

IN TOUCH

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Hello!

This issue of *In Touch* is being sent to you courtesy of

*Dr. David & Dr. Dawn
The Oaks Healthcare*

It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Funny Bone



A smart kid, a just reward

Edgar lost his wallet. It only held a single \$20 bill, but he was very upset because the wallet itself had great sentimental value.

So he was very relieved when his doorbell rang and a small boy standing outside said, "Excuse me, sir, is this yours?"

It was indeed Edgar's wallet. "Thank you! Thank you! Here, let me . . ." And as he opened it, he saw that in place of the \$20 bill, 20 single-dollar bills sat inside.

"That's funny," Edgar said. "When I lost this, it had just a twenty in it."

"Yeah," said the kid. "The last time I returned a lady's purse, she said she didn't have any change to give me a reward."

After 21 Years....

Change can be tough. After 21 years in the same spot, the decision to move the office was not lightly made. We agonized over the location, design, what we wanted to accomplish by making this change, and THEN getting it done.

We are delighted to report, we are in! The build out went well and on time. Thanks so much for being patient as we have chased construction dust, dodged boxes and generally become organized. Our next step is to add the equipment we'll be using as we expand our services to get YOU better, stronger, faster, taller, healthier.... helping you achieve your health care goals.



***PLEASE JOIN US ON JULY 13TH FOR OUR GRAND
OPENING! From 5:30 - 7:00pm, come join us for snacks,
celebration and office tours!***

Learn to Relax

Learning to make time for more relaxation is an important aspect of achieving a better work and life balance. It is important, however, to start small. Don't make sweeping changes that you will leave you struggling to keep up. Simply try to set goals that are realistic and simple to achieve with just a little bit of effort, such as making certain that you leave the office earlier than usual just one night of the week.

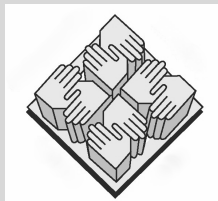
Slowly begin to build more activities into your schedule that are important to you, such as a weekend getaway with your partner once a year or perhaps just setting aside one hour per week to work on a beloved hobby. Even on a hectic day, setting aside as little as ten to fifteen minutes to take a bath, go for a walk, read a book or listen to music can make all the difference to your state of mind and emotional well-being.

I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen.
—Frank Lloyd Wright

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The Importance of Breakfast

Starting the day with breakfast is one of the most important tips of all when it comes to the issue of healthy eating. After all, you have gone the entire night without consuming anything, and thus you have an “empty tank” that needs to be refueled in order to get you going in the morning. Breakfast is particularly important for children as well; studies show that children who eat breakfast tend to be able to concentrate more and do better in school than those who do not. Breakfasts do not have to be anything particularly fancy, and there are plenty of easy-to-prepare meals that can be eaten for breakfast. Plan ahead to have a handy meal that includes some protein and fresh fruit. Boiled eggs, yogurt or even lunch meat with fruit is a great way to fuel your brain and body for the coming day. Lots of people rely on toast or cereal. While better than nothing, shoot for protein as well.



From the desk of
Dr. David & Dr. Dawn
Whew!! We are in!
Remember our new address!

In addition to our new address, July brings a couple schedule changes for you to plan around:

CLOSED Wednesday, July 4th. Happy Independence Day! & CLOSED Friday, July 20th.
Call us to day at 281-852-8724 to schedule your appointment!

GRAND OPENING CELEBRATION!!



Come join us to celebrate our new location! July 13th from 5:30 – 7:00pm. Tour our new spot and celebrate a new beginning with us!!

Drinking Water for Good Health



Drinking lots of water might seem like an obvious tip, but it is surprising how many people neglect to actually do so. A large number of people in the world, including those in Western countries such as the United States, are actually living in a state of continual dehydration without even knowing it. One study even found that as many as 50 percent of all women are chronically dehydrated.

Don't worry about drinking a particular number of cups of water per day. The trick to knowing whether you are drinking enough water is to pay attention to how you feel. If your skin has a tendency to be dry and itchy, your mouth is dry and your lips chap very easily, then chances are that you are dehydrated.

Drink water several times a day instead of coffee or tea or sugary drinks. Some drinks, such as alcohol and tea, can actually cause you to become dehydrated.

International Kissing Day, July 6. People who study such things say that two-thirds of us tilt our heads to the right when we kiss, and it has nothing to do with whether one is right- or left-handed. This is the day to test that out.