



ally spine center

Did you know?



Did you know that cholesterol is your friend? The cholesterol myth has been advanced for decades based on poor science funded by those who stood to profit. The result is an assault on your body's natural hormonal and metabolic state that keeps your heart and all other systems functioning optimally. Recent research is showing how statins (cholesterol lowering drugs) are contributing to a rise in cardiovascular disease as well as neurological dysfunction. There is a reason why every cell in your body has a receptor for cholesterol!! The real culprit in the diseases noted above is not cholesterol but a combination of internal environmental causes like poor essential fatty acid ratio, inflammation, insulin resistance and liver toxicity. If you have concerns about your cholesterol or other lab findings please feel free to let me know and we can review and plan for your better health.

August's Provider Spotlight: Clean Eatz

This month we're highlighting a terrific eatery right here in Scottsdale called Clean Eatz. Most folks are concerned about not getting the nutrition they need on a daily basis. Time and money play a role in this challenge and Clean Eatz is now here to provide an awesome solution. They have an extensive menu of quick and affordable meals to dine-in or take out and a huge frozen meals section of available, smart-portioned selections that give you the right balance of calories, protein, carbs and fats. If you're looking for a close, convenient and super affordable way to eat better go to Clean Eatz and see it for yourself. They're located on 17050 N Thompson Peak Parkway, #120 Scottsdale. They can be reached at 480-245- 4413. Give them a call or stop in---you'll love it!!

What's new at Ally Spine Center?

Last month we announced the addition of Dr. Rafic Alaouie to our office. He will be maintaining a regular schedule here very soon (days and hours TBD). His expertise in health recovery with attention to metabolic syndrome, diabetes and thyroid dysregulation will be helpful to many. Also, we are now affiliated with Access MedicalLabs, the number one specialty lab corporation in America. We will be able to order your necessary blood work and specialty labs at a fraction of the cost you might pay through your other providers and insurance companies while gaining access to highly sensitive and specific labs not ordinarily ordered. Ultimately this means more accurate diagnosis and treatment that leads to better health. If you've had any new health challenges or concerns that seem to be chronic let us know and we will help you get to the bottom of it!



contact:



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