

The Wellness Child

Dr. Roller Keeps You Informed

Don't Get *Sick* for Christmas

It's that time of year again! Mom and Dad are spelling words. You're all ready to put up the Christmas Tree and decorate the house with lights. You're looking forward to time off from school and extra time to spend with your family and friends. Most of all, you're looking forward to all the new toys and presents that are being wrapped and put under the tree!

With all this great stuff to look forward to wouldn't it be a real bummer if you got sick? Dr. Roller thinks that would be a bummer too, and that's why he wants to give you some great ideas to keep you from getting sick – you want to get a lot of stuff for Christmas but “sick” isn't one of them!

Dr. Roller's Top Five Tips to Stay Healthy

5. Get lots of exercise – don't just stay inside for your entire vacation watching TV or playing video games.
4. Wear your coat and scarf and, if it's really cold, your gloves every time you go outside. But, if they get wet, make sure to take them off when you come back inside along with your shoes and socks.
3. Get lots of sleep and wash your hands often with soap and water.
2. Eat five servings of fruits and vegetables every day and only eat cookies or other sugary snacks once a week.
1. Make sure to see Dr. Roller regularly and stay well adjusted!

It's real easy to get so excited about all the great things going on that you forget to take care of yourself. Don't forget to eat lots of good things to give your body the energy to do all the fun stuff you want it to do.



“Eat lots of good things, to give your body the energy to do all the fun stuff you want it to do.”

It's also easy to get so excited that you can't sleep, but remember that a sleepy body doesn't have the energy to run and play all day like you want it to. So it's important to go to bed and go to sleep when your mom and dad tell you to.

Christmas time can be great – especially when you're a kid, but it's no fun if you have to stay in bed with a cold or the flu. That's why Dr. Roller wants you to take the time to take care of yourself; and don't forget to get adjusted! A healthy, happy spine makes for a healthy, happy kid!

***Have a very, Merry Christmas
and a Happy Holiday Season!***

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A Note to Parents from Dr. Roller

The Centers for Disease Control and Prevention warn about the overuse of antibiotics leading to antibiotic resistance – the situation where certain bacteria no longer respond to antibiotics. It's more vital than ever to use antibiotics wisely.

1. Realize that not all illness requires antibiotics or medications.
2. Ask your pediatrician to wait 72 hours before prescribing any medications.
3. Have your child seen by a chiropractor and try the natural way.

While certain medications may relieve some of the symptoms that come with a cold or the flu, the chemicals they contain must certainly give a parent pause. Think twice before medicating your child.

Kristen Finello, "The Scoop on Antibiotics," *American Baby Online Magazine*

<http://www.americanbaby.com/ab/story.jhtml?storyid=/templatedata/ab/story/data/1182.xml>

Refrigerator Checklist

Your Healthy Holiday Checklist

- Wash hands often in soap and warm water!
- Stay warm when outside!
- Remove coat when inside!
- Drink a lot of water!
- Avoid junk food!
- Eat five servings of fruits and vegetables every day!
- Get your sleep!
- Ask Mom and Dad for a "family" movie night!



Dr. Roller wants you and your family to enjoy a peaceful, joyful and healthful holiday season! Don't forget to take a moment today to schedule your regular chiropractic check up!