



Dr. Steve Rosman's February 2010 E-zine

In This Issue

Welcome

In This New Year

News You Can Use

Cancer and Your Estrogen Ratios

When Will My Infant Fall Asleep?

An Anti-Inflammatory Diet

Why Will Detox Make Me Thin?

Why Stomach Acid is Good For You

A High-Tech Fitness Treat

Take Care to Sleep Well If You

Want To Lose Weight

If You Answer "Yes" To Any of The Following

How To Make Soup Into A Super Meal

Brain Exercise

Sunshine in A Bath

Pocket Change Program

Acts of Kindness

Consider This Short Tale

What is Functional Medicine Question

Why The Farmer Won't Eat Corn-Fed Beef

Why Do I Have to Exercise To Lose Weight?

Laughter is The Best Medicine

Welcome to the February edition of my Ezine. If you are interested in any of the research discussed here, please use the reference information to read further or give me a call. Feel free to send any Ezine issue to a friend. If you are not currently on the Ezine email list, please forward your email address to me. You will receive this monthly Ezine and other important announcements. Of course, the information mentioned here is meant to be educational. It is not prescriptive, and I advise any reader to avoid self-medication or the application of any form of treatment without the supervision and consent of an appropriate healthcare professional.

(*Note: Previous Ezines are presented and archived on my website: www.drsteverosman.com. If you cannot access the websites to which I refer in this Ezine, simply cut and paste the site into your browser or copy it by hand and type it into your browser. Sometimes there are those who are confused about what I do or what to call me. You might call me an Integrative Healthcare Specialist. Yes, it is true that I have several graduate degrees and NY State licenses. As my website Home Page explains, I am a general practitioner who treats children and adults, families, and couples, no matter the condition, symptoms, or complaints in a manner that integrates nutrition, psychotherapy, clinical hypnosis, biofeedback, acupuncture, homotoxicology, and dietary remedies. For twenty years, I have been privileged to receive referrals from physicians and patients to help those suffering anxiety, depression, ADD/HD, Autism, every ...ology, end-stage disease, weight management, smoking cessation, addictions, chronic illnesses, and conditions that have previously escaped diagnosis and/or successful treatment. Please consult my website for all appropriate information.)

"Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed."

Storm Jameson

In This New Year, I am going to...

- Lose ? pounds (swimsuit season is only 100 days away)
- Stop smoking (Immediately upon quitting blood circulation increases, blood pressure and heart rate quickly improve and the carbon monoxide and oxygen levels in the blood soon return to normal; within a few days of quitting breathing becomes easier and the senses of smell and taste improve; within two to three months of quitting lung function improves up to 30 percent; one year after quitting your risk of coronary heart disease is reduced by 50 percent.)
- Try a safe, supervised, practical, non-extreme, non-laxative, rejuvenating, and big-time weight reducing Detox/Cleanse

Clinically proven strategies include hypnotherapy, acupuncture, Mental and Thought Field Therapy, and assessments to establish food timing and the types of foods that eliminate cravings for trigger foods, cigarettes, and sugar.

In 100 days or less you can kick the smoking habit and save your life and the lives of those you expose to second-hand smoke, cleanse your body of toxins, lose pounds and inches and flab, become mentally sharp, emotionally strong, eliminate abdominal bloat, heartburn, constipation, grow stronger hair and nails, develop clean skin and reduce wrinkles and other signs of aging.

Free 15 minute introductory consultations remain available for the rest of this month of February only.

News You Can Use

- The Lancet is the British equivalent of the New England Journal of the American Medical Association combined into one publication. In the September 18, 2004 issue you will find the following: "With the notable exception of the use of retinoic acid for the treatment of promyelocytic leukemia, the importance of nutraceuticals in cancer prevention and treatment remains largely under-exploited despite increasing evidence showing that these molecules have chemopreventive and chemotherapeutic ability...Green tea and other diet-derived compounds, such as curcumin, phyto-estrogens and carotenoids, offer several advantages as anticancer products, because these products are non-toxic, produce few side-effects, are widely available, and are cheap." If you or a loved one is challenged by a diagnosis of cancer, please take this to heart and then go to my website, www.drsteverosman.com, and read the PDFs in Section Two entitled CancerDiagnosis: Options and Hope; Life Over Cancer and Anticancer. What you do not know or may not know about a truly comprehensive treatment plan for all forms of cancers is presented in those documents and should not be ignored.
- According to Maria Norton, PhD, associate professor of gerontology at Utah State University, wives whose husbands had dementia were

