

West Lake Hills ECHO

Volume 6, Issue 6

June 2017

Introducing: "GET TO KNOW YOUR NEIGHBOR!"



We are all very fortunate to call West Lake Hills home. But, West Lake Hills is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes,

we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making West Lake Hills a better place to live, please let us know. We would like to introduce them to your neighbors.

Attention Parents of Graduating Seniors!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to articles@peelinc.com (include the newsletter you would like to recognize them in, photo, name, etc).

CONGRATULATIONS JENNA HOWARD!



Jenna is graduating from Westlake and going to SMU!

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City of West Lake Hills	www.westlakehills.org

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Peel, Inc.	512-263-9181
Editor.....	westlakehills@peelinc.com
Advertising.....	advertising@peelinc.com

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ARTICLE INFO

The West Lake Hills Echo is mailed monthly to all West Lake Hills residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the West Lake Hills Echo please email it to westlakehills@peelinc.com. The deadline is the 15th of the month prior to the issue.

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Water Conservation Tips of the Month

- Install an instant water heater near your kitchen sink so you don't have to run the water while it heats up. This also reduces energy costs.
- Setting cooling systems and water softeners for a minimum number of refills saves both water and chemicals, plus more on utility bills.

Back Pain: The ONE Thing That Makes Sciatica Worse And What To Do About It

Stephen Dunn, Holistic Physical Therapist

Sometimes it happens. You're going about your day without any concerns, you feel great and don't think twice about any 'health problems' because they're way off in the future, but then all of a sudden you feel a twinge in your lower-back - and immediately you know something's happened that is not right.

Maybe you even begin to kid yourself into thinking that it's nothing, that after a good nights sleep it will go away on it's own.

But the thing is when lower back pain strikes, (and if you don't do anything about it quick), it can leave you suffering in pain for much longer than you should ever have to.

Which is exactly what happened to one of my clients, let's call her Angela, last week: Angela came in to see me with severe pain - back pain so bad that she couldn't even get out of bed by herself in the morning, (not without struggling for 20 minutes!).

Here's what happened - two months ago Angela was simply bending down to fold her laundry and put it away when all of a sudden 'PING!', something in her back started talking to her loudly. And like most people who come to see me with low-back pain, she brushed it off hoping she'd wake up the next day as if it never even happened. But the following day, her pain was still there.

Angela's back was still bad, but she decided to leave it a little longer

as she didn't want to bother the Doctor and thought if she just rested for a few more days, the pain would ease off.

But those days turned into weeks, and her back pain grew worse and worse - and the problem was, all of the sitting and resting she was doing to make it 'better', was adding pressure to her back causing a shooting pain to run down her leg - also known as Sciatica. Now the problem has led to very little to no walking, and even time off work.


Sciatica is when a disc at the base of your spine is put under too much pressure, and it irritates a nerve that runs down your leg - often causing numbness even pins and needles as well as pain. The pain from Sciatica is often so excruciating it makes it almost impossible to get out of the house, drive to the grocery and even sleep comfortably - and nearly always gets worse when you sit.

To put it simply - it's a painful and life-limiting condition that can happen as a result of not getting your back pain seen to as soon as pain strikes.

But there are things you can do, such as specific exercises to help you get back to feeling healthy and on your feet again without worrying that your back is going to put you out.

Here are three tips:

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1. Avoid sitting for any longer than is absolutely necessary
2. Stand up straight and lean back slightly on to your heels while lifting the toes an inch off the ground. Do not lift the entire foot from the ankle, only the toes. This will change the position of your pelvis and lower spine, allowing certain tight muscles to relax and causing other muscles to contract.
3. When the pain is bad - go to bed and lie flat - avoid the temptation to curl up in the fetal position - this only makes it worse in the long run even though it feels nice at the time

If you want more information to recover from Back pain and Sciatica, I have decided to create a FREE tips report to provide more information to allow you to make the best decision about your health. I wrote this report after a decade of treating clients in Westlake and it is packed with tips that you can start immediately. Follow the instructions on the link to download your free report <https://therapyandpilates.com/back-pain/>

If your pain is urgent and you would like to get your questions answered by our expert Physical Therapist, follow the link to set up a Discovery Session. <https://therapyandpilates.com/free-discovery-session/>

It will last 20 minutes and it's FREE for you to come discover exactly how you, or a loved one, can finally unlock the agonizing mystery of low-back pain, and how to get back the life that you deserve, for good!

