



Health & Happiness News

June 2009

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Monthly Offer

Happy Spring!

This newsletter is our way of saying that you are important to us and we value the fact that you trust us with your health. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!



A Laugh A Day...

Things You'll Never Hear A Dad Say...

Well, how 'bout that?... I'm lost! Looks like we'll have to stop and ask for directions.

I noticed that all your friends have a certain "up yours" attitude.... I like that.

Here's a credit card and the keys to my new car—go crazy.

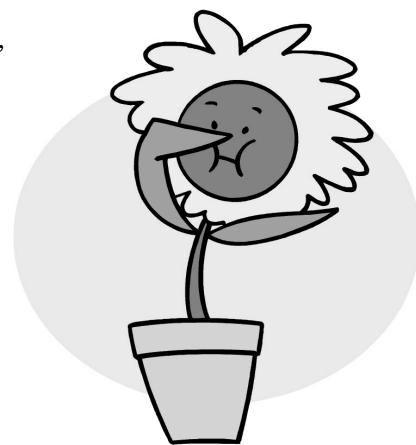
Your Mother and I are going away for the weekend... you might want to consider throwing a party.

Whaddya wanna go and get a job for? I make plenty of money for you to spend.

Strategies to keep allergies at bay

'Tis the season for allergy sufferers. Here are some do's and don'ts to help alleviate allergy attacks:

- ◆ DO keep windows closed at night. Use air conditioning, which cleans, cools, and dries the air.
- ◆ DO minimize early morning activities outdoors between 5 and 10 a.m. This is the time of day when pollen is most prevalent.
- ◆ DO keep your car windows closed when you travel by car.
- ◆ DO take a vacation during the height of the pollen season. Pick a place that's more pollen-free, like the beach or the sea.
- ◆ DON'T spend much time outdoors when the pollen count, humidity, or wind factor is high.
- ◆ DON'T rake leaves or mow lawns, which stir up molds and pollens. Leave this for someone who isn't allergic.
- ◆ DON'T hang sheets or clothing out to dry as pollens and molds may collect in these items.



Hey Workaholic, get a life!

It's great to be passionate about your work. But being a workaholic is bad for your health. How to develop life outside work? Here are some suggestions:

- ◆ Plan a vacation or quick getaways months ahead. Then buy non-refundable tickets and prepay the hotel. This makes it financially and emotionally painful to cancel.
- ◆ Schedule a standing date night with your mate. Commit to it.
- ◆ Sign up for a regular, non-work activity during the week that makes you leave the office early.
- ◆ Subscribe to publications that have no relationship to your profession.



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Beware of carbon monoxide

Every time you activate a furnace, stove, hot-water heater, or any other appliance, you produce carbon monoxide, a colorless, odorless gas that can suffocate and kill. Keep fresh air circulating throughout your house as much as you can, and install at least one CO detector with an audible alarm to alert you of any dangerous buildup. Place more alarms on every level of your house (with one near the bedroom so you can hear it if you're sleeping). Keep them away from your furnace or any other gas appliance, and far from any fans or fresh air sources that might interfere with an accurate reading.

From the desk of Dr. Steve



Hello and Thank You for Spring!

I hope you are enjoying spring as much as I am. Theresa and I have our garden in at home, Missi is sun bathing on the deck and the bird feeders are all a twitter with feathered visitors.

We've been busy here at the office too and are seeing wonderful results with all of you. We're hearing wonderful tales of increased energy, migraine headaches going away – completely, hot flashes disappearing, weight being lost, better sleep and an overall feeling that it's good to be alive.

Thanks to all of you for being a part of my practice and trusting me to help you with your health!

If you have any questions please ask and if you have any friends in need of help, have them use the offer below.

See you soon,

Dr. Steve

Thinking about a Spring Cleanse?

Get a Nutritional Assessment first...

And stop guessing about the best cleanse for you.

Call (206) 523-0121 in the next 2 weeks and mention this newsletter to schedule your Nutritional Assessment

For just \$60- A 50% saving!

In JFK's Words

Quotations from John F. Kennedy, born May 29, 1917:

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

"Efforts and courage are not enough without purpose and direction."

"Our most basic common link is that we all inhabit this planet. We all breathe the same air. We all cherish our children's future. And we are all mortal."

"The great enemy of the truth is very often not the lie, deliberate, contrived and dishonest, but the myth, persistent, persuasive and unrealistic."

"Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone and greater strength for our nation."

We're on the web!

<http://www.glchiro.com>