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Dr. Becking's Testimony of the Chiro Thin Program

JULY 01ST 2014 BY DEE LOFLIN

Dr. Becking's Testimony of the Chiro Thin Program

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri - The Becking Clinic is now servicing residents in Stoddard County in beautiful downtown Dexter and they are searching for LOSERS!

Becking Clinic has offered the Chiro Thin weight loss program for nearly 3 years now in his clinic and Dr. Eric Becking has been blown away by the outcomes.

"I wanted to take a few seconds and share my personal story," commented Dr. Becking. "I chose to do the program so I could experience the actual process and be able to relate to our clients. This program is like nothing I have ever done. The first two days require you to, "load". You are required to eat 5000 calories, two days in a row. I know, it sounds crazy!"

"I started on Thanksgiving Day so I could easily achieve the 5000. I did put on 4 pounds and topped off at 181.2 pounds," continued Becking. "That was the heaviest I have ever been in my life. I ended my program on December 15th at 158.2 pounds for a total of 23 pounds lost in 20 days."

As of this morning Becking weighs 151.8 and he is over two years off the program. This program changed his life and many of his family members and close friends. It truly allowed him to change his lifestyle and reclaim the most

important aspect of his health.

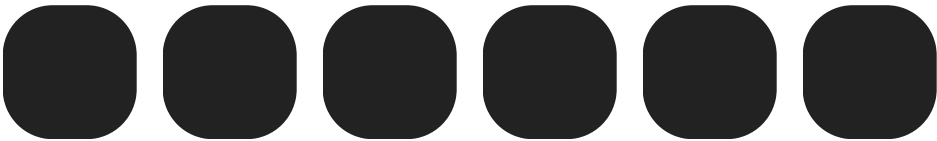
“I am seeing my shape in a way I haven’t in decades. It’s true what they say, “You are what you eat.” I eat so much different now than I have my entire life. I cannot begin to tell you how amazing it feels to be at a size I was when I was a sophomore in high school, 20 years ago.”

If you would like to ask Dr. Becking questions feel free to email him through the Ask Dr. Becking tab on their homepage of his website by clicking **HERE** or call him at 573-243-9777.

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Make Safety Part of Your Summer Fun

JUNE 30TH 2014 BY DEE LOFLIN

Make Safety Part of Your Summer Fun

Missouri - The Missouri State Highway Patrol reports that thus far, June 2014 has included 10 drownings in Missouri. Colonel Ron Replogle, superintendent of the Patrol, urges everyone to make safety a top priority as they enjoy Missouri's variety of rivers and lakes. Please follow these simple guidelines when swimming, floating, or taking part in any activity near water.

Swimming Safety

Even for children or adults who have good swimming skills, rivers and lakes contain elements that can make swimming dangerous. Swimmers and floaters need to be aware of currents, aquatic life, drop-offs, and floating debris at all times. As a swimmer, know your limits. All swimmers are encouraged to use a U.S. Coast Guard approved life jacket, especially young children and inexperienced swimmers. Everyone needs a swimming buddy—don't allow anyone to swim alone. Supervise all children in or near water, regardless of age. Exhaustion is a real concern. Exhaustion can occur if a swimmer is very tired, if they swim too long or too hard, if they are dehydrated, or a combination of these and other factors. Younger, inexperienced swimmers may become exhausted before they realize they are in trouble. Drink plenty of water regularly, before you feel thirsty! Avoid drinks with alcohol or caffeine.

River Safety

This time of year finds many Missourians floating our vast number of rivers. A float trip can be a lot of fun, especially when everyone prepares with safety in mind. The group should discuss expectations regarding behavior and safety before the trip begins. Be aware of each person's swimming ability. If you stop along the way to swim, designate a responsible adult to supervise the swimmers at all times. Swim in places with calmer currents that are free of debris. Rope swings and jumping off bluffs/bridges might look like fun. However, you should avoid jumping into the water in this manner as there could be submerged logs or tree branches, which would cause injury.

Here are several more tips specific to floating:

- * Wear a U.S. Coast Guard approved life jacket at all times. Even gentle stretches of water can have unseen undercurrents. Trying to fight a swift current will exhaust swimmers of every ability.
- * Use sunscreen, and wear a hat and sunglasses to protect you from the sun. Wear water shoes. If your canoe/kayak/inner tube capsizes, they will protect your feet. Walking in rivers can be dangerous.
- * No one may have or use glass containers in any vessel that is easily susceptible to swamping, tipping, or rolling.
- * Scout the river section you intend to float. Be familiar with the river and its individual characteristics. Make a rescue plan if necessary. Pair an experienced paddler/floater with someone of less experience.
- * Learn to recognize river hazards such as strainers, dams with reverse hydraulics, boulders, barb wire across the river, eddies, etc.
- * Know your limits and do not attempt a section of river beyond your skill level.
- * Do not paddle or attempt to cross rivers in flood stage or after a heavy rain. Currents can become very swift, even in a normally shallow river.
- * If you capsize, hold onto your craft and move immediately to the upstream side to avoid being trapped between the boat and an obstacle. Float on your back, feet together and pointed downstream. Gradually work your way to the shore. Release your craft only if it improves your safety.
- * Tie all your gear into the boat, but never yourself, children, or pets. Do not stand up in swift water (feet can get caught in rocks) but swim with the current at a 45 degree angle toward the shore.
- * Carry the proper equipment, including dry clothing and a first aid kit. Store all extra gear in a secure watertight container.
- * Stay sober. Alcohol and drugs affect balance, judgment, coordination, swimming skills, and the body's ability to stay warm.
- * Avoid being "too" — too tired, too drunk, too much sun, too far from safety, too much strenuous activity.
- * Learn basic water rescue techniques. When attempting a rescue, remember the adage of "Reach - Throw - Row - Go for Help." Unprepared rescuers run the risk of being caught in the same dangerous situation and can become a victim themselves. If you have to go after someone in the water, always put on a life jacket first.

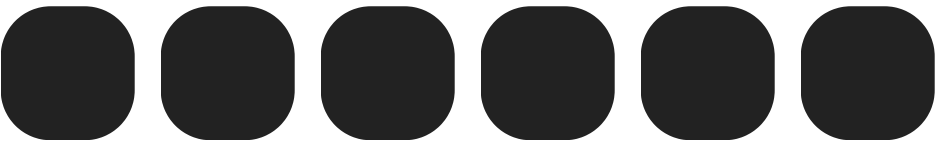
The Missouri State Highway Patrol encourages everyone to enjoy Missouri's lakes and rivers. But, remember: A little forethought and planning help make

summer fun safer.

LAST UPDATED ON JUNE 30TH 2014 BY DEE LOFLIN

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National Insurance Awareness Day!

JUNE 28TH 2014 BY DEE LOFLIN

National Insurance Awareness Day!

National Insurance Awareness Day is celebrated each year on June 28.

This day was created as a day to review your insurance coverage's and all of your insurance needs.

Don't forget to contact Countywide Insurance on Monday!

Insurance does offer one peace of mind knowing they are financially protected in case of loss, damage, illness or death.

Happy National Insurance Awareness Day!

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Route AF in Stoddard Co. Reduced for Pavement Overlay

JUNE 26TH 2014 BY DEE LOFLIN

Route AF in Stoddard Co. Reduced for Pavement Overlay

*Submitted by
Dee Loflin, SMT Manager/Editor*

Stoddard County, Missouri - Route AF in Stoddard County Reduced for Pavement Overlay

Route AF in Stoddard County will be reduced to one lane with a 9 foot width restriction as contractor crews perform pavement overlay.

This section of roadway is located from County Road 637 to Route 25.

Weather permitting, work will take place Monday, June 30 through Wednesday, July 30

from 6 a.m. to 7 p.m.

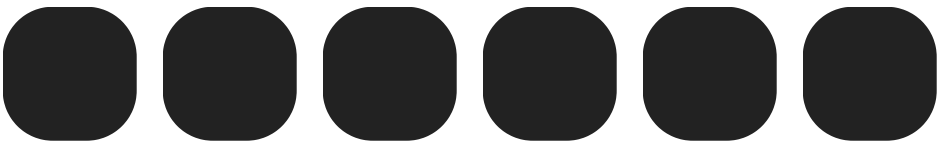
The work zone will be marked with signs. Motorists are urged to use extreme caution while traveling near the area.

For additional information, contact MoDOT's Customer Service Center toll-free at 1-888-ASK-MODOT (1-888-275-6636) or visit www.modot.org/southeast.

LAST UPDATED ON JUNE 26TH 2014 BY DEE LOFLIN

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Route Z in Stoddard Co. Will be Reduced to One Lane

JUNE 25TH 2014 BY DEE LOFLIN

Route Z in Stoddard Co. Will be Reduced to One Lane

Submitted by

Stoddard County, Missouri - Route Z in Stoddard County will be reduced to one lane with a 9 foot width restriction as contractor crews perform pavement overlay.

This section of roadway is located from Route 25 to Route 153.

Weather permitting, work will take place Monday, June 30 through Wednesday, July 30 from 6 a.m. to 6 p.m. daily.

The work zone will be marked with signs. Motorists are urged to use extreme caution while traveling near the area.

For additional information, contact MoDOT's Customer Service Center toll-free at 1-888-ASK-MODOT (1-888-275-6636) or visit www.modot.org/southeast.

LAST UPDATED ON JUNE 25TH 2014 BY DEE LOFLIN

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