

Healing Hands

A Free Monthly Newsletter for the Friends and Patients of Dr. Bruce Hedendal

Dear Patients and Friends,

Welcome to the merry month of May! We're excited to restart our popular "Dinners With the Doc" at a local restaurant where we give a great power point show and talk on our unique approach to "living longer and stronger". Call Cynthia to schedule you and up to 4 of your relatives or friends for a great FREE DINNER ON US, with unique health info to help you and those you care about! Remember, like the title of my 9AM Saturday radio show heard on AM 740 or 1470, "Health Is Wealth!" Also, Dr. Laura Mulloy, our awesome Doctor of Acupuncture and board certified homeopathic physician, will give all *new* patients a *FREE* "BAX AURA SCAN", where, through the most advanced Biofeedback equipment on the planet, we can learn where your physical, chemical or emotional stress *originates*, and how to reduce it from the source with low level light therapy ("cold laser") and a personalized homeopathic remedy. We want to get to the *cause* of your pain, stress or health issues, not merely treat the symptoms like others do. **Call us at (800) 439-0028** to schedule appointments for adjustments, Bax Aura testing and treatments, Person Specific Nutrition testing, and/or sign-ups for our delicious and educational FREE dinner workshops, starting this month. Remember, great health doesn't cost, it pays!

It seems that our wellness center always tends to get pretty busy around this time of year. I don't know if it's due to the sense of renewal we feel since the beginning of spring, as so many people want to "turn over a new leaf" with regards to their health; or perhaps it's the resurgence of the already forgotten "New Year resolutions" that many of us made (and haven't started yet) to become healthier or perhaps lose that extra fat this year.

Regardless of the reasons, we certainly are grateful for the opportunity to serve you, your family, friends, co-workers, church friends, community leaders, and everyone else you refer to us who has a spine and a pulse! So let's get to it with this month's edition of "Healing Hands"!

Quotes for Life by Zig Ziglar

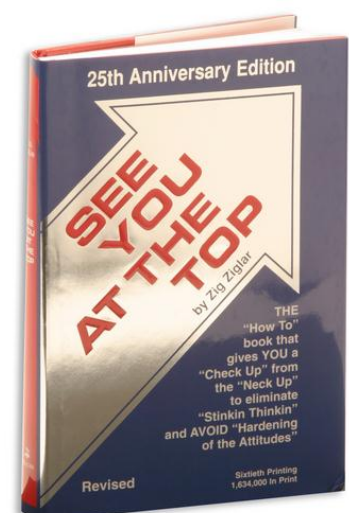
from his best-selling book "See You At The Top"

"The price of success is much lower than the price of failure."

"The person who won't read is no better off than the person who can't read."

"You can have everything in life you want, if you will just help enough other people get what they want."

"If you aim for nothing, you'll hit it every time!"



PRESENTED BY: Dr. Bruce Hedendal 2499 Glades Road, Suite 201, Boca Raton, FL. 33431
Telephone Toll-Free (800) 439-0028 Visit our website: HealthIsWealthLive.com



Now that you've smiled at least **once today**, it's your turn to print out or send this newsletter to someone you want to bring a smile to (maybe even a chuckle.) Give this newsletter to everyone you know.
We all need to SMILE more!!!!

What's That, You Ask?

MeTroprolol	50mg	2 Daily
MARVAK	2mg	1 Daily
TRICOR	145mg	1 Daily
Glimperide (orange)	4mg	2 Daily
Furosemide	40mg	1 Daily
EFFEXOR XR	150mg	1 Daily
PLAVIX	75mg	1 Daily
PREVACID	30mg	1 Daily
ISESORB Mono ER (Potassium)	60mg	1 Daily
K-Dur Conti	10mg	2 Daily
Folic Acid	1mg	2 Daily
Aspirin	81mg	1 Daily
Requip	2mg	nightly
GABAPENTIN	300mg	2am & 5PM
ZYRTEC D		1 Daily
METFORMIN	1000mg	1/2 AM & 1PM
CADUET	20mg	1 Daily
ByETTA (Aripiprazole)	10mg	1 AM & 1PM
VITAMIN E	400	1 Daily
Quad By-Pass	Jan 1996	Appendix 196
c Section	Feb 1970	
Hysterectomy	1980	
Social Security	1982	

In case you were wondering, yes, you are probably correct. It's an actual list of medications from a real patient in the wellness center. It's a list of NINETEEN medications that this patient takes every day. Well, I'm actually lying. I know it's difficult to read, but if you look closely you will see folic acid and vitamin E on there, which is actually good for you. So it's only SEVENTEEN medications that this person takes every day.

Now let me ask you a question. If we took someone who is taking two medications per day versus seventeen, who do you think is the healthier person? Hopefully you answered the first one. Next question: If the person taking two is healthier than the person taking seventeen, then why do we keep stacking meds on top of meds hoping it will make us healthier?

Think about this. Do you think this person showed up to the doctor's office one day and he said "Ma'am, you don't look so well. You need to start taking these seventeen drugs every day."? Doubtful. The more likely scenario is that she went in

several years ago and had high blood pressure, so she was prescribed a blood pressure medication. Then she goes back a year later and her cholesterol is high, so she gets a statin drug. Six months later she has indigestion, so she gets a "purple pill." Now she can't sleep, so she gets a "tranquilizer" pill. And on, and on. You get the idea. Did anyone suggest to look at their spine and nerve function, or their nutritional deficiencies or imbalances, or their level of stress and toxicity?!

