

THE WORLD'S LEADING ENTREPRENEURS AND PROFESSIONALS REVEAL
THEIR SECRETS FOR ACHIEVING MASTERY IN BUSINESS AND LIFE.

MASTERING THE ART *of* SUCCESS



JOHN PARKS TROWBRIDGE M.D., JACK CANFIELD
AND OTHER EXPERTS FROM AROUND THE WORLD.

MASTERING THE ART *of* SUCCESS

The starting point of all achievement is desire.

~ Napoleon Hill

Mastering a job means we are proficient at performing that particular task successfully. It is also useful to note here that the word "success" has different meanings to different people. Success can mean, among other things: fame, fortune, emotional or skillful achievement.

Proceeding through our growth years to maturity, we spend time and effort accumulating knowledge and resources, assessing our strengths and limitations, and taking action based on what we have learned. As we grow, so does our appetite for adventure and success. So, fortified with our initial progress, we set out to test our strength against the world. For those who achieve mastery of one job, the taste of success and the confidence it generates often propels them to attempt to master other tasks.

To accomplish a chosen undertaking is synonymous with success; however, learning to master more significant tasks is often our real challenge. That's where the Celebrity Experts® in this book come in. They have achieved mastery in their various fields and are willing to share their secrets and methods of mastery with you. An integral quality of successful people is their willingness to help others succeed.

One of the finest secrets for Mastering the Art of Success can be found in the following quote:

I have not failed. I've just found 10,000 ways that won't work.

~ Thomas Edison

CHAPTER 23

STARTLING “SECOND OPINION” SECRETS FINALLY REVEALED

—SURVIVING DRUGS AND SURGERY

BY JOHN PARKS TROWBRIDGE M.D.

Maybe a laboratory technologist wasn't supposed to understand the elevator talk I witnessed – or maybe, as a hospital employee, I didn't have any business paying attention. But I was startled to hear three physicians joking when leaving a lunchtime continuing education lecture on molecular biology: “Do you have any idea what that professor was talking about?” “Not a clue! Glad it doesn't have anything to do with taking care of my patients.” “Yeah, me too!”

As a future doctor, I was appalled at how these practitioners so casually dismissed advances pointing the way for improved patient care. They didn't *understand*? For my biology degree from Stanford just one year earlier, I had focused on molecular genetics and immunology. Some 47 years later, I *rely* on that and *all* my other knowledge – every day – when addressing complicated illness issues.

The Principal Part of Everything Is the Beginning

Most doctor visits presume that you need “*medical* care” (for disease or distress) which is far different from promoting longevity and preserving wellbeing, known as “*health* care.” The advice in this chapter applies to

either ... and hopefully your coming years will aim not at recovery from frustrating illness but rather at achieving optimal health. Now it's time to get started on your amazing journey.

Is there a way YOU could be empowered to get the very best results from any visit to a physician? You might not realize it – but **YES**, there is a “soft technology,” a method to assure a brighter future and fewer problems.

Your doctor holds a special trust – with your comfort, your recovery, your very life in his or her hands. Seek a partnership that promises to go both ways. In the past, people seemed to have little choice but “blind faith” that prescriptions and advice were the very best. Today, just a few quick steps take off the blindfold so you can make informed decisions about *your* physicians and *your* care. Take note that you call the graduate at the bottom of his medical school class ... “Doctor.” You might be taken by his or her smile and gentle manner, sharp wardrobe, whatever ... but do you *get what you need*? Should you expect more than just a “better Band-Aid®?”

Avoid Overwhelm – Start with the Basics

Doctor-time is precious, so efficiency is essential to meet the needs of all patients. Write down your key questions, even those of concerned family. Get the information you need, but realize this is not the place for casual conversation and direct answers aren't meant to seem rude. (You are the *only* judge of whether you feel comfortable – or prickly – or downright antsy during your visit. My job is set you at ease or send you to a physician who might be a better “fit” for you.)

“Specialists” are sometimes useful ... but not always. Any puzzling, lingering, or worsening problem *might* deserve specialty evaluation sooner; if you're concerned, ask for referral. (My aim for every patient, through my efforts alone or along with other experts, is simply “Find it *now* – Fix it *right!*”)

Results should be your only guiding principle (after safety, of course). Sadly, modern medicine is “protocol”- or process-oriented rather than “product”- or results-oriented. Sounds strange, right? The medical culture decrees and imposes conformity. Doctors come under scrutiny

when they divert from the outlined “standards of care” to evaluate or treat your problems. Even when **you** benefit from an unconventional treatment, **your doctor** could be called to answer to “the authorities” (and even disciplined) for departure from “the way they say.” (I call this “One Size Fits None,” because you are unique and have needs different than anyone else – don’t you deserve *personalized* care?) Your wellbeing hangs in the balance ... *demand results*.

