. B - Thomas Jefferson

Inchment Weather Policy

Now that I am no longer held captive by fear and anxiety, we will not be going Henny Penny for ice and snow. If the roads are open, so are we, but if in doubt call.

Bill O'Riley & Keith Olberman Cause Your Pain

All disease is the result from stress and how our body interacts with that stress. Be it physical stress, chemical stress or emotional stress. Just as being exposed to nutrition-less food, toxins and pollutants affects our bodies, emotional stress affects us too. One of the most powerful emotional stressors is fear. The largest purveyor being 24 hour news; 'if it bleeds, it leads.' The fear and anxiety created (often symptomized by 'the need to know') by watching, listening or reading "the news" - which is nothing more than sensationalism-causes a chemical reaction in your brain; much like that of nicotine, to which you become addicted; think adrenaline rush. The muckrakers are no different from tobacco companies. Instead of infusing

you with a drug through cigarettes, the media is injecting it straight into your brain through your eyes. Exposure may lead to depression, anxiety, restlessness, sleep deprivation, loss of libido and a heightened level of stress that affects not only your body but mind and soul as well; in extreme cases bleeding from the eyes and anal leakage. After experimenting on myself, and seeing first hand the wonderful benefits and results that I (like loosing over 15 pounds), my wife and staff experienced we started to offer the Novolife de-tox to cleanse the body, promote optimal function and weight loss. Right now I'm in the beginning of an emotional cleansing. I am fasting from the media. I spent 7 days (luckily Stewart and Colbert were on re-runs), where I did not

watch, listen to or read the news, no yahoo news, no political blogs no nothing. I was disconnected. And just as following the first week of Novolife I replaced one daily meal with a shake and ate much more sensible; for the last month I've greatly curtailed my media consumption- especially in the morning (did you know the environment you are exposed to in the first 30 minutes of the day will set your emotional tone for the rest of that day?) And so should you. Read a book (no puppies with cancer stuff either), do something productive, exercise, make-out or something else uplifting. You'll be surprised how good you will feel, not just emotionally, but physically as well.

KIDZ CORNER

Sick kids!!!! As a mom of three when one gets sick my heart sinks because I know it will travel to the others. You can not prevent all sickness but you can keep few pointers.

Healthy diet- even though fruits and veggies are not in season we still need to eat them. Raw is better, but steamed will work too try to avoid the mushy.

Multi vitamin- will help supplement the vitamins they are not eating

Vitamin D- Even more so than Vit C, Vit D is the Key vitamin in building and boosting the

immune system. (It is chewable and tastes like cinnamon kids love it)

Lots of sleep- children need to go to bed early and get about 8 hours. That does not mean go to bed with the TV on, it means lights out asleep.

These few pointers will help your child fight off most germs this season, but getting sick does happen and when it does you can manage their symptoms. We do carry herbal cold, flu, and cough that can help your little ones feel better with out any risk of the over the counter meds. (This all works for adults too!!)

Condition Of the Week



All disease and symptoms of disease are mediated through inflammation. This product not only stops the chemical process of inflammation early, it helps repair the damage inflammation causes to your tissues. (In short it can ease the pain and discomfort of colds & flu. It will also help with injuries and soreness when you over do it)



10% off your next purchase at Pats

Call 410-638-7070 to order today!



Patient Appreciation Day every other THURSDAY starting on December 17th! Come in and Enjoy some Fresh Coffee and Cookies!



Having shrewdly cemented a solid-gold bar to the sidewalk in front of his office, Dr. Nertman immediately experienced a 70 percent increase in business.

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