



THE PULSE

From the Longevity Health Center Team

Holiday 2024

Holiday Season Stress

Stress influences and is often the root cause of most chronic health conditions. However, stress can take many forms and can be caused by a multitude of factors. Stress during the holidays is quite common with most studies concluding roughly 60% of American adults experience moderate to severe stress in November and December each year. Considering these months on the calendar contain elections, family gatherings for Thanksgiving, then Christmas, Hannukah, Kwanzaa, etc., it is no wonder many view the last couple months of each year with some degree of increased stress.

The effects of stress upon our health include weakened immune system, insomnia, anxiety, and depression. It can also exacerbate other chronic health conditions and contribute to poor lifestyle choices in an attempt to soothe the feelings of stress.

Our team encourages our patients to make time for self-care during these busy and stressful times. There is an old Zen saying: "You should sit in meditation for 20 minutes a day. Unless you are too busy, then you should sit for an hour." Your health and wellness are not to be taken lightly nor subject to procrastination. The experienced team of providers are expert in providing care to reduce stress and offer suggestions and tools to continue selfcare programs at home.

Care Provider Spotlight



We are excited to welcome **Dr. Stephen Tosk, DC** to our team of skilled and compassionate caregivers. Dr. Tosk began his journey into chiropractic care over 45 years ago. He built a successful practice in western Massachusetts serving professional athletes, the acutely injured, those with chronic aches and pains as well as those choosing chiropractic care as a part of their preventative and health maintenance programs. His thorough diagnostic and examination skills served him well in managing injury cases in the treatment rooms as well as advocating for his patients in courtrooms. Dr. Tosk has a refined touch and uses many tools, as needed, to positively affect change for his patients.

Dr. Tosk blends seamlessly with our team to provide expert care and accessible educational support for our community. Visit our website to read more about Dr. Tosk and all of our providers: <https://www.longevityhealthmaui.com/our-team.html>.

Call us to schedule an appointment. Dr. Tosk is currently available on Tuesdays and Saturdays from 10:00 a.m. to 3:00 p.m. and accepts Worker's Compensation cases, Personal Injury (including No Fault car accidents) as well as certain Kaiser Permanente and HMSA plans. Our staff can help verify insurance coverage or offer details on price for patients without chiropractic coverage.

Gift Certificates and Gift Sets

Tis the season for gift-giving and we have some exciting ideas for you to share with loved ones, or even to treat oneself with the gift of health and wellness!

- Gift Certificates for any amount, but for the **first 10 Gift Certificates** purchased over \$100 value, grab one bonus product from our Basket of Random Goodness!
- Gift Sets: **Body Care Gift Set** - \$55 (retail value of \$65), **Pain Management Gift Set** - \$55 (retail value of \$64), **Medicine Cabinet Gift Set** - \$75 (retail value of \$87)

Gift sets are limited, but gift certificates are always available for purchase.

Community Acupuncture

Tuesdays 1 pm – 3:30 pm
Wednesdays 11 am – 1:30 pm
Thursdays 1 pm – 3:30 pm

Upcoming Holiday Office Closures

Christmas Eve, December 24
Open 9:00 am – 1:00 pm

Holiday Office Closure
Christmas Day, December 25 to New Year's Day, January 1, 2025
Open Thursday, January 2

Martin Luther King, Jr. Day
Monday, January 20

Presidents' Day
Monday, February 17

HOURS OF OPERATION

MONDAY - FRIDAY 9AM - 6PM
SATURDAY 10AM - 3PM

BY APPOINTMENT • INSURANCE ACCEPTED

"There is more to life than increasing its speed." – Mahatma Gandhi



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