Finding the “right doc” might be an unpredictable journey. Be wary of frequent malpractice suits; state medical board websites have this information available. Allegations of “fraudulent practice” might simply reflect disputes for daring to step “out of the box” and offering “alternative” treatments. Patient results are the key standard to evaluate reports and commentary on the internet. Be mindful that you are seeking a savvy physician willing to offer his or her best remedy ... which might be reassuring counsel or timely advice rather than a pill. A winning selection is a skilled professional who helps you to achieve and accomplish more than you ever imagine, and your benefits can last for years of longer life. We spend more time reviewing restaurants or selecting a new car – odd, isn’t it! Be sure to set aside money in a “Feel Better, Get Healthy” budget to invest in the care you desire and deserve. Let’s get started!

Slip Into the Driver’s Seat

❖ **Set Your Goals** – Your first step is to reflect on what is bothering you or seems “wrong” or different than you used to feel. This might appear obvious ... still, take just five quiet minutes to review how your life is affected. Next, put on your “imagination glasses” and **visualize** how you will look and feel and act when you feel better as this problem is resolved. (If you claim you don’t have a good imagination, I say “just *imagine* that you do and give it a go.”) Now ... *believe* that you could actually achieve your goal of finally feeling better.

When you “see” a detailed “mind picture,” write down a *full description* of how you would look, where you would go, what you would do, how you would talk with your family and friends. **WAIT!** I said **write down** these details. This is *your* “ideal scene.” Skip this beginning and you can stumble over yourself as we go further, sadly missing the results you truly deserve.

❖ **The Spider Web Theory of Medicine** – You want a doctor who “sees the big picture” for you, one who respects that “when you pull on *one* part of the web, the *whole* web jiggles.” Remember: “the devil is in the *details*” ... *your* details, *your* situation. Expect your physician to seek to correct the “root cause” rather than just prescribe yet another “bandage” for bothersome symptoms. One more drug for your next new complaint? *No!* Insist on a blueprint with the prospect of the most benefit for the least risk or expense or effort.

Always act as if your doctor truly wants to share a caring relationship of warmth and insight. Then, after genuine eye contact and a welcoming handshake, your doctor’s *first job is to listen to your details* – not just to what you’re saying, but more importantly for what you’re not telling him. On average, our attention span is about 8 seconds (down from 12 since 2000) – while a goldfish can last about 9 seconds! Oddly, your doctor waits 17 seconds before interrupting your story. How easy it is for you to feel misunderstood! Some 40 percent of patients feel rushed during their visit, which for about one-third lasts *less* than 10 minutes. Given these limitations and your doctor’s need to hear *your* relevant details, stay focused on sharing step-by-step not randomly. Stay on-track with *your* concerns, not what happened last year to Aunt Matilda. If you’re not sure you’ve explained yourself clearly, help your doctor to understand what you need to communicate.

Worried that you can’t afford more time? The most expensive treatments you get are the ones that don’t work. Chances are, you already understand *that* all too well! Remember your “mental image” of success? Focus on value not cost – your future, your comfort, even your life ... *you’re worth it!* The tragedy is not that you “have issues” with your doctors, we all do – do what you need to do to get the very best care that your condition requires and you are willing to do.

❖ **“Close” Counts Only in Horseshoes, Hand Grenades, and Shotguns** – The *best test* to correctly understand and resolve your concerns is **not** in a lab or a hospital but between your doctor’s ears! Perhaps 80 percent of diagnoses can be made from your history alone. All *you* do is outline your circumstances like a sharp reporter: “what, where, when, how” ... *your doctor* will seek the “why.” Your physician needs to listen carefully as a specialist in how your body works and why things go awry: Correct *diagnosis* is key – Correct *treatment* is critical.

Where's the source? While "symptom" discomforts might center on a particular area, the actual cause might be quite remote, even hidden. Unless you and your doctor actually know the cause,¹ getting better is not a "hit or miss" proposition but "miss and miss and miss again"! *That's* why you're persistent in seeking a physician who is always learning newer and better evaluations and treatments – not just responding to a longer list of side effects with the latest "TV drugs." Ever wonder about advertisements for 1-800-BAD-DRUG – or www.1800BadDrug.com and www.bad-drug.net?

