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Aecy Is Practicing Her Disappearing Act!

SEPTEMBER 11TH 2014 BY DEE LOFLIN

Aecy Is Practicing Her Disappearing Act!

Written by
Dee Loflin, SMT Manager/Editor

Dexter, Missouri - Check out this disappearing act! Aecy Walker has lost 24.6 pounds in just 42 days.....that's 19.5 inches!

"I lost 19.5 inches and it's funny how much I have noticed how badly we as Americans eat!" commented Aecy. "Our portions and quality of food is wrong. Chirothin has taught me to eat better for me and to teach my family the same. My skin and hair have not looked this good in a long time."

"I crave water now," continued Aecy. "I crave fresh fruit and fresh healthy lean foods. I am not tempted by the "yuck" I once consumed. This is not a diet. This is my way of life. And I am very grateful for the positive changes. I went from numerous health concerns and battles for past two years to NO MEDICATIONS and feeling great! This is only the beginning of this wonderful journey.

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**.

LAST UPDATED ON SEPTEMBER 11TH 2014 BY DEE LOFLIN

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SoutheastHEALTH Offers Local OB/GYN Services

SEPTEMBER 02ND 2014 BY DEE LOFLIN

SoutheastHEALTH Offers Local OB/GYN Services

Dexter, Missouri – Women First of SoutheastHEALTH is proud to be a part of the Dexter Community with the opening of an outreach clinic offering comprehensive services for women of all ages.

With the latest technology and treatments, Women First of SoutheastHEALTH provides quality care in a personalized setting. We believe that serving the diverse medical needs of women in Dexter and the surrounding communities is both an art and a science. Patients benefit from Dr. Chris Rosenquist's expertise and experience in Obstetrics and treating disorders affecting women's reproductive health.

"I was born and raised in southeast Missouri," stated Rosenquist. "I grew up in a small rural town of Kelso. After completing my residency in family practice, I practiced for five years in Cape Girardeau with Mr. Mark Kasten and Dr. Kent Griffith before realizing my true calling as OB/GYN."

"I truly love what I do. It is such an awesome privilege to share in the miracle of childbirth and immensely rewarding when people entrust me to take care of them and their family when other services such surgery are needed."

"My wife Karen and I have five children. During the school year, we stay busy with school activities and sports, but in the summer you will find the whole family at Kentucky Lake boating, swimming, and water skiing."

"I look forward to being able to better serve the citizens of southeast Missouri by providing care at my new office in Dexter.

Women First of SoutheastHEALTH is located in 1300 North One Mile Road, Suite 5 in Dexter, Missouri. Dr. Rosequist is available every other Wednesday from 9:00 a.m. to 2:00 p.m. For an appointment call 573-339-1101.

Dr. Rosenquist graduated from Medical School at the University of Missouri – Columbia. He performed his residency at the Family Practice at University of Tennessee, Memphis and Obstetrics & Gynecology at University of Louisville, Kentucky.

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TOP

Rotary Club to Host Blood Drive

AUGUST 15TH 2014 BY DEE LOFLIN

Rotary Club to Host Blood Drive

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri – The Rotary Club of Dexter is hosting a Blood Drive on Monday, August 18th from noon – 5:00 p.m. at the Sacred Heart Church.

Members of the Rotary Club volunteer their time quarterly to set-up and offer assistance to the American Red Cross and ask local Stoddard County residents to donate blood.

If you received a call from the American Red Cross and scheduled an appointment, please come on Monday. You can save 3 lives by donating blood.

The American Red Cross continues to have an urgent need for blood and platelet donations. Though thousands of people have answered the urgent call to donate that was issued on July 22, 2014.

Through the end of July, the Red Cross saw an increase of approximately 7.5% in the number of donors coming to give blood, resulting in more than 11,800 additional donations beyond what was expected.

The Red Cross is grateful for those who stepped up to give this lifesaving gift and reminds eligible donors that hospital patients are still counting on them to roll up a sleeve.

Right now blood donations are being distributed to hospitals as quickly as donations are coming in. Like the emergency room of a hospital, the Red Cross needs to be prepared to respond to patient emergencies 24/7/365. After the donation, it takes approximately three days for the blood to be tested, processed and available for distribution to hospitals.

How to donate blood

Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

About the American Red Cross

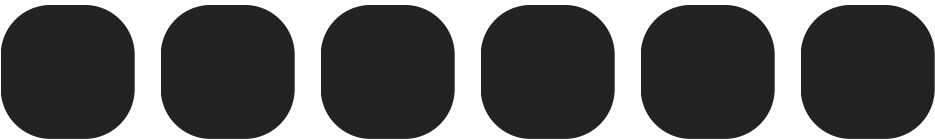
The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military

members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visitredcross.org or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).

LAST UPDATED ON AUGUST 15TH 2014 BY DEE LOFLIN

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TOP

Red Cross Needs Your Blood!

AUGUST 07TH 2014 BY DEE LOFLIN

Red Cross Needs Your Blood!

*Written by
Dee Loflin, SMT Manager/Editor*

Stoddard County, Missouri – Blood is always in high demand; however the summer months create shortages according to Red Cross officials. Many people

are traveling, on vacation, or enjoying the outdoors.

Stoddard County has several upcoming Blood Drives to help with those shortages.

Friday - August 8, 2014 - Mingo Job Corps Center located at 4253 State Hwy T, Puxico. Time 9:00 a.m. - 2:00 p.m.

Monday - August 18th – Dexter Rotarians are hosting a Blood Drive at the Sacred Heart Catholic Church in Dexter from Noon – 5 p.m.

Friday - August 22nd – Dexter Eagles are hosting a Blood Drive from 1:30 p.m. – 6:30 p.m.

Saturday – August 23rd – Dexter Eagles will continue their Blood Drive from 10:30 a.m. – 3:30 p.m.

Friday – August 29th – Life Chapel Assembly of God in Puxico will host a Blood Drive from 3:00 p.m. – 7:00 p.m.

Friday – August 29th – Dexter Church of Christ will host a Blood Drive from 2:00 p.m. – 6:00 p.m.

The American Red Cross encourages eligible blood donors to make and keep donation appointments to maintain the summer blood supply and help prevent a shortage. Donors of all blood types are currently needed, especially those with type O negative, B negative and A negative.

While the need for blood remains constant during the summer, donations drop. Between June and August, on average, two fewer donors give blood at each Red Cross blood drive than what hospitals need. This seasonal decline could be overcome if just two additional donors – above what is expected – give blood at each Red Cross blood drive this summer.

Every two seconds someone in the United States needs blood. Recently, a patient needed 79 blood products after injuries sustained during a car accident. Thanks to blood donors who gave in the days and weeks prior, blood products were readily available for this patient and thousands of others at approximately 2,700 hospitals and transfusion centers across the country supported by the Red Cross.

This summer, there are 100 chances to give hope with the Red Cross by giving blood. Visit redcrossblood.org or call 1-800-RED CROSS to learn more and make an appointment.

How to donate blood

Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver’s license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

About the American Red Cross

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation’s blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).

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A Success Story in the Making - A Life Changing Journey

JULY 23RD 2014 BY DEE LOFLIN

A Success Story in the Making - A Life Changing Journey

*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**.

LAST UPDATED ON JULY 23RD 2014 BY DEE LOFLIN

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