nearly 4 times more likely to develop dementia than women with husbands who were cognitively healthy. Actually, husbands who are the caregivers are about 12 times more likely to develop dementia. Stress and all the healthcare issues related to stress likely are to blame. Here is where you can help yourself and be a stronger caregiver for your spouse. Take care of yourself or you may not be able to take care of your loved one. There are effective, conveniently learned strategies to help you. These findings were presented by Dr. Norton at the Alzheimer's Association International Conference in July 2009.

- According to a recently published study in the Archives of Pediatrics & Adolescent Medicine (2009:163), the two traits most likely to lead to Internet addiction were hostility and ADD. In girls, especially, depression was an additional predictor of Internet addiction. Treating ADD and ADHD does not always mean using prescription medication. You might suspect that your child is displaying signs and symptoms of ADD/ADHD. Your child's teachers may have brought this to your attention. Please review the relevant PDFs in Section Two of the website and do not hesitate to be in touch for help and guidance.
- Not all grain foods are equally healthy. Don't be fooled by the label "whole wheat." Many products claim they contain "whole-grain flour", but they are really made from pulverized grains rather than intact grains. The fact is that there is very little difference between the true Glycemic Index of most whole wheat foods and white flour foods. Recall that the Glycemic Index assigns values to foods indicating how quickly they turn food items into blood glucose. Quicker is not better. High glycemic foods contribute to weight gain, diabetes, cardiovascular disease, and their related illnesses. Look for "cracked grain" or "whole grain" (often listed as wheat berries) as the first ingredient. Even terms like stone-ground or 100 percent wheat are not the same as whole grain.

Cancer And Your Estrogen Ratios

A woman's body makes three forms of estrogen: estriol; estradiol; estrone. Once they have been produced and done their jobs, your body looks to reduce them to chemicals that can be eliminated. Your liver is the main organ that breaks these hormones down into bits called metabolites. These metabolites are excreted from the body through bile and urine. For one moment, let's focus on just two of these metabolites: 2-hydroxyestrone and 16-hydroxyestrone. Like the two forms of cholesterol, one is considered 'good' and one is considered 'bad' - - though, like with cholesterol, that is an oversimplification. In this case, the 2-hydroxyestrone is the good guy, or anti-carcinogenic. The metabolite 16-hydroxyestrone is pro-carcinogenic, or, in other words, is the one believed to stimulate cells to reproduce, including cancerous cells in the breast. When a person's urine is analyzed in the 2/16 estrogen metabolism test, laboratory technicians evaluate the balance of the two types of estrogen metabolites and figure the ratio. A ratio of 2.0 or higher seems to indicate a lower risk of getting breast cancer. A lower ratio indicates your

chances for developing the disease is higher.

The following is a research article supported by more than 100 reference citations. If you would like, take a look:

http://www.metametrix.com/resources/content/LearningCenter/Articles/Estrogen_Metabolism.pdf

If you cannot access it directly from this page, copy and paste it into your browser. You have access to this simple test through me.

- [Just a note about the 2/16 ratio. While a favorable ratio may have significant protection properties, a ratio excessively in favor of the 2-hydroxy form may increase the risk for osteoporosis. So, it is important to run the test under supervision and interpret its results in light of your own personal medical history and personal medical needs.](#)

When Will My Infant Fall Asleep?

Research supports the theory that a structured routine for infants and toddlers is the best way to get them to sleep faster and with less fuss. Suggestions to parents include developing a pre-sleep protocol that remains steady and that may include a bath (you can add 2-3 drops of lavender and chamomile essential oils), a gentle and soothing massage with a hypoallergenic, non-toxic lotion (there are many books that display acupressure points that produce calm and relaxation), singing lullabies and reading stories and, for those for whom it is desirable and important, sharing a bedtime prayer.

