

ASHBY ADVISOR

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Season's Greetings! Let's try to learn some ways to stay healthy for the Holiday and the New Year.

First : Half of all heart attack victims have no warning symptoms. So what is one of the little known risk factors that isn't on a blood test or EKG? People who interrupt conversations are up to seven times more likely to get heart disease. The good news * If they become good listeners they can lower their risk. By simply being silent while others talked, they lowered their blood pressure and stress hormones.

So, listen up!! (from a Duke University study)

Second: A patient suggested the newsletter address Frequently Asked Questions.
So here it is.

Question One: Do You do acupuncture in the office?
Answer: Yes, only for the past 20 years.

Question Two: What kinds of things will acupuncture treat:
Answer: Potentially almost anything. Acupuncture works by balancing meridian energy in the body. This allows the body to start healing itself. So acupuncture does not "cure" anything. It helps your body cure itself. I have mostly treated pain disorders and female disorders in my office with acupuncture.

Question Three: How many sessions does t take?
Answer: Most people get results in one to six visits.

Nutritional supplement users better nourished and informed

A report published in the August, 2007 issue of the Journal of the American Diabetic Association concluded that individuals who use dietary supplements have different attitudes concerning nutrition, are less likely to have an inadequate intake of a number of vitamins and minerals, and are more likely to recognize the importance of following a healthful diet than those who do not use supplements.

Quote of the email: A good listener is not only popular, but after a while he knows something