❖ **Gaze Into My Crystal Ball** – Could your doctor really *miss* your diagnosis? Consider this dicey picture for any physician: You don't *look for* what you don't know about – You don't *find* what you don't look for – You don't *treat* what you don't find – You don't *fix* what you don't treat. Understandably, doctors don't want to face things they *can't* fix because that betrays their inexperience, inattention, or simply fallible human limits. The avoidable result can be more and more drugs, more and more operations. More and more lingering discomforts and disappointments.

Staying up-to-date is difficult. PubMed.gov/MEDLINE is the computer search system for over 17 million published articles in over 5,600 biomedical journals ... but 20 percent of relevant papers in the database can be "*missed*" in each search. Articles before 1964 are not listed, even "old knowledge" that could be very pertinent. Critical research published in *most* of the 14,000 worldwide journals is overlooked because they're not accessible.

Doctors won't study tests or treatments they simply don't know about ... or don't understand ... or (falsely?) dismiss as quackery. Do *you* get "missed" in the muddle? Why settle for the blinders on a one-trick pony when you can locate doctors widely recognized for teaching and "thinking outside the box," pushing to the horizons of excellence. Even "TV hero" Marcus Welby, M.D., *could* earn accolades from peers across the country or around the world when offering effective innovative

1. Delightful concept: **Know The Cause** is a syndicated TV show for 18 years, hosted by my dear friend Doug Kaufmann, a medical tech whom I taught in 1984 to treat **The Yeast Syndrome** (my Bantam Books bestseller since 1986). He gained tremendous experience working with doctors who had not a clue that undiagnosed fungus/yeast could explain problems in 40 percent of patients and he has devoted his broadcast career to spreading the word: www.knowthecause.com.

solutions not widely promoted.

“Doctor Talk”

(Just so *you* know to investigate and inquire about state-of-the-art issues)

Details on emerging advances are available *except* in the major journals or at the “regular” continuing medical education conferences. Your doctor has to *prowl* for reliable evidence on evolving tests and treatments for *increasingly common* (and often poorly managed) illness issues related to The Yeast Syndrome¹ and mycotoxins (fungus), stealth parasites, chronic virus or bacterial infections more odd than MRSA, biofilm and gut microbiome alterations with disease, impaired digestive processes, induced autoimmune malfunctions, painful back or arthritis joints and sports injuries, mismatch of tongue-jaw size leading to an obstructing airway, central (brain) changes with worsening hypoxemia and resulting system malfunctions, pre-diabetes (cardio-metabolic syndrome), oxidative stress/inflammation patterns, hyper-reactive platelets and endothelial blood vessel alterations (causing strokes, heart attacks, gangrene), heart rhythm disturbances, hormone deficiencies and dysregulations, neurotransmitter imbalances, altered mitochondrial functions and energy efficiency, effects of toxic heavy metal exposures, GMO-food alterations, unhealthy cultivation and animal husbandry procedures, chronic “fertilizer”/herbicide/pesticide exposures, organic chemical poisoning, essential mineral and vitamin deficiencies, recognized adverse effects of routine drugs (statins for cholesterol, acid-blockers, anti-inflammatories, pain-relievers, others), emotional and psychological stress (mind-body medicine), and more ... also dramatic healing and rejuvenation possible with nutritional supplementation, reduction of body burden of toxic heavy metals and organic chemicals, frequency-specific microcurrent, revolutionary stem cells, and many other technologies being discovered or proposed ... or not yet imagined!

❖ **Smarter Than a 5th Grader?** – Some studies show that 40 percent of patients have already consulted “Dr. Google” about their problems. This *can* help you understand your doctor more quickly. A variety of revolutionary newsletters share breakthrough treatments that you might want to copy for, and discuss with, your doctor.² But if you trust these or the internet more than your current doctor – or if you feel

