



ABOUT **YOUR** HEALTH

From The Desk of Moose, and Dr. Joseph Tanti

A hwoooooo! Rise and shine! Its 3 AM. And that means time to get up! It is to soon for me to get out of bed to...on a normal day. But TODAY is not a normal day. Today is a different day!

You see friend, it all started when I had this interesting feeling in my belly last night. I had it before, and it wasn't good. This time too it wasn't good! Very not good!!!

I am not sure why it happens! I eat all sorts of things. My food (delicious), snacks (also delicious), poop on the ground outside (so tasty), and all the crumbs my little brother, mom and dad leave behind when they are eating....still can't believe they won't let me eat at the table.

Today was different!The belly gurgling made me wake up and have to potty. Its not my fault mom and dad didn't wake up and let me outside. So I did what any reasonable dog would do. Found the most comfortable spot on the floor. In this case its the baby's play mat. So squishy!

And then I did my business. ...So now mom and dad HAVE TO get up. I need to go back to bed. And I can't sleep with that mess...it smells terrible! Ugh, they are so rude sometimes. Anyway, see you next time! -Moose



BRUCE LEE
WHOS THE BOSS-PG2



SECRETS WOMEN.
55+ USE TO STOP
THEIR BACK PAIN-
PG 4

Swimming Is Tiring Work!

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Your Postal
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Your February 2023 Issue IsHere!

Look Inside Now For Spine-Saving Tips, Fun Facts, and More!

Kim's Cat

Hello. I am Bruce. I don't know why, but the female human asked me to write to you. I first said no. I was busy bathing in the window sill... But then she used cat nip and belly rubs as a bribe, and I am not above taking bribes.

I still can't understand how they expect me to do my business in that box of sand when they don't clean it immediately. This is why I sometimes will use the big tub. It's more spacious, AND baths are gross.

I'm only 6 months, and I already know this. I still cannot comprehend the ickiness of bathing with water and this other substance..."shoap" I believe they call it.

I offered giving the female human a bath after I had finished my own. I started around her neck, then face, but then she shooed me away! The audacity!

So despite my efforts, her coat is not silky smooth and fresh. Don't come complain to me! My belly rubs await. Good Bye.

-Mr. B. Lee



Quote Of the Month

"I just did what you said to do"

This was the answer a patient gave when I said to them them : Wow, your doing amazing! What have you been doing? Why are You doing so much better?

Sometimes things take longer to get better than initially expected. Sometimes they get better faster.

But at the end of the day, when we create a strategic plan and follow through with the plan, miraculously we always end up getting to our final destination.



I hope your 2023 is off to a fantastic start, and you haven't fallen off the wagon on too many of your new years resolutions!

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A Wild Soggy Night

Have you ever woken up to a child crying in the middle of the night? Well if you have kids you certainly have! This happened to us the other day.. Everett had woken up and was quite upset. He is still wearing pull ups incases he has any accidents. And surely enough, this night he had one. Had soaked right through to the sheets.

So we jumped out of bed and got him sorted out. Bathroom, changed, consoling him, etc. It's 2 AM, so rather than stripping the bed, we just let him jump in our bed...1st mistake.

He did NOT want to sleep. He was standing up. Jumping. Talking...loudly. And Ashley had just gotten Archer down. We couldn't afford to let him wake the baby up to. That would be too much at 2AM.

So rather than risks him waking the baby up, Everett and I went up to the spare room. I thought, maybe if he isn't around the baby he'll settle down (2nd mistake). Archer has a way of getting Everett a bit excited. Well, I was wrong about that. He was up, jumping and sticking his knees and elbows right into my back and neck. Let me tell you something....Toddlers have very pointy elbows and knees!

The good news is that he didn't have any more accidents. And that we EVENTUALLY got to sleep- even if it wasn't till 5am. Luckily for me I wake up at 6, so I got a solid hour in. The good news is that Everett did make it to daycare onetime, and had a fun filled day (and we haven't had any accidents since! ...yet anyways).

