



Give the Gift of Good Health...

Not sure what to give that person who has everything? We have **Gift Certificates** available. After all, what's more important than taking care of yourself?

slimdome AWAY YOUR HOLIDAY STRESS

This holiday season, **take some time for yourself** for a Slimdome treatment. Our patients find it rejuvenating and revitalizing, as well as cleansing. A perfect antidote to the excesses of the holidays. Package pricing is available.



GIFT GIVING MADE EASY

We have beautiful holiday gift baskets of all sorts and sizes full of wonderful **Arbonne products**. Spend \$50 or more on a basket and receive a Slimdome™ session for just \$50 (a \$25 savings). Great for hostess gifts, client gifts, and gifts for the ones you love. They are beautifully wrapped and ready to go.



Get 15% off gift baskets over \$50. Arbonne consultants receive 20% off all purchases.

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TIPS FOR A SAFE + HEALTHY WINTER

Whether you love winter or just can't wait until spring, now is a good time to think about ways to stay healthy this season.

Don't let the ice get you down. Winter weather means icy sidewalks, driveways, walkways and entryways. Falls are common during the winter months. Here's what you can do to keep from slip-sliding away.

- Keep driveways and walks clear of snow and ice.
- Wear boots or shoes with a good tread.
- Walk on the grass if the sidewalk looks slippery.
- Keep rock salt, sand, kitty litter or ice melt handy. Sprinkle it on slick spots near doors and on your sidewalk.
- If you don't have to go out, stay indoors.

Shovel safely. Shoveling snow is a strenuous activity. If you are not in good physical shape, you can easily hurt your back, neck, wrists or shoulders. Snow shoveling also dramatically increases the risk of a heart attack. Here are some tips to stay safe while shoveling.

- **Dress in layers.** If you get too warm, you can peel off one layer at a time.
- **Stretch.** Spend 5 to 10 minutes stretching to warm up your muscles. Do squats or knee bends, toe touches and torso twists.
- **Choose the right shovel.** Look for a lightweight shovel with an ergonomic design.
- **Don't overload your shovel.** Smaller scoops are safer.
- **Take frequent breaks.** Throw a snowball with your kids or chat with a neighbor.
- **Replenish.** Drink plenty of water to stay hydrated.
- **Get help.** If you are not physically active or have a physical disability, have someone else clear your snow.

One last tip, if you are using a **snow blower**, turn the snow blower OFF before reaching into the blower to clear out snow.

Bid Sayonara to Sneezing and Sniffling. It's hard to completely avoid catching a cold or getting the flu during the winter, but you can give it your best shot!

- **Wash your hands frequently.** Use soap and hot water.
- Keep a bottle of **hand sanitizer** handy for times hand washing may be inconvenient.
- If you share a phone or keyboard, use **disinfecting spray or wipes** to keep things clean.
- When you cough or sneeze, **cover your mouth and nose** with a tissue.
- **Exercise**—it will help your body fight the germs that cause illness.
- Eat your **fruits and vegetables** to help strengthen your immune system.
- Drink plenty of **fluids** to help flush toxins out of your body.

On a final note, talk to us about getting a flu vaccination. This vaccine can reduce your chances of getting the flu or reduce the severity of symptoms. But it's not for everyone, so check with us first!

Managing Holiday Stress

The holidays are times of fun and sharing time with those you love. However, it's normal to feel overwhelmed by the many commitments and expectations that come at this time of year. Taking care of your mental health is every bit as important as taking care of yourself physically. In fact, your mental health can have a great impact on your physical well-being. Here are some ways you can manage holiday stress.

Prioritize who and what get your attention. Spouse, kids, and work all pose demands on your time, not to mention holiday parties, shopping for gifts, and volunteer activities. Take a look at your calendar and be sure it reflects the priorities that are right for you. Say “no” to demands that fall outside your priorities. Schedule specific time to spend with the ones you love.

Change unrealistic expectations of yourself. No one can do everything. Focus on your strengths, while recognizing and working on your shortcomings. Don't put pressure on yourself to make everything homemade or buy everyone the perfect present. It's more important to spend quality time together.

Get moving. Exercise releases endorphins in your body, which can improve your mood and relieve feelings of stress and anxiety. Regular exercise will increase your energy and improve quality of sleep.

Allow margin in your schedule. Allow extra time in your daily schedule for the unexpected, such as a traffic jam or an appointment that runs late.

Give Yourself to Someone Else. Do at least one thing for someone else each day. Look for ways to brighten someone else's day or find a volunteer activity that you enjoy.

Create a Budget. Financial concerns produce stress for many people. Make a holiday budget that is realistic—learning wise money management can relieve internal pressure and improve relationships.

Cut the Caffeine. You may feel a temporary boost of energy after that cup of coffee, but caffeine can also make you feel nervous, cause your heart to race or your hands to shake and hinder your ability to have a restful night's sleep. It can also cause or aggravate breast pain in women. Coffee, tea and soda aren't the only culprits—chocolate and some medicines contain caffeine as well.

Sleep Tight. Getting eight hours of sleep is an ongoing challenge for many people, especially during the holidays. Too little sleep will lower your productivity and decrease alertness. Avoid caffeine and exercising three hours or more before going to bed. If you believe you are getting enough hours of rest and still wake feeling tired and not refreshed, consult with us. Your fatigue may be caused by a chronic health problem—such as a thyroid condition or an iron-related disease, a psychological issue such as depression, or a sleep disorder, such as apnea.

Find Solitude. Time alone each day can help you find balance and a sense of renewal. If it's difficult to find the time at home, turn off the car radio on your way to or from work to reflect on your priorities and hopes for the holiday season.

EASY & ELEGANT HOLIDAY APPETIZER

- Warm a Brie round at 350° F for 10 to 15 minutes
- Spread berry cranberry sauce across top and down sides
- Top with chopped pistachio nuts
- Serve with crackers or sliced apples

NEW!

Menu of Services NOW AVAILABLE



The Burick Center for Health and Wellness is proud to present our patients with a menu of services that are available within the office to each patient.

These services are being provided by individuals or companies that share our commitment to wellness and seek to help our patients integrate changes to improve their overall wellbeing. We believe that you must approach your health from a variety of aspects including emotional, physical and lifestyle considerations. A healthy body and mind lead to a healthy spirit.

For your convenience, these services are individual one-on-one consultations that will take place in our office, and may be scheduled by calling our office. These initial consultations are at no additional cost to our patients and fall under the umbrella of your retainer fee. You may take advantage of any or all of these consultations and we encourage you to consider utilizing these services to their maximum potential. Contact us for your menu of services. We're booking now for appointments beginning in January.

Make a New Year's Resolution to take advantage of these services to improve your health.