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A Success Story in the Making - A Life Changing Journey

JULY 23RD 2014 BY DEE LOFLIN

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri – Many people have seen the benefits of Dr. Becking's wonderful ability to help people lose weight. His program works so well, his appointment book is filled almost to capacity at his Dexter location, but that's ok, he will make room for more who want to be "losers"!

The following is a testimonial from Monica, a success story in the making!

"My life changing journey began on June 11, 2014. I refuse to call it a diet. To me, a diet is a short-term fix to a long-term problem. Becking Clinic and ChiroThin inspire a life change."

"My plan is to lose weight and NOT regain it. A common problem I have faced with all of the million of other diets and pills I have done in the past. My decision to check out Becking Clinic started when a friend was posting his success on Facebook. I was beyond skeptical about any program that guaranteed a 20-pound weight loss in 42 days. I mean, who does that?!! That can't be healthy, right? WRONG!!!!!!!!!"

"I went in for my consultation with Sara and Dr. Becking loaded with questions to debunk this new "fad" (or so I thought). The biggest issue for me was the no exercise component. I was in the middle of training for a 10K and participating in CrossFit. The outside of my body was strong and getting toned. I didn't want to lose that. Dr. Becking assured me that I would perform all of my activities even better than I currently was after completion of the program."

"On the way to the clinic for my consultation I heard the song called Inside Out which contains the lyrics "consume me from the inside out". I had a fleeting thought that I was working hard on changing the outside of my body, but really should be focused on the inside for a change."

"While speaking with Dr. Becking God kept placing this thought back in my mind so I decided to take a step of faith and trust and believe in Dr. Becking's word that this would be a beneficial program for me. I am now on day 34 and down 32 pounds and 11.5 inches. Who would have thought! Not me. Eating clean, healthy food has left me feeling better and looking healthier than I have in years, even without exercise. "

"Although I am looking forward to July 24 when I will be able to resume my training for an upcoming half marathon. Thanks to Dr. Becking and Sara at Becking Clinic, I finally have some self-confidence that I haven't ever had in my life. I look forward to continuing to eat the portions and foods I have been eating for the past 6 weeks."

"Will I stumble? Sure. Will I rise up again to regain control of my food? You bet. No longer will my poor food choice be allowed to turn in to a poor food choice week. Will I do it alone? No way. Becking Clinic staff and the support of their Facebook group will be with me every step of the way."

Dr. Becking is now located in the Countywide Insurance building at 140 S. Walnut St. and will meet with you for a consultation. To make an appointment call 573-243-9777 or go to his website by clicking **HERE**.

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Ed Worley - Dr. Becking's Biggest Loser!

Ed Worley - Dr. Becking's Biggest Loser!

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri – Dr. Becking’s program for weight loss works! It works so well he is now offering appointments in Dexter once a week.

Ed Worley can attest to that! He is their current record holder at 66 pounds lost in 42 days. He just started his second round on the 4th of July and is on pace to lose 300 pounds by May of 2015. Way to go Ed!

“Dr. Becking and his team are the real deal,” stated Worley. “I have known Dr. Becking for almost two years and I must say, he is truly passionate about his practice. I witnessed my father going to so many chiropractors growing up that it created a negative image in my mind. Dr. Becking earned my business, my trust and my referral! The weight loss program is unbelievable!”

Dr. Becking and his staff believe that this program will work for you so much so that they have opened an office in Dexter. Dr. Becking is now located in the Countywide Insurance building at 140 S. Walnut St. and will meet with you for a consultation. To make an appointment call 573-243-9777 or go to his website by clicking **HERE**.

“The support the client receives is unmatched anywhere I have ever been! I am proud to say I go to the Becking Clinic and I recommend all my friends and family to go to the People's Choice Award winner! Thank you Becking Clinic for all you have done in my life! Blessings to Dr. Becking and his team!”

If you want a healthier lifestyle just make the call and become one of the biggest losers at the Becking Clinic. It will change your life!

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Prevention Services for Men and Women

JULY 02ND 2014 BY DEE LOFLIN

Prevention Services for Men and Women

Article Submitted to
news@showmetimes.com

Cancer Prevention For Women

Mom may have said it, but it's still good advice: An ounce of prevention is worth a pound of cure.

We believe that's right - and that's why **SoutheastHEALTH** is committed to health education for women with programs like Heart Smart screenings and the Southeast Breast Care and Diagnostic Center, located at #60 Doctors' Park in Cape Girardeau.

The Southeast Breast Care & Diagnostic Center provides the most advanced breast health care services available in one convenient location including the latest Digital Mammography technology and diagnostic imaging (X-ray, ultrasound, digital mammography, bone density).