Oh yes, and Ashley and Archer were able to have a pleasant sleep for. the rest of the night. It also turns out when I jump out of bed, Moose, Lola and Furls all like to jump into the bed. They just can't wait for me to get. out of 'their spot'.

Salmon with Miso Sauce ...for 1...double for 2 :)

1 TBSP Red Miso Paste	1 Garlic Clove, Minced
1 TBSP Soy Sauce	1 TBSP Canola Oil
1 TBSP Honey	6 oz Skin-on Salmon Fillet, Skin Scored With the Tip of a Knife
1 TBSP Olive Oil	



1. In a small bowl, mix together miso paste, soy sauce, honey, olive oil, and garlic. Set aside
2. Heat a large nonstick pan over medium high. Add canola oil. Season the salmon on both sides with salt
3. When the oil sends up wisps of smoke, add the salmon, skin side down, placing fillet away from you. Reduce heat to medium and cook until the skin crisps, about 5 minutes. Flip the salmon and cook until medium rare, about 2 minutes
4. Transfer the salmon to a plate and. Pour sauce over it to taste. Wait 5. Minutes then serve. With a starch and greens.

Win A Golden Ticket!

The Secret Women Over 55 Use To Solve Their Back Pain. For Good!

Barbara woke up, and couldn't move. "CHARLES!!!" She screamed, waking her husband of 30 years out of a deep sleep. "Wha..whats wrong!?! What's happening?" "Somethings wrong, I can't move!" She exclaimed. "What do you mean? What's wrong?". Getting frustrated, and panic starting to settle in she said "I CANT MOVE! My back feels like its

about to break!"

With Charles help, it took Barbara 90 minutes to get out of bed and put on the resemblance of an outfit- stretchy sweats, a loose top and sweatshirt. Forget the socks- Another 30 minutes to get down the stairs, eat some medication and and get out to the car. Luckily she has slip on sandals...even though it was minus 30degrees outside. When they drove past the hospital Barbara said " where are we going, aren't we going to the hospital?". "No, what are they going to do? I know a guy who will help". Despite Charles ominous lack of explaining, Barbara was in no mood to argue.

It turns out that Barbara had been dealing with back issues her entire adult life. Her doctor kept saying it was just a bad strain, it'll t take time. Evidently 20 years wasn't enough time for this 'strain' to heal. Well it turned out that she has a disc injury. Each episode would get worse and last longer until that one morning, it nearly paralyzed her with pain.

Unfortunately the disc had herniated.

The Good News- Pants Included

We were able to diagnose the problem, and provide the most effective therapies to help reduce her

I Love this part of the newsletter!! Each month I'll give you a *Trivia* question, and if you email me at joetanti@drjoetanti.com with the correct answer will be entered to win a

GOLDEN TICKET

Take you best guess then email me right away. Remember, your chances of winning are better than you might expect!

Your eTrivia question this month is....

What did Everett's decide to wake up?

- a) 9 AM - snoozed in a bit
- b) 5 AM - early riser
- c) 2 AM - Sleeping is boring

pain and kickstart her recovery. Oh yes, and she could now get dressed on her own!

The Bad News

While we were able to get her walking normally after just one visit, it still took several months to make a full recovery. Still, just a few months to solve 20 years of pain...not too bad!

How To Keep The Pain Away

With an individualized exercise and stretching program Barbara's back has been feeling stronger than ever! She still comes in for her regular 'tune up' every 100,000 miles to make sure everything is in good working order.

To get a clearer understanding of what it takes to stop back pain, and keep it away, [click here](#), or text "123" to 587-604-6462 to get the Free Report. It will show you what are the main culprits of back pain, how to stop. the pain, what to do even if you are riddled with arthritis, and give you stretches and exercise you can do to keep your back in great health.

If you., or your know anyone over 55 with back pain, you owe it to them to get them this report! (Well, unless you don't like them very much) Just text "123" to 587-604-6462, to stop your back pain today!