Get a Quick Tutorial In An Anti-Inflammatory Diet To Reduce Your Risk of Cancer

Neurosurgeon and researcher, Russell Blaylock, MD, has written that researchers and scientists are finding that as many as fifteen years after the development of an inflammatory disease the risk of cancer development rises. In the Blaylock Wellness Report (Jan/Feb 2005), Dr. Blaylock wrote that " a recent study found that one central event is most closely associated with cancer development - - chronic inflammation. In the study, researchers looked at a large number of cancer patients and found that almost 70 percent had pre-existing chronic inflammatory diseases for 10-17 years before they developed cancer." Then, writing in his June, 2008 newsletter, Blaylock cites a study that found that 65 percent of white men and women and 70 percent of African-American men and women who developed cancer suffered from prolonged inflammatory diseases first. Anti-inflammatory diets and lifestyle guidelines exist. You can choose to do as much as you feel comfortable doing to reduce factors that increase inflammation. These studies continue to mount and continue to place the onus for cancer prevention on you and your choices. If you choose the path of prevention, let's sit and talk about and develop a plan together that meets your personal goals and works with your lifestyle.

Why Will Detox Make Me Thin?

I want to thank Merri Gelbard for sending this to me:

<http://www.care2.com/greenliving/is-plastic-making-us-fat.html>

Detox will make you thin because plastics and other environmental toxins make us fat. For the most part, this happens because these substances/poisons disrupt the way our hormones are produced and work. In some cases, they can disrupt the function of our thyroid and its hormones, and thus they slow metabolism. They can mimic estrogen and contribute to excess estrogen weight gain (and many cancers) in women and men. They can prevent men from making as much testosterone as is normal and healthy, and they can convert the testosterone that makes lean muscle and promotes lean body mass into hormones that increase body fat, destroy muscle, and make us look mushy (a very technical medical word). Detox programs, like the one I wrote about in last month's eZine (available in the eZine archive at www.drsteverosman.com) are safe, effective, efficient, easier to do than you think, and did I mention they are very effective at helping us drop fat, banish brain fog, improve sleep, improve skin tone and texture, improve hair quality, improve lipid profiles and blood sugar levels and reduce pain and reduce the risk of many forms of cancer and reduce the risk of dementia and degenerative neurological conditions, and on and on. You get the picture. I am still offering a free 15-minute introduction in my office to anyone who wants to begin a brief detox program.

Why Stomach Acid Is Good For You...

According to Jonathan Wright, MD, author of the acclaimed book *Why Stomach Acid is Good For You*: "When sufficient stomach acid is sensed, the LES [Lower Esophageal Sphincter, the muscle at the top of the stomach and bottom of the throat responsible for keeping stomach contents from refluxing into the throat] will close.

However, in conditions where there is a lack of stomach acid [my note: or anything that suppresses the production of stomach acid], the sphincter remains open, allowing stomach contents, including acid, to flow back through the opening, potentially creating a sense of irritation and discomfort. Adequate stomach acid production is an essential criterion for the [LES] to function properly and prevent the back flow of stomach contents." If you currently take prescription medications for GERD, do not stop taking them. First, they are very, very hard to discontinue without significant side-effects. Second, there are very safe, natural, and effective ways to help with reflux or throat irritation. These alternatives help to fight inflammation while at the same time healing the throat and increasing digestive efficiency.

A High-Tech Fitness Treat

Sportline makes an MP3 player that is also a heart rate monitor. It will help you stay on track at the gym and help you pass the time with your favorite tunes. Check it out.

Take Care to Sleep Well If You Want To Lose Weight

I've said it before, and I will probably say it again: getting a good night's sleep is a secret to a long life and a secret to a lean body. Researchers at the Centers for Disease Control and Prevention have found that without good deep sleep and without a sufficient duration of good deep sleep a hormone known as leptin falls and one known as ghrelin rises. When leptin falls you get hungry and your body holds on to fat. When ghrelin rises appetite goes up and fat burning enzymes go down. This is not what you want. The results can be an out-of-control appetite, constant cravings, elevated blood fats, diabetes, stroke, heart attack, fatty liver disease, and, of course, an oversized waist line. There are many strategies to help you get the sleep you need for a long and healthy and svelte life. You can consider hypnosis, biofeedback, targeted amino acid therapy (check Neuroscience in Section Two of the website), safe and effective (often more effective and definitely safer than drugs) nutrients and herbal formulas, stress management, sleep hygiene coaching, and more. You can get a good night's sleep. I welcome your call and the chance to help you. The days are long gone for saying that it is OK to get just a few hours of sleep and to awaken two or three or more times per night. Disease and obesity await. However, you do have safe, effective, and proven options.

