

Journey to Wellness

With Dr D

I wanted to take a moment to thank all of you for all the years of support and most for the confidence you instill in me. Thank you for bringing your friends and family members to the clinics, whether in Ventura or LA.

This year I am celebrating 29 years in practice! It is a bit surreal to look at it this way, but it is what it is. I remember when my father got a plaque for being in practice after 30 years. It felt like an eternity then to be practicing that long. Humbly now I feel that I am only beginning again. My father practiced for another 30 or so years after that, with the same passion and inner conviction. So I find myself with a similar introspection that there are no other medium I would rather use to continue conveying to you my dedication, my love and fascination this profession allows me to express. And the result is in your well-being and the continued guidance I can provide in maneuvering what life's challenge brings to you.

Trouvaille

This month I wanted to share one of my best people. You guys compliment me on my skin at all times, so I am sharing the secret.

Marie-Lynne Glysen is my skin care specialist. She uses Micro-current to increase collagen and elastin and it promotes circulation and lymphatic drainage. You feel the muscle working underneath and get an instant face lift. Then the Infra Red treatment will tone, provide cellular regeneration and repair. This is painless and relaxing. I love the light...

For more info:

Marie-Lynne Glysen

310-467-5689

My service's fees have not changed in 20 years, and I strive to try in keeping it this way. Only with your continued referrals I am capable to do so. My patients get well and I am fulfilled by it. So I wanted to remind you how the world turns in my universe so I can continue giving you the state of the art health services.

Every month I will be featuring an impactful person, book or events in my life that contribute to my wellbeing, so we keep sending forward the goodness. Look for the "Trouvaille" box!

NATURAL FOODS VERSUS COMMERCIAL FOODS

Just for thoughts

“In all parts of the globe where the native population had changed from their natural foods to the use of commercial products, there began the infiltration of those dreaded diseases, tuberculosis, pneumonia, and influenza ... exactly parallel to the increase in their use of commercial foods. It made no difference whether the change took place in a high valley in the Swiss Alps or in an island of the sea in the Eastern or Western hemisphere. The identically same results followed the introduction of commercial foods of civilized man.” —Dr. Lee

HEALTH IS A JOURNEY NOT AN END

MUCH LOVE, DR D