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2. “Medical Establishment” newsletters review conventional care. Cutting-edge and ancient techniques are introduced in various monthlies, such as these published by my friends: Dr. Julian Whitaker’s *Health & Healing*, Dr. Joseph Mercola’s natural health website www.mercola.com, Dr. Jonathan Collins’ *Townsend Letter for Doctors & Patients*, Dr. Russell L. Blaylock’s *Blaylock Wellness Report*, Dr. Jonathan Wright’s *Nutrition & Healing*, Dr. Frank Shallenberger’s *Second Opinion*, Dr. Chauncey Crandall’s *Heart Health Report*, Dr. Bruce West’s *Health Alert*, Dr. David Williams’ *Alternatives*, and *Life Extension* magazine; refreshingly for network TV, Dr. Mehmet Oz has broken the glass ceiling with The Dr. Oz Show and *Dr. Oz The Good Life* magazine, educating millions on alternative health ideas that lie outside the medical mainstream.

the need to “Ask your doctor if [the newest TV drug] is right for you” – rethink your approach or maybe find a new doctor ... certainly consider requesting a “second opinion.” If you remain unsettled, summon the courage to make the choice to tell your doctor “You’re fired!” and find one who produces results for you.

Even “complicated” medical care is easy to understand in the framework of **“Blockers-Missing-Switches.”** *Whatever* is **“blocking”** your body functions needs to be discovered and reduced or removed – think of tossing the shoe that’s causing the blister. *Whatever* is **“missing”** but you need for healing and repair must be provided – think of adding compost, lime, sand, and other amendments to garden soil. *Whatever* **“switches”** need to be flipped on to start your systems will need to be set and balanced (thyroid, other hormones, even oxygen) – besides fruits and yogurt to make a smoothie, you must hit the “START” button. These are critical factors your doctor needs to address, regardless of your “problems.”

ACTION ITEMS

When you start taking responsibility for finding *your* “best doctor,” some simple steps will help create an effortless working relationship. Here’s how *you* can set the stage:

- ***Be on time (even early)*** – “Just a few minutes late” squeezes all the staff into “rush-rush,” trying to take care of patient needs, since you and everyone *following* you could be cut short. Emergencies happen ... but your being late doesn’t really count. And please – be patient, kind, and courteous when unexpected events delay your visit; ask to reschedule if needed. Always expect the doctor and staff to be respectful to you as well.
- ***Know why you’re there*** – “Follow up” or “Doctor wanted to see me” doesn’t give details to nurses who strive to have everything ready in the room for the physician.
- ***Know what pills and potions you’re taking*** – That “little white pill” could be one of thousands available. Mixing ingredients can make a tasty dish for supper; mixing (or mixing up) medications can be *deadly*. Often overlooked is the list of nutritional supplements you

take daily or often – while useful to “educate” some doctors not yet “in the know,” it might be critical to help avoid interactions with some prescription drugs.

- ***Know how you’re feeling*** – This might sound obvious but ... you’d be surprised that your doctor needs a bit more to go on than “I just don’t feel well.” Describe in your own words what is *different* than earlier for you. Give numbers not conclusions: “My pressure at home has been 155 over 90” not “It’s been pretty good lately.” Keep a symptom diary between visits: what, where, when, how long, ... and so on.
- ***Be honest about what you’ve done ... or haven’t!*** – If you’ve ignored or overlooked treatment plans exactly as intended but don’t “fess up,” then your doctor lacks critical information to conclude whether your treatments need to be changed. Bring copies of recent tests or notes from other doctors – also printed photos or close-ups on your smartphone. Reactions to any medications?
- ***Time is ticking*** – Place a high priority for your doctor to spend the time needed to discuss your condition and explain specific recommendations. Happily, almost 70 percent of patients bring a short list of questions to their appointment. That *one* proactive step can be critical, so long as you realize that only the most important items can be addressed in the usual 10 to 12 minutes. Act as if success is just within reach, so schedule and pay for extra time (even another visit) if needed – to get your concerns handled.
- ***Schedule your follow-up visit right then.*** Appointments are essential to monitor expected changes in your condition. Get seen when your doctor wants to reassess your program. Shortest wait times are “first thing” in the morning or afternoon.

Arrange quickly to see any specialist advised, so your doctor gathers all the perspectives he needs. Confusion arises with similar titles for doctors who treat an organ or system with *medications* and those who perform *operations* in the very same area. (Example: neurologist or neurosurgeon.) Expect consultants to join the team for your best results.

