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Dr. Joe's Corner with Dr. Joseph Spano, M.D.



Dear Dr. Joe,
 I'd like to get into better shape, but don't know where to begin. What do you recommend?
 Thanks,
 Rita in Struthers, OH

Dear Rita,
 It may seem daunting to choose a healthy lifestyle after letting oneself take the 'easy way out,' but you can do it! Firstly, check with your healthcare

provider for guidance on what level of activity is appropriate for you. The key to starting on the road to health is remembering that you're not just changing your diet or starting to exercise—you're changing your lifestyle! Throw away junk food, and set a schedule for yourself, slowly at first, to begin an exercise program. Taking nutritional supplements may be in order, as well. Good luck, and stick to it—your hard work will pay off!
 Thanks for writing, Dr. Joe

"I know God will not give me anything I can't handle; I just wish that He didn't trust me so much." ~ Mother Teresa of Calcutta

Is Playing Host to Out-of-Town Guests Leaving You STRESSED OUT?

Need a break from all the holiday **CHEER?**

Learn relaxation techniques, which supplements can help calm your body inside and out, and how to cleanse your system of the stress and strain that come along with holiday feasts and entertaining! Articles are available on our website.



Sign in to view our monthly newsletter to be eligible to win a **FREE Vitamin Gift Pack** the week of January 16th and a **FREE De-Stress Gift Pack** the week of February 4th!

The Buzz About... Health

Health is an all-inclusive word for the state of your body. Toxins in our food, water, and the environment threaten to decrease the levels of good health that many people work hard to attain and retain. For those of us who may not be starting with a level of good health, these toxins can be even more devastating to the natural balance of our systems. A way to combat these toxins is to detoxify your body. Learn more about detox and how it can affect your body in our monthly newsletter and on our website.

Did You Know...?

1 in 3 adults suffer from moderate to extreme stress; this represents an increase of nearly 40% in the last 4 years.



Source: ABS National Health Survey

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