Call 512-215-4227 to learn more...

If you know anyone who is suffering at the moment and they could benefit from this information, pass it on to help put an end to it, quick.

Keep Your Pet Anxiety Free this July 4th

By Dr. Stacy Mozisek, Firehouse Animal Health Center

The 4th of July is a day to celebrate with barbecues, baseball games and, of course, fireworks. It's also one of the busiest days of the year for veterinarians and animal shelters because of fireworks.

Loud noises can trigger dogs' nervous systems causing a flight response, which is why lots of dogs run away on the 4th of July. Also, because dogs have sensitive hearing, loud bangs and pops can cause stress and anxiety attacks, which can lead to destructive actions in otherwise well-behaved dogs.

To help alleviate the stress of fireworks on dogs, here are eight tips to keep your pets safe while celebrating Independence Day.

- Prepare ahead of time. If you think your pet will have an issue, don't wait until the last minute to call your vet to discuss anxiety medications or sedatives. Starting a new medication on the same day as an event is never a safe idea because occasionally, some medications can cause the reverse effect or have no effect at all for some animals. In addition, stocks of these specialized medications can run low or be on backorder around holidays.
- Do not keep your dog outside, and if possible, keep your dog in a kennel. It creates a safe space for them as dogs have been known to jump through windows and glass doors as a response to fireworks.

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The Echo

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- Consider boarding your pet if you will be out at a party. Sometimes being at home alone with the loud noises can turn a well-behaved dog into a destructive one or cause long-term behavioral issues.
- Turn on a white noise machine or the television to drown out the sound of fireworks and noisemakers.
- Purchase a ThunderShirt, which are designed to “swaddle” your dog, making them feel more secure.
- If you’re having a party, make sure your pet is well-secured, not afraid of the fireworks, and comfortable with the sounds of crowds. If your pet suffers from anxiety due to loud noises, consider boarding or ask a friend to pet sit.
- If pets are present while you’re setting off fireworks, make sure they stay a safe distance away. Dogs’ and cats’ hearing is extremely sensitive and can be damaged by the loud bangs. Also, dogs have been known to “fetch” lit fireworks which can cause serious burns and even death.
- Make sure your pet’s microchip or collar tags are up-to-date so it’s easy to track you down if he or she runs away scared during a fireworks display.

Fireworks don’t have to be a source of anxiety for pet owners. By following these simple tips, you can ensure that both you and your fur-babies will experience a fun and relaxing 4th of July celebration.

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Where are these graduates going?

Visit sasaustin.org/Classof2017 to find out!

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Serasana Wellness Studio Offers Free Acupuncture for Those Fighting Cancer

Acupuncture is proven to reduce symptoms associated with the treatment of cancer



Serasana wellness studio has launched an innovative free program to provide cancer patients with acupuncture treatments to reduce the debilitating side effects that are commonly experienced during

chemotherapy and radiation during the treatment for cancer.

“I wanted to do something to improve the quality of life for patients while they are fighting cancer,” said Patti McCormick, Founder and CEO of Serasana and licensed acupuncturist. “Acupuncture can help with pain, fatigue, nausea, anxiety, depression and the many other symptoms that are common when patients are undergoing treatments. It boosts their drive.”

McCormick lost both parents to cancer at a young age so has seen first-hand how depleting the treatments can be. She has been practicing for 23 years and has a team of acupuncturists at Serasana excited about this program. On the company’s decision to provide

this service, McCormick said “My parents’ struggle with cancer is what brought me to the field of acupuncture so long ago. Creating a community of hope and healing by safely providing time-tested therapies is the Serasana mission statement. And to take our passion and give it with love to this community is so rewarding.”

“Acupuncture is utilized in managing the side effects of surgery, chemotherapy, radiation and hormonal therapies, reducing pain and inflammation, improving sleep, supporting normal digestive function and reducing stress and improving the quality of life of cancer patients,” said Eugene Mak MD, board certified oncologist. He added, “acupuncture can also add to the patients’ sense of wellbeing and decrease the malaise associated with any chronic disease, especially cancer.”

About Serasana

Serasana is located in Davenport Village in Northwest Austin and offers the fusion of ancient wellness practices, specializing in rejuvenation through stress and pain management by blending acupuncture, yoga, massage, healing tea and remedies. For more information about the Supportive Acupuncture for Cancer Care Program, call Serasana at 512.327.3900 or visit www.serasana.com.



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