- ***Immediately question if you are reluctant about a test or a treatment.*** Speak up: an explanation right then might reassure you with any misunderstanding or confusion. If you still need more details, ask for the best information source and call back to the office to arrange for testing or treatments when you are satisfied.
- ***Request your diagnoses and treatments in writing.*** Medical words are weird, confusing, difficult to say, and often impossible to spell. *MedlinePlus.gov*, *mediLexicon.com*, and *MedicineNet.com* might become go-to resources to steer you in the correct direction. Written instructions from your doctor's office are helpful. Try this: on your smartphone or tablet, record your office visit and directions from the nurse, to review later. Search the internet for excellent dictation "apps" to download free.
- ***Ask your doctor for copies of all lab reports and consultant notes*** – Assemble these papers in date order, in a binder or folder. Get access details for any computer portal where your test results might be available anytime for download.

WHERE DO YOU GO FROM HERE?

❖ **Grab Your Shovel and Gloves.** If you are facing down serious medical worries – and especially if you are older – you might conclude that my advice sounds good but it's "too late" to help you. Take heed of this Chinese proverb: "The best time to plant a tree was 20 years ago. The second best time is now." Enough with regrets – get out there now and start digging!

❖ **Grandma Knows Best ... But You Need *Better*.** Georges Clemenceau, French physician who served as Prime Minister during World War I, proclaimed that "War is too important to be left to the generals." In the same vein, "Your health is too important to be left to the physicians" – meaning: just conventional doctors. Reducing risks is the hallmark of Grandma's advice: don't swim right after eating, get eight hours of sleep, eat your vegetables ... her prudent cautions and health habits form the basis of "*preventive* medicine." Once illness or injury has occurred, the setting has changed: consulting your doctor for a recent or urgent problem is "*reactive* medicine." *These* treatments, reacting to your concerns, are "regular medical care" at your doctor's office or the

hospital and when successful, they *completely* solve your issues.

If your earlier health is not restored completely – without continuing drugs or repeated surgery – it's time for a physician or other professional with expertise in healing and repair. Ideally you continue to practice preventive habits and you achieve and enjoy a baseline “good health” condition. *Then* you should trust “***predictive*** medicine” for “longevity” (prolonged, robust, vital survival), so-called “anti-aging” or “health optimizing” care. You simply make regular visits for usual *and* advanced tests that detect unsuspected patterns relating to crucial risk factors, so your doctor can give advice to reduce or delay the later surprise of nasty diseases. Advice on foods and supplements is critical in this modern (polluted!) era. *That's* the essence of “***health*** care” in contrast to “***medical*** care.”

Elementary, my dear Watson. (Never actually “said” by Sherlock Holmes – but you get the idea.) Rarely do typical physicians (M.D., D.O.) without an advanced degree or extensive on-the-job training have any expertise in nutrition and suitable “integrative therapies” (conventional medical approaches enhanced by combining with ancestral knowledge and emerging discoveries). Seeking *other* doctors – a capable naturopath (N.D.) or chiropractor (D.C.) – might be your salvation. Internet reviews and websites *could* help but they present treacherous potholes ... and finding “the best doctor” the same way you find a restaurant or plumber might be challenging. Has he or she written books or a well-researched website? Often given lectures? Developed innovative treatments? Been recognized by colleagues for notable accomplishments?

C + C Is Your Goal

In “the old days,” we used to fear dying. Now, we fear getting sick. One major illness or injury – or lingering problems that never go away – these can cripple your activities, paralyze your optimism, and literally steal your assets and bankrupt your family.

While many claim they “want to live forever” – or maybe 100 or whatever ... what you really mean is that you want to live as long as you

remain both ...

Comfortable

and

Capable.

For too many years, we've witnessed our seniors debilitated with aches and pains, where drugs provide little relief, longing for rest of any kind. Successful medical *and* health care, at the very least, keeps *you* living independently and free of misery or discomfort ... for a long time to come.

"The best doctor in the world is the veterinarian. He can't ask his patients what is the matter – he's got to just know." American actor, writer, and humorist "Will" Rogers might be onto something there ... but I haven't found a vet who will take care of *me*! So I have had to place my faith in ...

THE SECRET FORMULA:

$$2\text{ C} + 2\text{ C} = \text{A}+$$

Honestly, there are no secrets. Mastering success with your doctoring is quite simple when you follow the guidelines presented. *Your* responsibilities are summed up as "2 C":

Curious patient, Compliant patient.

Plus the doctors you seek have obligations that also add up to "2 C":

Competent doctor, Communicating doctor.

Not knowing what ailments or injuries will befall you, faith in the process I have outlined is your key to invaluable *preventive and reactive medical care*. When your attention turns to the future, this very same process will lead you to find the best in *predictive health care*.