If You Answer "Yes" To Any of The Following...

- Repeat unwanted patterns of behavior
- Saying you want something and then doing things that prevent it from happening
- Making positive changes in your habits only to slip back into old ways
 - Failure to complete what you start
- Procrastination
- Lacking motivation to reach a goal or complete a task just before deadline
- Imposter Syndrome (feeling you are only acting out being good/talented/capable/...and fearing being found out to be less than what others believe you to be)
- Perfectionist Saboteur (if something does not live up to your ideal of it, you do not follow through)

If you answered "yes" to any of the following you might be a guilty of self-sabotage. No while there might be plenty of grist for a psychotherapist's mill, sometimes all it takes to cure yourself of self-sabotage is Life Strategy Coaching. That is how some of the most successful people you hear about, watch on TV, and read about in the newspaper become who they are. There are simple strategies to help you change your life by learning how to stop sabotaging yourself. I was a Life Coach long before studying psychology. Today, you do not have to think about therapy to move your life along. Instead, you might find that just a few coaching sessions, wherein you learn techniques and tools and strategies, will help you finally attain your goals. Life Coaching is available to you, and here is the first "pearl" to learn: No one can make the call for you. Read a bit more about Life Coaching in Section Two of the website, entitled " Practice Information."

How To Make Soup Into A Super Meal

While canned soup may be good, there are soup boxes found in Natural Foods markets like Wild by Nature, Trader Joe's, and Whole Foods or in the Natural Foods section of your local supermarkets. Some are boxed by those companies. Some might be soups by companies like Amy's or Dr. McDougall. In any event, take your favorite soup and spend just a few extra minutes adding some pieces of lean steak, chicken breast, a portion of edamame or lentils and some of your favorite frozen vegetables. Now, have that as a miracle meal anytime of the day or at work. Add just the right amount of healthy spices like garlic, ginger, rosemary, and turmeric. Get creative. It may take five minutes more (lean steak and chicken breast and frozen vegetables can be purchased in forms that take just minutes to prepare), but you've got yourself a super meal.

Brain Exercise

I have five letters.

If you take the first and last,

I will still be the same.

Even if you take the middle letter,

I will be the same as before.

What am I? See the answer at the end of the Ezine.

Sunshine in A Bath -- A Taste of Summer During Any Season...And It's Good for Whatever Ails You

Want to try a stress-busting bath? Aura Cacia has been producing essential oils for decades. Essential oils are derived from natural sources, and their volatile essences have proven therapeutic properties. Here is a formula for a wonderfully relaxing and therapeutic bath derived from their website www.auracacia.com:

Sunshine Fizz Bath

1 tablespoon sea salt

1/2 tablespoon vitamin C powder

1 tablespoon baking soda

15 drops Aura Cacia bergamot essential oil

12 drops Aura Cacia eucalyptus essential oil

Blend all the ingredients and dissolve them in a hot bath. Enjoy!

Pocket Change Program (or Help Me: My Life is Stuck!)

This addition to my Ezine is intended to help you take one step forward to successfully make those changes in your habits, your health, your career, or your life that you want to make or need to make (or may have been told you have to make). It is called Pocket Change because you can clip around the dashes and keep this month's strategy right in your pocket for constant reinforcement and inspiration.

Read this through before practicing it. Take a piece of paper and write down three, four, or five (even better) successful moments that make you proud recalling them, even now. Find a moment to close your eyes and take a few deep breaths. Quickly, recall each of these moments. One, by one, recall each

of these successes. Now, recall them again. This time, identify one key to your success in that moment. Just one. Was it your preparation? Was it help you received from someone or something? Was it something you did? Was it something you did differently that time than you had done before in a similar circumstance? What or who helped you achieve that success? Make a mental note of it. Then, go to the next success you wrote down. Go through the same process. What or who helped you succeed? Then, go to the next success until you have reviewed each of the successes you wrote down and until you identified at least one factor that helped you succeed in each instance. Take a couple of breaths. Open your eyes. Look at your list and write down next to each of your successes what or who (or what combination of both) helped you succeed in that instance. Then, decide how to use those same resources to help you succeed with something that appears to be a challenge for you right now. Close your eyes again. Take a couple of breaths. Relax and breathe slowly and gently and deeply. See yourself using those resources to help you succeed now. Visualize it again. Again. Again. Visualize it until you are no longer looking at yourself succeeding, but you are actually there, in the experience, succeeding yourself. No longer just an observer to your next success, I want you to feel yourself succeeding and triumphing over this new challenge. Do this before you fall asleep each night for a week. Then, as per my invitation, drop me an email and tell me all about how this technique helped you overcome a current challenge. Congratulations on your next success.

