



The Back Page - December 2009 Edition

What's New for 2010?



We are busy preparing to launch our office website!

Soon you will be able to read this newsletter at home in your pajamas while eating your breakfast. We will have individual bios for each member of our "health care" team as well as our office hours, scheduled holidays, and website links that you may find helpful.

We hope that you all have wonderful plans to look forward to with family and friends this holiday season. After the parties full of good food and drink are over, do you find yourself making New Years resolutions? If you have plans to make 2010 all about healthy eating, exercise and good energy this may be your year to be a step ahead of everyone else....that is if you have signed up for our: "Detox and Weight Loss Seminar".

When: Tuesday January 19<sup>th</sup> 7:00pm

Where: Frackson Health Care #105-1001 Cloverdale Avenue.

Cost: \$25.00 donation to the Mustard Seed Food Bank

Topics to be discussed:

1. Weight loss supplements
2. Preparing your body for exercise after sedentary holidays
3. Hormone blocks to weight loss and how to overcome them
4. Diet and caloric assessment
5. Detox dos and dont's
6. Exercise choices for weight loss
7. How to maintain your goal weight

The members of our team involved in this seminar are:

Dr. Ted Frackson, Dr. Jen Corbeil, Rachelle Murphy, Caitlin Milloy and Audrey Vandenbrink

**Holiday Party Tip!!! 3 Ways to Curb Hunger** November, 2009 (Vol. 03, Issue 11) [www.toyourhealth.com](http://www.toyourhealth.com)

1. **Drink Water:** Simply put, drinking water makes you feel full, which makes you less likely to overeat or "cheat" between meals. In addition to the many health benefits of drinking 6-8 glasses of water a day, water is recommended as a weight-loss aid - experts suggest drinking a full glass of water before eating a meal if you're trying to drop pounds. Fill up with water and there won't be room to gorge.

2. **Control Stress:** Stress is a major contributor to binge eating; think about the last time you were in a stressful situation; was food one of the things you relied on to relax? Comfort eating is prevalent in our stressful society, and it's a dangerous thing; in fact, it may be one of the major reasons the majority of Americans are overweight and suffering from weight-related health problems.

3. **Eat Regularly:** It may sound counterintuitive, but it's true: The more frequently you eat small, wellrounded meals, the less prone you are to hunger pangs. Eating 4-6 meals and snacks throughout the day keeps your blood glucose levels stabilized and continually feeds the body with fuel, which can help you avoid those sudden urges to down an entire container of ice cream or bag of chips.

**Office Holiday Hours:**

Wednesday December 23<sup>rd</sup> we will be closing at 3:00 pm and will reopen on Monday December 28<sup>th</sup>  
We will be closed on Thursday December 31<sup>st</sup> and will reopen on Monday January 4<sup>th</sup> 2010.

**On behalf of all of us we would like to wish you all a Merry Christmas and a beautiful New Year full of love, laughter and good health.**

**Best wishes from Dr.Ted, Dr.Jen, Rachelle, Caitlin, Audrey, Andrea and Krista.**

