



Your

LOVING Healthy & Happy Home News



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From the Desk of Moose and Dr. Joe Tanti

February 2022

The most wonderful thing happened the other day! I just absolutely love when days start out like this! There was a fresh sheet of snow on the ground, and frost bite in the air.

Can the day start any better than this?

I didn't think so, but I was quickly corrected.

Dad reminded me of our morning walk. Oh boy oh boy! I LOVE taking dad for his walk. (And between you and me, he can really use the exercise...).

I like to have him attach the double ended leash onto my harness. It seems to let him hold onto me better, just so he feels less likely to get lost. Poor guy, he'd be hopeless without me!

He only slipped a few times on the ice. Dad's so silly. Its a common trend among the furless-people but, he hasn't quite figure out the main reason that I don't fall down is I walk on all of my legs.

If only he would do the same, he'd be fine. Then he could stop whining about jarring his back for the rest of the day. Anywho...how do you love to start off your mornings?

-Moose

What Are You Doing For Valentines?

Hard to believe January has already flown by. February is here, which means Valentines day.

I've always had a difficult time deciding what to do for V-Day, So I decided to try to search some ideas.

Many times I find a list of things to do. But, I find that these lists always include things that are just so ridiculous.

For example- **Breakfast in bed.**

Sure, Orange juice, a pastry, maybe a bowl of cereal is doable. BUT Its incredibly difficult to enjoy a big stack of flapjacks, bacon, eggs, orange juice, etc in bed when the toddler wants food and jumps in your bed, the dogs jump in the bed, the cat jumps in the bed...

What a mess.

So far, no toddler and pet friendly ideas have come up.

That Damn Gorilla

Have you ever struggled with a problem that you just couldn't seem to kick?

Maybe you've been dealing with this problem for a few weeks now. Or maybe its been a few months, maybe you've had it as long as you can remember?

If you've never encountered this issue, congratulations! You are the odd one out, because nearly everyone has some problem that they just can't seem to fix.

Maybe its a problem with your weight, Maybe its a problem with a co-worker, or boss?

Maybe your having difficulty getting new customers into your business?

Maybe you keep having the same problems come up with your family members or life partner?

Maybe you keep having trouble with your joints, tendons, muscles or nerves.

I've encountered many of these problems. I'm sure I can count at least 5 in the past few years.

But there is a secret to finally beating that darn Gorilla off of your back.

You can FINALLY get past this issue once and for all. No more sleepless nights wondering what you need to do.

No more complaining to your loved ones about how XXXX is such a big pain in your "you know what".

I've used this strategy many times, and to date it has worked like a charm. It doesn't matter what the issue is, it always seems to work (for me at least).

The first thing you need to do is (continued ...on back)



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Thanks!

For All The Kind Words

Dr. Joe Tanti gave me real solutions to help with my sciatic pain. I really liked that he personally followed up with me to see how I was doing after my first appointment. Another thing I appreciated was being given options for my ongoing treatment. I definitely recommend him!

Nicole Herreros

Worth Quoting

For the love struck

"I was married by a judge. I should've asked for a jury."

Groucho Marx

"As a man in a relationship, you have two choices: You can be right, or you can be happy."

Ralphie May

"By all means marry. If you get a good wife, you'll be happy. If you get a bad one, you'll become a philosopher."

Socrates

"Love is being stupid together."

Paul Valery

Would I rather be feared or loved?
Easy. Both. I want people to be afraid of how much they love me.

Michael Scott in 'The Office'

Don't let your friends get RIPPED OFF! – Have them visit my website a drjoetanti.com to learn;

How To Save *Thousands* Of Dollars Properly Caring For Their Health, How To Choose An Honest, Awesome Chiropractor and much more.

That Damn Gorilla Cont...

...to determine WHAT the problem is, and look at the ACTIONS (or inactions) that are causing it.

Next, look at others who used to have this same problem, and determine what ACTIONS they took, or are taking that are different than yours.

Change your actions to mimic the other persons.

Simple, right?

Yes, seems simple...But that doesn't make it easy.

Let's not forget, its ACTIONS (or inaction) that will often times lead to the results that we get. Things don't just magically happen to us.

In fact, I recall hearing a quote, although I forget who it was from. It goes something along the lines of ...You

haven't found yourself in this situation, you've put yourself in it....

If your having difficulty with relationships, maybe you need to work on your communication (I have, and still do)

If your over weight, maybe you need to put the fork down, and move or exercise more (A continued struggle for many people, including myself).

Find someone who's more successful than you at what you want to be successful in, and do what they do.

From Jim Rohn: "You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of."

So, my friend, take action today!