Pocket Change invitation: The book version currently underway will contain testimonies from those who have made positive changes due to the Pocket Change principles. If you would like to be included in this book, send me a brief testimonial of 100 words or less illustrating specifically how you have used a particular tip for change to bring positive change to your life. Please understand that to fit the format and style of the book, I may request that you tweak your testimonial in some way. Full name, initials, or first name only may be used. That is up to you. Extra Pocket Change is available for those who want one extra tip per month in addition to the tip in my monthly Ezine. Just send me an email requesting the additional tip, and it will be sent to you in the middle of each month.

Acts of Kindness

Perform an act of kindness today by going to <http://www.actsofkindness.org/ecards> and sending someone an eCARD of encouragement and inspiration.

Consider This Short Tale

A frail old man lived with his son, his daughter-in-law, and his four-year-old grandson. His eyes were blurry, his hands trembled, and his step faltered.

The family would eat together nightly at the dinner table. But the elderly grandfather's shaky hands and failing sight made eating rather difficult. Peas rolled off his spoon, drooping to the floor. When he grasped his glass of milk, it often spilled clumsily at the tablecloth.

With this happening almost every night, the son and daughter-in-law became irritated with the mess.

"We must do something about grandfather," said the son.

"I've had enough of his milk spilling, noisy eating and food on the floor," the daughter-in-law agreed.

So the couple set a small table at the corner.

There, grandfather ate alone while the rest of the family enjoyed their dinner at the dinner table. Since grandfather had broken a dish or two, his food was served in wooden bowls. Sometimes when the family glanced in grandfather's direction, he had a tear in his eye as he ate alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four-year-old watched it all in silence.

One evening, before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly: "What are you making?" Just as sweetly, the boy replied, "Oh, I'm making a little bowl for you and mama to eat your food from when I grow up." The four-year-old smiled and went back to work.

These words so struck the parents that they were speechless. Then tears streamed down their cheeks. Though no words were spoken, both knew what must be done. That evening, the husband took grandfather's hand and gently led him back to the family table. For the remainder of his days, grandfather ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk was spilled or the table cloth was soiled.

What is Functional Medicine and Why Might It Help Me If I Seem to Have Fallen Through the "Cracks" of More Conventional Healthcare?

Functional Diagnostic Medicine is an amazingly fast growing approach to treating even the most difficult and confounding medical conditions. It has been around for more than twenty years. In fact, its roots go back more than half a century. Most medical professionals consider Jeffrey Bland, PhD, to be the "father" of functional medicine (see http://www.jeffreybland.com/content/Dr_Jeffrey_Bland.aspx). Truly, it offers a giant step forward in the diagnosis, treatment and prevention of many of today's most chronic diseases. To read more about Functional Medicine, go to the *Practice Information* section of my website and scroll down the page until you find the PDF. This is 21st century treatment for those who have suffered long enough and feel as if they have fallen through the "cracks" of other healthcare.

Question:

Q: When the power goes off, will food in your refrigerator stay cold enough to be eaten safely for: (a) 4 to 6 hours; (b) 6 to 8 hours; or (c) 8 to 10 hours?

A: Four to six hours, if you don't open the door. Items in a half-full freezer are probably safe for 12 hours; a full freezer for two days (Prevention magazine).

Why The Farmer Won't Eat Corn-Fed Beef

Joel Salatin is co-owner of Polyface Farms and author of half a dozen books on sustainable farming.

The problem: Cattle evolved to eat grass, not grains. But farmers today feed their animals corn and soybeans, which fatten up the animals faster for slaughter. But more money for cattle farmers (and lower prices at the grocery store) means a lot less nutrition for us. A recent comprehensive study conducted by the USDA and researchers from Clemson University found that compared with corn-fed beef, grass-fed beef is higher in beta-carotene, vitamin E, omega-3s, conjugated linoleic acid (CLA), calcium, magnesium and potassium; lower in inflammatory omega-6s; and lower in saturated fats that have been linked to heart disease. "We need to respect the fact that cows are herbivores, and that does not mean feeding them corn and chicken manure," says Salatin.

