

Highlights From Oktoberfest



Our “Patient Appreciation” festival on October 29th was once again a huge success. There was plenty of home made German food, prepared by our staff and patients. The music and entertainment was once again provided by Gwen Redmond from Las Palmas Senior Community. Some of our patients even came dressed for the occasion.

Jo Jones not only graduated from therapy that day, but also won a free massage for referring the most friends to our clinic during our “Refer a Friend” promotion. The Carosi’s won the grand door prize - a “Chocolate goody basket”.

We thank all of you that took the time to come and hope to see you again along with some new faces at our next festivity in May.



Stroke Club

Tuesday November 16th, 11:00AM
Florida Hospital Flagler Meeting Room C

Cancer & Chemotherapy- Is there an alternative way?

The following information comes from a Johns Hopkins article. Here are a few points to ponder.

- Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
- When the person’s immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
- When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
- To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
- Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc.,

and can cause organ damage, like liver, kidneys, heart, lungs etc.

- Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
- An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

Cancer Cells Feed On: Sugar, also Milk - which causes the body to produce mucus, which cancer feeds on. They also thrive in an acid environment. Fresh fruits, vegetables, whole grains, fish and some chicken are good food choices. Some supplements can build up the immune system .

Do Not Use plastic wrap or containers in a microwave. Do not freeze plastic water bottles.

Cancer is a disease of the mind, body, and spirit. Learn to relax and enjoy life.

Cancer cells cannot thrive in an oxygenated environment. Exercise daily and breathe deeply to get more oxygen.



Arrow Rehabilitation

Aiming For Independence

14 Office Park Drive, Suite 8
Palm Coast, FL 32137

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What is Speech Therapy?

It incorporates a combination of exercises and vocal hygiene education to improve the overall quality and function of your voice.

Our therapy program focuses on returning your voice to its maximum potential.

How You Can Benefit From Our Speech Therapy Program

Our Program is recommended for people with any of the following conditions or symptoms:

- Chronic hoarseness or laryngitis
- Vocal fatigue
- Voice problems after head trauma or stroke
- Voice problems or changes from Parkinson's or ALS
- Laryngeal cancer
- Cleft Palate

Program Goals:

Specific goals vary from patient to patient. However, in general, our main goals are:

- To help you restore the best voice possible for employment and general communication.
- To teach you ways to care for your voice and prevent further voice problems.

Our trained therapist maintains the highest standards of care possible in providing services. Our goal is to ensure that the services we provide are necessary and appropriate to your treatment. We are here to help you achieve the highest level of functioning possible.

If we can be of help, or for more information, please call us at (386) 447-0011. We will be happy to provide you with the information needed to begin your road to recovery.



Question Corner

What is the first year Thanksgiving is commonly believed to have been celebrated?

- A. 1578
- B. 1621
- C. 1565
- D. 1492

Circle your best answer and mail it in or drop it off to be picked for the prize.

Name _____

October winner: Patricia Mendel