



Hello Spring!

We are eagerly embracing the rejuvenating spirit of Spring! We hope you are taking advantage of all that this season of renewal brings; sunshine, longer days and fresh air.

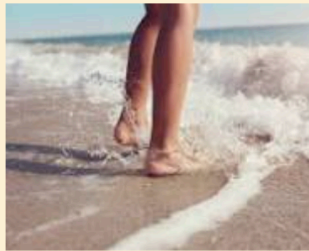
Be sure to check out the variety of supplement promotions included in this newsletter.

In Good Health,
Dr. Pam

Featured Wellness Modality *IonCleanse Foot Detox Bath*

IonCleanse Foot Bath helps the body relax and gently detox by introducing biocompatible electrical frequencies to water which elicit a relaxation response in the body. These frequencies create an ionic field that cleanse and purify your body through the power of ions which attract and neutralize oppositely charged toxins.

Detoxification helps improve your body's normal systems and processes. Mercury, Cadmium, Aluminum, Lead, and Glyphosate along with other harmful toxins that build up in the body are gently removed during your foot bath thus reducing brain fog, facilitating deeper sleep, and creating a greater sense of calm.



[Click here to book a session today!](#)

Supplement Spotlight



Biocidin Botanicals G.I. Detox+



GI Detox by Biocidin Botanicals is designed to support detoxification and gastrointestinal health.

Contains a blend of natural ingredients, including activated charcoal, bentonite clay, and other herbs and nutrients that are known for their detoxifying properties. The formula is intended to help remove toxins and support the balance of beneficial bacteria in the gut.

Limited supply in the office now at
25% off.
Call 585-623-4430



Featured Recipe: *Natural All-Purpose Cleaner*

Whip up a Greener Clean this Spring: DIY Recipe for a Natural All-Purpose Cleaner

Natural & Non-Toxic All-Purpose Cleaner

Ingredients

- 1 cup distilled white vinegar
- 1 cup water
- 30 drops of essential oil

Essential oil combinations:

- 15 drops lavender + 15 drops lemon
- 10 drops each, eucalyptus, peppermint and orange
- 15 drops grapefruit + 15 drops lavender
- 15 drops tea tree + 15 drops lavender

Directions

- In a 16 oz. glass spray bottle, combine vinegar, water and 30 drops essential oil.
- Place the spray nozzle on the bottle and gently shake the bottle to combine the ingredients. You'll want to do this each time you use the cleaner.
- Spray a cloth or the surface directly. Do not use vinegar on granite or stone surfaces.

Please join us in welcoming

Eric Keene

Manual Physical Therapy Specialists

"I'm so thrilled to join the amazing team at Dr. Pam Grover. She and her team have been so welcoming and I'm excited to help any patient, even if they haven't done well with traditional PT, looking to unlock their movement and restore their strength."



**MANUAL PHYSICAL
THERAPY SPECIALISTS**

MOVE BETTER. FEEL STRONGER.



Dr. Eric Keene PT, DPT, OCS, CFMT, CSCS, CAFS
Owner of Manual Physical Therapy Specialists

Doctor of Physical Therapy
Orthopedic Clinical Specialist
Certified Functional Manual Therapist
Certified Strength and Conditioning Specialist
Certification in Applied Functional Science

Eric earned his Doctor of Physical Therapy degree from Long Island University's Brooklyn Campus in 2014. Upon graduation, Eric completed a year-long residency through the Institute of Physical Art focusing on mastering an approach to treatment called Functional Manual Therapy. He passed his exam with honors and became one of only 300 CFMTs in the country. After his CFMT certification, Eric stayed on with this residency group for an additional 5 years mentoring Doctoral residents through certification and treating complex patient presentations.

An avid learner, Eric continued his learning through the Postural Restoration Institute, Spinal Manipulation Institute, the Gray Institute, the Ready State by Dr. Kelly Starrett, and the Institute of Advanced Musculoskeletal Treatments. He achieved his OCS - Orthopedic Clinical Specialist - designation in 2017. He continues to learn, teach, and collaborate with other healthcare professionals to provide the highest quality of care possible.

Eric utilizes a blend of approaches and focuses on the treatment of complex orthopedic issues such as severe arthritis, patients with multiple painful body parts, those who may have "failed" PT, and patients who are looking to get better faster than traditional PT.

Eric started Manual Physical Therapy Specialists because he wanted to focus on caring for patients with complex presentations that typically don't respond well to traditional PT. These patients often require one on one care, collaboration with other healthcare providers, education on their diagnosis, hands on work, and specific exercise instruction. Manual PT Specialists always provides the highest level of one on one care.

Eric grew up in a Philadelphia suburb and comes from a big family. He has been an athlete his whole life and has played Hockey, Baseball, Basketball, and has practiced Gymnastics, Karate, and Brazilian Jiu Jitsu. He played Ice Hockey at West Chester University of Pennsylvania and Roller Hockey for the USA Men's Team from 2009-2011. He resides in Pittsford NY with his wife Kristie and two sons Joey and Henry.



CellCore Patient Direct Rewards Promotion March 18-29, 2024

- Earn 15% back in CellCore Cash.
- Rewards are applied as a account credit and can be used during the redemption period.
- Redeem rewards between April 1 and June 30, 2024.

[Visit CellCore Website](#)



Metagenics Online Sale

Save up to 30% off Metagenics on your first online order through March 31, 2024.

Coupon Code: Welcome2024

[Visit Metagenics Website](#)

Breathing Practice for an Energized Spring

Deep Belly Breathing

Deep belly breathing is easily accessible to everyone.

Start by lying down with knees bent and hands on the navel to feel the breath's rhythm. Inhale to expand the abdomen, exhale to relax it.

As breathing becomes easier, lengthen the breaths and incorporate pauses. A relaxed state lengthens these pauses, while stress shortens them.

Aim for a rhythm like:

inhale-four, pause-four, exhale-four, pause-four



What are the Benefits?

- It strengthens the muscles involved.
- Deep breathing elicits the relaxation response, switching our nervous system from stress mode to rest and digest mode. This makes it the number one tool for tackling stress, and it is free, and you can use it everywhere and whenever needed.
- When we pause after the inbreath, the gas exchange, which provides the cells with oxygen and removes waste from the cells back into the bloodstream to eventually be exhaled, is improved.
- As we come into rest and digest mode, our digestion and energy levels improve, resulting in more nourishment for the body and its tissues, and we feel less hungry and less snacking.