Meanwhile, is her health getting better or worse? Unfortunately, this is the rule in today's society rather than the exception. Don't get me wrong, I'm not attacking the medical profession here. They have life-saving services that are needed and useful. We just need to think differently about healthcare vs. "sick care." Let's get to the cause of the problem rather than masking the symptoms with drugs. That's what we do! To your health!

Your Health is your Most Important ASSET. Make it a point to visit our website: HealthIsWealthLive.com. We now download Dr. Bruce's weekly radio shows, so you can hear them anytime, anywhere! Come and bring those you care about to our next "DinnerWith the Doc" and our weekly free Fat Loss Workshops, where you can lose ½, 1 or even more pounds *PER DAY*, for less than any other program- and its far healthlier! Take your health seriously. We Do!

Old School vs. New School



Ah yes...remember when times were simpler and things moved more slowly? I can clearly recall the days when we weren't connected at the hip by mobile devices like Blackberries, Blueberries, Raspberries, iPads, iPhones, youPhones, hePhones, shePhones, etc.

The world is definitely changing at a more rapid pace than in decades past. We used to hear terms like "work from the comfort of your own home." Now it's "work from the comfort of your own phone." All this seems to be the wave of the future.

And I'm not saying that this is all bad. It certainly is nice to be able to reach our friends and family in a moment's notice if need be. I like the fact that I can see pictures of my nephews instantly on Facebook. From a business perspective, it's good to be able to get back to a potential customer or client immediately if it means being able to provide them a service that is needed and useful.

Well, enough for now...I just got a text message reminding me to go update my Facebook status and send out a tweet on Twitter after I check my email, then I'll be playing Halo on my xBox Live account. ☺

Give It Up For Our Teachers!!!



On National Teacher Day, thousands of communities take time to honor their local educators and acknowledge the crucial role teachers play in making sure every student receives a quality education. I see a lot of educators as patients in my office, so I absolutely appreciate all that each of you do every day for our kids and students. There's no stress at all with that job, right? (could you hear the sarcasm?)

The origins of National Teacher Day are murky. Around 1944 Arkansas teacher Matty Whyte Woodridge began corresponding with

political and education leaders about the need for a national day to honor teachers. Woodridge wrote to Eleanor Roosevelt, who in 1953 persuaded the 81st Congress to proclaim a National Teacher Day.

So grab an extra apple on the way to class this year, because we celebrate National Teacher Day on **May 8, 2012**.

Sunday, May 13th is Mother's Day!
Top 10 Things You'll Never Hear a Mom Say

1. "How on earth can you see the TV sitting so far back?"
2. "Yeah, I used to skip school a lot, too"
3. "Just leave all the lights on ... it makes the house look more cheery"
4. "Let me smell that shirt -- Yeah, it's good for another week"
5. "Go ahead and keep that stray dog, honey. I'll be glad to feed and walk him every day"
6. "Well, if Timmy's mom says it's OK, that's good enough for me."
7. "The curfew is just a general time to shoot for. It's not like I'm running a prison around here."
8. "I don't have a tissue with me ... just use your sleeve"
9. "Don't bother wearing a jacket - the wind-chill is bound to improve"
10. "I brought you into this world...and I can take you out! (that's Dad's line)"

SPECIAL NOTE:

SEND a copy of this newsletter to your friends & family in the area!

- Please feel free to call the office and leave the name, address, city and state, plus their zip code and email address, and we'll be more than happy to make sure they get a copy of our newsletter, each and every month via e-mail.
- Don't forget to REFER your friends, co-workers and loved ones for a checkup. Their health is their most important asset as it is to you.

*****OUR FINAL THOUGHTS*****

P.S. Have a great May and give Mom a hug! Celebrate the month and your family's health! With love and care, Dr. Bruce, Dr. Laura, Cynthia & Lauren

Cut this certificate out and present it to my office for your May Health Check Up.
This is for NEW PATIENTS ONLY.

FREE

“May Health Check Up”

Schedule Your Friend or a Loved One For Their
FREE May HEALTH Check Up-NOW!

(all ages accepted, so call the office immediately!)



Give this certificate to your FRIENDS & LOVED ONES during the month of May and they'll receive a FREE Health Evaluation at our office. We care about you and your loved ones and we don't want to forget anyone, including the little ones. If you have a friend or family member that is currently "not" under our care, please take this certificate to them and have them call immediately. It's FREE.

They are NO HIDDEN CHARGES and the purpose of this check up is to determine if they are a chiropractic candidate. As always, there are no guarantees we can help, but if we can, we want that chance. There is nothing more important than your HEALTH. If you need additional copies of this certificate, please call the office and we'll send them to you-FIRST CLASS, or you can just pick them up at the front desk, on your next appointment. Just ask! You, your family members and your friends are always a top priority with us.

COURTESY OF:

Dr. Bruce Hedendal

2499 Glades Road

Boca Raton, FL 33431

(800) 439-0028

“CALL NOW TO RESERVE YOUR TIME”

<<<<<< CERTIFICATE EXPIRES on Thursday, May 31st >>>>>>

PRESENTED BY: Dr. Bruce Hedendal 2499 Glades Road, Suite 201, Boca Raton, FL. 33431
Telephone Toll-Free (800) 439-0028 Visit our website: HealthIsWealthLive.com