The solution: Buy grass-fed beef, which can be found at specialty grocers, farmers' markets and nationally at Whole Foods. It's usually labeled because it demands a premium, but if you don't see it, ask your butcher.

Budget tip: Cuts on the bone are cheaper because processors charge extra for deboning. You can also buy direct from a local farmer, which can be as cheap as \$5 per pound. To find a farmer near you, search www.eatwild.com.

Why Do I Have to Exercise To Lose Weight?

The short answer (believe me, I do have a longer rant than this): No one bulks up exercising, unless steroids are involved. Muscle does weigh more than fat, but it takes up less space. It is lean. Toned bodies are not bulked bodies. Muscle also increases metabolism by forcing the body to spend about 50 extra calories to maintain each new pound of muscle you gain. Weight loss for most people means reducing calories. That reduces metabolism. Now, if you are not exercising at the same time, your body will destroy muscle and reduce your metabolism even more. Also, the very act of exercising burns calories, creates a healthier cardiovascular system, reduces depression and anxiety, reduces pain and the perception of pain, reduces resistance to insulin, increases brain power and the connections brain cells make with one another, retains testosterone for better sex, mood, drive, focus and concentration, reduces the risk of all cancers, helps to manage stress, and, oh, by the way did I mention that it helps to prevent skin from sagging, faces from becoming old and hollow, bodies from drooping, and postures from looking sickly and weak. As you grow older, have you become more energetic and more functional? Every mainstream medical publication, advocates a minimum of 5 hours of exercise per week (that is the message and I am the messenger...please do not shoot the messenger from presenting you with an inconvenient truth). And,

since growing and maintaining lean muscle is involved, weight training of some form that works for you and appeals to you must be part of the program. Spend all you want to on goop for your face. Undergo expensive and uncomfortable cosmetic procedures (and how attractive is it to have a face without wrinkles attached to a body that sags and huffs and puffs without the projection of vitality). So, if you want to get old and sickly fast, don't exercise or try to reduce calories and don't exercise. There are ways to modify these recommendations to fit anyone's busy schedules and anyone's current health challenges. **THERE ARE NO EXCUSES FOR ANYONE**, but you are free to get as creative and self-persuasive as you want. Who are you really fooling? Illness, injury, and a busy life do not prevent me from helping you design an exercise program that will work for you. But, if you do not believe me, just continue doing what you have done all these years. How is that working for you?

Laughter Is The Best Medicine

An elderly man and his wife (much older than anyone reading this, of course) were having problems remembering things, so they decided to go to their doctor to get checked out to make sure nothing was wrong with them. When they arrived at the doctors, they explained to the doctor about the problems they were having with their memory.

After checking the couple out, the doctor told them that they were physically okay but might want to start writing things down and make notes to help them remember things. The couple thanked the doctor and left.

Later that night while watching TV, the man got up from his chair and his wife asked, "Where are you going?"

He replied, "To the kitchen."

She asked, "Will you get me a bowl of ice cream?"

He replied, "Sure."

She then asked him, "Don't you think you should write it down so you can remember it?"

He said, "No, I can remember that."

She then said, "Well I would also like some strawberries on top. You had better write that down because I know you'll forget that."

He said, "I can remember that, you want a bowl of ice cream with strawberries."

She replied, "Well I also would like whipped cream on top. I know you will forget that so you better write it down."

With irritation in his voice, he said, "I don't need to write that down! I can remember that." He then fumes into the kitchen. After about 20 minutes he returned from the kitchen and handed her a plate of bacon and eggs.

She stared at the plate for a moment and said angrily: "I TOLD you to write it down! You forgot my toast!"

The Answer To The Brain Exercise Question: Empty

Contact Info

Dr. Steven M. Rosman

smrosman@prohealthcare.com

516-608-2806

[Forward email](#)

 **SafeUnsubscribe**®

This email was sent to bziegel@aol.com by smrosman@aol.com.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe](#)™ | [Privacy Policy](#).

Email Marketing by



Dr. Steve Rosman | 2 ProHealth Plaza | Lake Success | NY | 11042