



Margit M. Winstrom, MD

The Good Old Fashioned Family Doc Clinic

"Modern medicine delivered the old fashioned way . . .with TLC"

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CHOCOLATES ARE GOOD FOR YOU !

Bet you never thought you would hear that from your doctor. Well its true when coupled with the advice (as in all things) - moderation .

Lots of the “love treats” you will get as valentines may not be the best nutrition, but they may do you more good than a whole bottle of vitamins.

The facts are that heart disease is mostly genetic, partially attitude, and somewhat affected by life style. It is also known that human beings not only want, but need to feel loved and it is self evident that life is like a roll of toilet paper- the closer it is to the end the faster it goes.

So savor that morsel of decadence, sip some overpriced wine and spend some quality time with someone you love. Revel in being someone’s valentine and then send an anonymous valentine to someone you suspect doesn’t get many. It will do you both more good than a bushel of broccoli.

Our (Dr.You / Dr, Winstrom’s) valentine to each of you is a regular office visit at half price. You may choose to give it to someone else as a valentine if you wish, for what is more loving than a gift of “Good Old Fashioned Care”.

Here’s hoping your mailbox overfloweth on Valentines Day,

Your Good Old Fashioned Family Doc – Dr, Margit Winstrom
and
Your acupuncture and herbal medicine professor- Dr. Bing You