



An informative eNewsletter from  
**John Parks Trowbridge M. D.**  
and **LIFE CELEBRATING HEALTH**  
\*\* Please *share* with your family and friends! \*\*

We have **depended** so much  
on our parents  
to teach us about **life**  
and **love**  
and how to stay  
**safe and healthy ...**

**Sometimes we get to  
*return the favor!***

Many of our parents are "stuck" in the TV / magazine / newsletter generation. They're simply not aware or comfortable with the google / email generation ... and **WOW!** are they missing out.

So much information is at our fingertips about just about anything, including newer advances in medical care - or latest information about older treatments. WE see these details in our daily lives ... but our parents remain blissfully unaware of many of these incredible discoveries.

Sure, some of them might be resistant, insisting that "My doctor is the best, he knows everything he needs to know." But again, they'll be missing out on the newer specialties in medical care. For some folks, that'll be just fine. But for their children (YOU!), who might want to keep them around independently and in better shape for another few years, that's not a choice to allow them to take without having them find out a

bit more of the [science behind really feeling better](#).

When I went to medical school in the early 1970s, the PDR ("Physicians Desk Reference") listings of ALL drugs was only about 2 inches thick. Now it's about **4** inches thick ... and that's just DRUGS! Even more information has been assembled on herbs and nutritional supplements. Remember that, during the 1950s, we still had NOT discovered all the vitamins! Since then, we've learned volumes more about human functioning ... and better health!

So ... **you're faced with a choice** - watch your parents go along their way, happy that Medicare pays for most of what their doctors say they need ... or invite them to learn about treatments that might allow them to hop OFF the Medical MerryGoRound of half-a-dozen (or more) specialists.

A couple of you are likely to take us up on this invitation, the rest of you are more willing to stick with the status quo. So think about this: IF **you** did now ONLY what your parents taught you about as a child or teen, you'd be living back (literally!) in the Dark Ages. Time has marched on in your life ... and so have YOU, you've changed with progress over the years. Invite your parents to learn what is now available, affordable, and effective for them, right now, today.

After all, what better thing for them to do than to **learn how to stay living happier, healthier, and still independent in their world** - what better thing for them to spend their money on, now that they've retired from active work and deserve a *joyful* time of hobbies and sports ... and family (yep, that's YOU!).

So ... **Honor your Father and Your Mother** ... share with them the gift of learning about even better health and vitality.

Introduce them to  
[www.healthCHOICESnow.com](http://www.healthCHOICESnow.com)  
... because if they don't *KNOW* that they **DO** HAVE  
**health CHOICES now**,  
then they *DON'T* have any!

And just **DIAL 1-800-FIX-PAIN**

and ask for details  
on our several **books** and **brochures**,  
and our dozens of **DVDs** and **CDs**!

Here's something else to do right now, if you'd like to present your Father with a special reminder of how much his life has meant to you ...

**June 6, 1944 ... D-Day**, the date we landed on the French beachhead to begin the recapture of Europe from the Nazi occupation.

And the last Monday in May ... **Memorial Day**, when we pause to honor those brave young men and women who didn't want to leave the comfort and safety of "back home" but did so from a sense of duty ... and then gave of their life and limb, to preserve our freedoms and opportunities.

To commemorate a history rich in sacrifice for the American nation, our "**special surprise**" for June is a bit different. We know you'll appreciate how this works.

During the month of June, for every **\$1944** that you come in or call in to pre-pay, **we'll add \$97.20** (FIVE percent) to your account under our standard Pre-Pay BONUS Program terms. (Ask the Receptionist for specific details.) You get the significance, right? ... **1944** -

In addition, **we'll donate in your name \$100 to the Wounded Warrior Project**... helping service men and women to recover better health and wellbeing in their lives.

<http://www.woundedwarriorproject.org/>



We couldn't think of a better way to remember our heroes, because every one who puts on the uniform is part of a thin line between us and tyranny from abroad.

Join us, won't you, in [supporting our wounded warriors](#) ... and in remembering them and their fallen comrades.

We'll be keeping you posted more quickly on medical and health issues ...

... if you'll just

[Like us on Facebook](#) 

... and

[Follow us on twitter](#)



**Texas Fun Fact:** The features of the Texas LONE STAR Flag have special meaning. The rectangle flag consists of a vertical bar of blue and horizontal bars of white and red. The blue represents loyalty, the white represents strength and the red represents bravery. A 5-pointed white star is centered on the blue bar. The flag was adopted in 1839 ... and is recognized in many parts of the world. When the great Texas Republic joined as one of the States of the American Republic, the treaty provided that the Lone Star Flag can fly at the same height as the American Stars and Stripes, recognizing the earlier unique status of Texas as a nation in its own right.

Ready to **share HAPPY HEALTHY FACTS**  
with your family and friends?  
**Invite Dr. Trowbridge to speak** one evening  
to your church or social club.  
Just **DIAL 1-800-FIX-PAIN** and  
give the details of your request  
to Cathy or Brittany -  
be sure to let us know your topic of choice!