



# ally spine center

November 2024



## DID YOU KNOW?

Did you know the majority of Americans, adults and children alike, are metabolically unstable? When we eat processed foods high in PUFAs (polyunsaturated fats) and especially once they become oxidized in the body due to inflammation and imbalances of other essential fats, we create a cascade of damage that diminishes the normal life-giving qualities of our cells. For example, mitochondria, the power-house engine of the cell, loses its ability to influence the production of ATP that ultimately gives us the energy necessary to complete all of our normal bodily functions.

## Add a New Positive Daily Habit

Choose one thing this month you can add to your life to get your health on the right track. Maybe you decide to drink more water and eliminate soda. Maybe you incorporate more greens into your diet. Or you might choose to quit smoking or quit drinking (because sometimes it's addition by subtraction!) How about plugging in exercise at least three days per week? Whatever you choose, stick with it and be sure you keep that promise to yourself. This is your month to start...not to start and stop.

## Upcoming Events

- 11/1/24 11am Morning Star Fall Festival in Fountain Hills
- 11/5/24 7am Open Event (Business Networking) Ask Dr. C how you can attend!
- 11/15/24 1pm Talk on Disc/Spinal Stenosis at Fountain Hills Community Center

## A Reflection for November:

It is the month for Thanksgiving...  
We are thankful for all of our gifts  
Our family, our friends, our patients  
Our health and theirs.  
May God bless you all and may  
You fulfill the plans He has for you  
Living your life abundantly and in gratitude!

## Contact



[allyspinecenter.com](http://allyspinecenter.com)



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