

WELL OF YOUTH: TEENS, DOES SITTING IN YOUR DESK FOR MANY HOURS GIVE YOU A HUNCHBACK?

THE WELLSPRING

THE MONTHLY MAGAZINE FOR HEALTHY LIVING

FROM DESPAIR TO HOPE

Dyslexia is not what you think it is
Dr. Rinat Green on early detection and treatment

KIDS' PULLOUT
SECTION
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NO ENERGY WASTED

Six workout mistakes that keep you
from seeing results

CUP OF TEA WITH DR. RACHAEL SCHINDLER

"The body doesn't know the
difference between a bit of sugar
and a lot of sugar."

NEW EMOTIONAL WELLNESS COLUMN

BY ESTHER MOSKOVITZ, LCSW

Do you feel like an observer of your
own life?

How quickly
can you
read this
sentence?

For dyslexics, it takes
five times as long.



GOOD FOOD INSIDE

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PB&J THE HEALTHY WAY: FUN, NUTRITIOUS SCHOOL SNACKS LIKE SURPRISE OATMEAL PEANUT-BUTTER COOKIES