

Health Tips

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with

Dr. D


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The Greatest Gift of All



We're approaching New Year's and gifts still sit unopened in our home. On Christmas day, my wife was in the 3rd or 4th day of a very unpleasant upper respiratory tract infection. While the spirit for enjoying the season of giving was willing, her body was simply unable. I must admit too that between my concern for her and taking care of the "livestock" (a golden retriever and 2 cats) on the Dr. D Ranchette, opening gifts was well down the way on my priority list. And then, on the 5th or 6th day of her illness, just about when she started feeling better, I began experiencing similar symptoms. While my symptoms roughly paralleled hers, I eventually developed the worst sore throat and cough that I had ever experienced. My only consolation was in knowing that if she survived this heinous virus, so could I. Today is New Year's Eve and while I'm not over this thing completely, I have at least turned the corner. Actually, most of me, with the exception of my throat, which someone keeps jabbing with an ice pick, feels pretty good or at least well enough to write my Health Tip for the week.

I'm not sure when it was (the last few days have been a blur), but at some point, my wife said to me "you know, presents really don't matter". Her implication was that while giving and receiving gifts is certainly a nice perk in life, what really matters is our health--- good health is the greatest gift of all. An important distinction, however, between most gifts and the gift of health is that it is something that we have to work for a bit. Taking care of ourselves through proper nutrition and exercise, undergoing periodic preventive examinations and receiving necessary immunizations are ways that we can facilitate receiving the "gift of health". Oh sure, stuff happens and a nasty upper respiratory tract virus can strike down even the most conscientious lifestyle do-gooder. But even then, a constitutionally strong body is better able to defend itself against attacks from viruses, injury or other diabolical plots against our well-being.

My point to all this is that through our recent experience with illness, my wife and I will appreciate our health that much more. While I feel like we both do a fair amount to enable ourselves to receive the "gift of health", maybe we can do just a little bit more. While

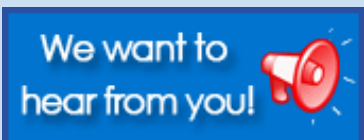


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this may sound like a way of encouraging you to develop New Year's resolutions aimed at improving your health---hey it's New Year's, and if the shoe fits, wear it! Maybe tomorrow we'll open our presents.

**From all of us at eDocAmerica,
have a Happy and Healthy New Year!**



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