Your goal is simple and achievable. Use the tools presented to enhance a purpose-driven life, one where you are empowered, passionate, enthusiastic, vibrant, vital, and robust. These rewards will enable you to engage in meaningful and joyous relationships, fulfilling work, and cheerful play. Keep your eye on the prize!

Remember, the insurance company is not your doctor. Your spouse is not your doctor. Your family is not your doctor. Dr. Google is not your doctor. “The secret” is simple: take full responsibility and choose *your* doctor wisely – there *is* a Marcus Welby, M.D., for you to find.

Subtle Implications For Business Owners and Managers

Should you be concerned about which physicians your employees can choose to see, often limited by your insurance plan? Workers who are absent or feel poorly are hidden *losses* to “the bottom line.” More than a third of patients are *misdiagnosed* and over two-thirds are given an *incorrect treatment* plan. “Hoping to feel better” is a poor substitute for effective doctoring. Inadequate results can lead to years of unrecognized expenses: work inefficiencies, unnecessary operations and drugs, futile but costly doctor visits, tests, treatments and hospital stays, needless suffering, discouragement, even early disability or retirement. Employees getting the care they need reduces risks and saves company money. *Should I say more? I certainly can!*



About Dr. T

John Parks Trowbridge M.D., FACAM – “Dr. T” – as he’s affectionately been known for 39 years – claims he’s “just getting started,” now asking better questions and finding superior answers for healing your body.

An Eagle Scout, National Merit and California State Scholar, he concentrated on immunology and molecular biology at Stanford University. “Medical school was so much fun I’d have been a permanent student if they just paid me,” he recalls about Case Western Reserve University.

“I told the clerkship chief, a prominent heart surgeon, that eight weeks of surgery was about eight weeks too many, since I planned to be a ‘medicine man.’” From day one, he fell in love with operating and later trained in general then urological surgery (at the celebrated Texas Medical Center). Plans changed: Dr. T realized that his superb medical training, coupled with a singular commitment to patient outcomes, meant he often “revised” the care plans of other doctors. Oops! That would mean bankruptcy because colleagues would not refer patients for surgery!

Entering general practice in 1978, he became a busy “industrial physician” serving 53 area companies, also chief medical officer of Texas International Airlines. Again, plans changed: disheartened with risks, reactions, and limited results from drugs and surgery, Dr. T explored other approaches. An advanced degree in nutritional medicine launched him on a journey with extraordinary state-of-the-art tools to repair illness and promote health.

Lingering questions: *why* and *how* do people get sick? Dr. T prowled around and stumbled on *obscure* toxic heavy metals (pollution!), becoming a preeminent educator in chelation therapy, the exclusive FDA-approved treatment. Further: *unrecognized* devastation by internal yeast, creating discomforts and diseases in 40% of Americans. Innovative treatments in his 1986 bestseller ***The Yeast Syndrome*** are acclaimed around the world.

Enthusiastic for patients to get exceptional care, Dr. T often lectures across the country, in Canada, Mexico, Taiwan and Brazil. His predictable success with complicated illness patients is endorsed in over five dozen volumes of ***Who’s Who*** – and by a Distinguished Lifetime Achievement Award from the International College of Integrative Medicine.

Trowbridge hesitates to reel off professional organizations he has served as president. “Honors don’t matter,” he explains, “only the vitality and joy I produce for each unique

patient.” Dr. T talks about . . . **BUSTING OUT OF THE BOX:** “My clinical research focuses on identifying and treating diseases from unsuspected parasites (including *plant* fungus, of all things!), dramatic rejuvenation with exceptional stem cells, reversing heart disease, healing neck/back/joint pains without surgery. Literally, the list is long.”

Dr. T’s CDs, DVDs, books, articles, and lectures have opened eyes to healing beyond drugs and surgery. “I’m also proud of medical politics contributions: as a med student, I got leaders in AMA and Podiatry talking. Three years later, foot specialists were permitted to operate in hospitals.”

The catchphrase for Life Celebrating Health in Houston has long been, “When life is your choice, failure is not an option.” Dr. Trowbridge proclaims that every patient deserves leading-edge breakthroughs in diagnosis and treatment:

“Find it *now* – Fix it *right*!”

- DIAL: 1-800-FIX-PAIN
- www.healthCHOICESnow.com

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JACK CANFIELD

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