This Month's Sudoku

8			4		6			7
						4		
	1					6	5	
5		9		3		7	8	
				7				
	4	8		2		1		3
	5	2					9	
		1						
3			9		2			5

Give Your Partner What She REALLY Wants

A night without a headache

Does your head feel like it's about to explode? Maybe it feels like its being squished in a vice ? Or that your wearing a hat that's too tight?? Is there a sharp stabbing pain behind your eye? Maybe your head pounding and pulsating?

Are you regularly locked away in a dark room, where even the sound of your partners voice make you want to cry?



Best Gift EVER!

If you answered yes to any of the above, congratulations, you get headaches!

The frustrating thing about headaches is...well, they just suck

How To Stop Your Head From *(feeling like it is)* Exploding

Fact: 50-75% of people experience headaches. The difficulty with headaches is that there are so many potential causes! This is what can be so frustrating.

The Key to solving your headache problem is in diagnosing it CORRECTLY, and then treat it properly.

This is more challenging that it seems. In fact, there are entire medical journals dedicated to the diagnosis,

and treatment of headache disorders. (Its called Cephalgia- a fancy way of saying 'headache').

Rest is most often times not the answer to resolving your headaches. Typically you need to be active. The problem is, for many people, being active makes things worse!

Most people have certain 'Triggers'. These triggers can vary from person to person, and with each type of headache. For some people its chocolate, others its alcohol. Some people have no idea what triggers their headache.

Although "Just take an Advil" is a common phrase I hear in the clinic. Unbenounced too many, their headaches are not trigged from a deficiency in Advil.

Free From Headaches

Its about time you stopped letting your headaches ruin your day, your week, your life.

How would your life change if you no longer got headaches?

What if it stopped even 50% of your headaches? What if your headaches were less severe?

How would this change your day? Your attitude? Your relationships? Your quality of life?

In this 'Free From Headaches Report" you'll learn about the most common types of headaches, what their differences are and how to best treat each type of headache.

The Valentines Day Gift They Really Want

If you want the tools and strategies your partner can use TODAY to STOP their headache from impacting their life (and yours!) you need to listen in to this report.

For this Valentines day, give your partner what they REALLY want. Freedom from their headache.

To get this report, either Scan the QR code and fill the form OR text HEADACHE to (587) 604-6462.

Its time to say goodbye to headaches for good!



Sushi Bake

Omg so good :)

Creamy Crab Meat
1/4 Cup Kewpie Mayo
Table spoon of Ponzu sauce
2 tbsp of cream cheese
2 tbsp of mysapo (no idea how to spell this ingredient, sorry :s)
Mix all together

Spicy Tuna
2 cans of tuna
1 tbsp of curry and chilli
Black pepper
2 tbsp Cream cheese
Mix all together

Sushi Rice:
Make the sushi rice, then put sushi rice in pan

Sprinkle in Furikake
Over the rice, one half the crab meat, and the other half the Spicy Tuna
Drizzle on Kewpie Mayo
Sprinkle more Furikake
Broil in Oven until crispy
Scoop a piece onto your seaweed sheet (Nori Sheets) and eat up!
So good :)

Click the link for the video:
<https://www.tiktok.com/@tiffycooks/video/6881687015717375234?lang=en>

Fun Valentines Day Facts

Origins

Some say Valentines Day has its origins from the death of St. Valentine. Others say it stems from the Pagan festival Lupercalia, celebrated in Rome.

The First Valentines Card

Was apparently sent from a duke to his wife in prison! Evidently this occurred in the 15th century.

Money Money Money

Millions and Billions of dollars are spent on valentines memorabilia and cards and chocolates each and every year in North America.

Animals need Love too

Pet lovers spend millions of dollars each year on their pets for valentines day. My guess is that some are more appreciative too, but just a guess.

Conversation hearts are a medical invention!

Leave it up to the medical industry to make taking

Thank you for the Birthday Beer :)



Who Wants To Win a FREE Golden Ticket!!

Take my *eTrivia Challenge* and you could be a winner

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

GOLDEN TICKET

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

Your eTrivia question this month is....

The best Valentines Day related TV Episode is?

- a) My Bloody Valentine (Supernatural)
- b) The Rains of Castamere (aka Red Wedding -Game of Thrones)
- c) Fallen (S.W.A.T)

'Fun' Things to do on Valentines

I wouldn't find some of these things fun, would you?

Recreate your first date (its a miracle there was a second! Haha)

Take a bubble bath with Champaign and berries (unclear if they make up the bath, or to have these while taking the bath...)

Stay up all night (NOTHING seems appealing to me with this idea)

Watch the sunset (What, at like 4pm? We are both still working, and Everett not in bed till 7. (Common now, see these ideas are so silly!)

Dr. Joe Tanti
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Your Postal
Indicia Here

Your Loving February Issue Is Here!

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