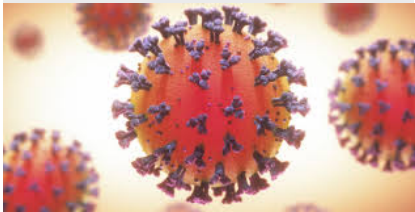


# IT'S YOUR HEALTH

*A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix*

## Recipe for Better Health

**WE ARE OPEN AGAIN**



As Lifestyle Therapeutix resumes care for patients, **SAFETY** is our first priority. We welcome your initial evaluation or referral. To put you at ease, we have added the following precautions:

-Patients are seen on an hourly basis so you are not exposed to others. You need to arrive on time.

-We are currently unable to accommodate anyone other than patients in the treatment area/ gym.

-Patients and office staff must wear a mask of some type.

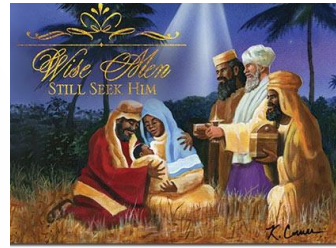
-Temperature will be taken on all patients upon entry to the clinic.

-All patients are required to sanitize their hands with hand sanitizer before entrance into the treatment area.

-Staff will continue to sanitize equipment after each patient use/treatment.

-Staff will sanitize clinic twice per day.

**#cominoutofcovid**



## Wise Men **STILL** Seek Him

It's been a character building year for the world. The emergence of the COVID-19 Virus has taken a toll on all of us that we were not expecting and will probably feel for years. The concept of having 2020 Vision as we welcomed in the New Year certainly did NOT foresee all that we now have experienced.

The sheer nature of the virus has been quite challenging, especially as we watched scientists follow its progression. Even with communities practicing good hand washing, social distancing and wearing masks, the virus has still been able to infect and impact our lives. While some experienced mild symptoms (and believe they may have actually had it in December of 2019) others have had to be hospitalized, some dying and others still discovering the long-term effects that they will be experiencing.



In the US alone there have been over 16 million cases and more than 300,000 deaths. And, with the rollout of an Emergency Use Authorized Vaccine, those at greatest risk are immediately being offered a chance to turn this thing around.

Don't know how you are feeling right now. People that I talk to are all over the place - anger at how our lives have been changed, anxiety, fear of contracting it, grieving the loss of loved ones, trying to find money to honor their obligations, looking for ways to stretch their food to feed their families, depression, discouragement over changes in their health, disappointment over plans that had to be changed.....it's just been sooooo much. And, it doesn't seem like there is any way to straighten it out and get things back to "normal". As we move through the Holiday Season, where celebrations are different and things are unsure, of this I am sure:

✦ **God is still Good!!**

*For the Lord is GOOD and His mercy is everlasting and his truth*



**CUGH Cooking School is available on several Venues.**

- Online LIVE!!! Facebook and Instagram
- Lifestyle Therapeutix Kitchen
- Lifestyle Therapeutix - Website
- Lifestyle Therapeutix - YouTube
- **Order your copy of our Books**



**GIVE THE GIFT OF HEALTH**



**Available on our WEBSITE**

**Call us TODAY  
for all your**



**Lifestyle Physical Therapy needs!!  
We'd love to care for you!**

**Where Circulation Means Health**

endureth to all generations. Psalm 100:5

♦ **He is in Charge!!**

*And he changes the times and the seasons: he removes kings and raises up kings: he gives wisdom unto the wise and knowledge to them that know understanding. Daniel 2:21*

♦ **He is NOT surprised by any of this!!**

*But KNOW this, that in the last days perilous times will come. 2 Timothy 3:1.*

♦ **He is WITH you!!**

*Fear not, for I AM with you. Be not dismayed for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with my righteous right hand. Isaiah 41:10*



♦ **He came to earth for YOU!!**

*For God so loved the world that He gave us ONLY begotten son; that whosoever believeth in Him should not perish, but should have everlasting life. John 3:16.*

♦ **He will see you THROUGH!**

*When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you. Isaiah 43:2.*

And, as I think of the real reason that we celebrate the season, I am thankful that He came.....and since we are celebrating HIS birthday, I am moved to focus on Him and how my faith in Him will see me through and how I can bless others because of Him.

I am also reminded that whenever answers are needed, especially during trying times, **Wise Men still seek HIM.** And, that is what will help us all as we move forward. Seek HIM. Seek Him daily and often. And like the shepherds and the wise men, when He speaks, listen and obey. **He gives wisdom to all men liberally and upbraideth not. James 1:5**

**We Wish YOU a Merry Christmas and a Happy, Healthy, Faith Filled New Year.**



*The Staff at Lifestyle Therapeutix has personally known people who have been stricken with COVID19, recovered or died. Our hearts ache for those who lost loved ones. This has all happened so very quickly. All of our lives have been changed in ways we will still learn about in the years to come.  
May God be with you and those you love.*

**"It's Your Health!"**