The Center is designed to provide a unique approach to comprehensive breast care. Here patients are treated with the utmost care and dignity, and services are provided in calm, comfortable and attractive surroundings.

Screenings are completed promptly and efficiently by a team of health care professionals including some of the most respected breast care specialists in the region.

The American Cancer Society recommends that all women age 40 and older should have a mammogram every year.

Any woman whose family history indicates a special risk should consult her physician about beginning mammograms at an earlier age.

Southeast Hospital's mammography services reflect our commitment to care that is as personalized as it is technologically advanced.

The service is located at #60 Doctors' Park in Cape Girardeau. To schedule an X-ray, ultrasound, digital mammography or bone density test, call 573-334-6464.

Hours of the clinic include: 7:30 a.m. - 4:30 p.m., Monday - Friday for Diagnostic Imaging

Cancer Prevention For Men

Each fall, Southeast Missouri Hospital and the Cape Girardeau Urology Associates, Inc., co-sponsor a free Prostate Screening Clinic.

For more information about Prostate Screening, call 573-651-5550.

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Family Swim Night Sponsored by SoutheastHEALTH

JUNE 27TH 2014 BY DEE LOFLIN

Family Swim Night Sponsored by SoutheastHEALTH

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri – Summer means sizzling heat and swimming! Jump, splash, and dive, and stay cool in the pool on Family Swim Night!

SoutheastHEALTH and Dexter Parks and Recreation will host a Family Swim Night at the Dexter Aquatic Center. The public is encouraged to attend.

The event will be held Thursday, July 3rd from 5:30 p.m. – 7:30 p.m. There will be door prizes and lots of fun!

The first 35 kids that bring their families will receive a FREE T-shirt.

Just a few safety tips to follow:

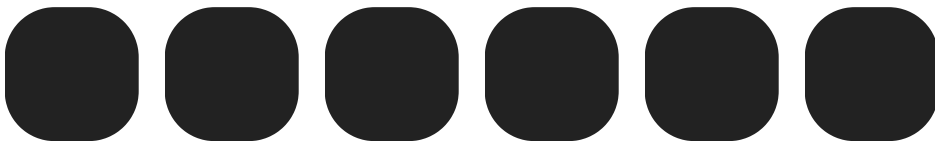
1. Always swim with a buddy.
2. Never leave a young child unattended.
3. Protect your skin with sunscreen.
4. Drink plenty of water regularly and avoid caffeine.
5. Avoid distractions when supervising children.

6. Young children need flotation devices such as arm floaties.

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Dr. Redjal to Speak at Free Seminar on Hip Replacement

JUNE 17TH 2014 BY DEE LOFLIN

[Dr. Redjal to Speak at Free Seminar on Hip Replacement](#)

Written by

Dee Loflin, SMT Manager/Editor

Dexter, Missouri – Do you suffer from severe pain in your hip? Hear Dr. Hamid R. Redjal discuss his innovative anterior approach to total hip replacement at a free informational seminar on Tuesday, June 17, 2014 at 5:00 p.m. at the Dexter Chamber of Commerce on W. Market Street.

Whether from arthritis or injury, hip pain can keep you from being active and even create additional pain in the back and other areas. Traditional hip replacement surgery can relieve this pain, but requires substantial recovery time, especially if both hips need to be replaced.

If you are considering surgery, but are concerned about how long it will take to recover, **SoutheastHEALTH has the solution: Anterior Hip Replacement.** Their team of specialists has pioneered a technique that dramatically reduces recovery time and gets you back on your feet faster.

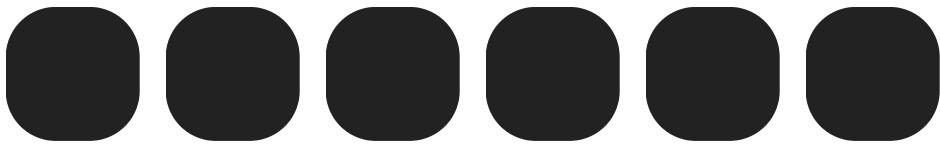
The anterior approach is an alternative to traditional hip replacement surgery that is rapidly becoming the standard for minimally invasive hip replacements. Since the incision is made in the front of the hip rather than in the back or side, there is less pain, improved mobility and shorter recovery time. Dr. Redjal is the only doctor in southeast Missouri that performs this surgery.

Dr. Redjal received his medical degree at Georgetown University School of Medicine in Washington, D.C. Following medical school, he completed an orthopedic surgery internship and residency at Harbor-UCLA Medical Center in Torrance, California. Following his residency program, Dr. Redjal completed a total joint, hip and pelvis reconstruction surgery fellowship under Dr. Joel Matta at St. John's Health Center in Santa Monica, California.

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