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AUGUST 2020

Teaching Peace

Akil Jackson
practices art as
a therapeutic
escape

A Texas Star

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be another
Audie Murphy

Also inside:

Scavenger Hunt

Kids' Fun Page

Crossword/Sudoku

Featured Business:
Ennis Pawn and
Loan II

In the Kitchen With
Monica Carroll-Rowlett



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CONTENTS

8 TEACHING PEACE

Drawing on paper, skin or digital canvases keeps Akil Jackson happy.

28 A TEXAS STAR

Audie Murphy is legendary for military and movie achievement.



14 BusinessNOW

18 Around TownNOW

22 CookingNOW

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ON THE COVER

Akil Jackson expresses himself through art.

Photo by
Bill Smith

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EDITOR'S NOTE



Bill

Bill Smith
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Maybe Nat King Cole was right ...

I'm unabapologetically not a "hugger," so hugs from acquaintances are not really something I have missed during the pandemic. However, I do enjoy greeting people with a smile, and I love seeing them smile back. You would think there is a lot to miss with all of the masks people are wearing today, but underneath, I still see some smiling faces. I don't understand people who go through their day avoiding eye contact with others. They miss too many opportunities to smile and have one returned.

When there is a genuine smile, the eyes light up. There is a change in one's overall countenance, sometimes the posture straightens, and if you don't watch out, they will come in for a hug!

Handshakes are another thing conspicuously missing during social distancing. I sold a car to an individual recently, and he absolutely had to shake on the deal as we concluded it. I think he reached for the hand sanitizer immediately afterward, and I took some also, but shaking hands between two gentlemen as a sign of trust and goodwill is a very hard habit to break.

Some would say that a smile is healthier than not smiling, certainly more than a frown. There might even be some science behind it, something about a smile boosting your immune system and even releasing endorphins. I don't know about all that, but I do know it makes me feel better to see other people smile. Try smiling just as you pause to read this note. If it makes you feel better, smile at the next person you see, even if you are wearing a mask.

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Look for Ennis' humble new artist in the office, the house, the car, the porch, the studio. Wherever Akil Jackson can sit still long enough, you will find him drawing. His preference is to draw in classic black and gray, yet since getting into digital art a whole other set of artistic possibilities has opened to him. Known professionally for Bakari Originals Fine Art, Bakari is actually Akil's middle name. With an app on his phone, Photoshop on two laptops and a portable drawing pad, he can draw anywhere. "You grow up in a kinda hectic environment, and you learn to tune everything out," he said.

The perfect family man, Akil's found his way to peace without tuning anyone out. Definitely the man of his house, marriage to Nicole Jackson is what brought him here from Dallas on July 4, 2018. "My wife said the land is cheaper here," Akil said, with the most loving smile in his eyes. "She found a historic home built in 1900. Although I did not want to move to the country, this house had a wraparound porch. That was all I needed."

Despite the COVID-19 restrictions, Akil has less and less time to spend on that porch between maintaining the family's business, their own home or Masterpiece School of Fine Arts. "I try to sneak out to our porch every now and then," said Akil, who practices art as a therapeutic escape. "I've literally been drawing since I was little. My uncle could draw, and he kind of taught me to draw. At school, I would draw my homework a lot of times."

A little scribbled sun always shone in its corners. He would sketch airplanes that looked like flying Doritos. He discovered he was halfway decent after years of withdrawing from heavy emotion into his sketchbook. "I grew up in Oak Cliff, where it was violence, fight, fight, violence," Akil recalled. "Seeing how everybody was either angry or sad, when I was drawing, I didn't even notice it. I would do another drawing, so I could stay in that frame of mind. Even now, if I'm feeling a certain kind of way, I'll bust out the pens. I won't even notice until my wife says, 'You've been on this for like nine hours. It's time to stop!' I'm like, *Let me move on, put on some music, work it out.*

"With art," Akil explained, "the reason for the knot disappears, so you don't have to stretch. If you're nervous or anxious, angry or sad, you get to work that out through art, so that the cause of the feeling is gone. If I am thinking of a person and I draw their face, now I'm in that time, and I can think, *OK, I got this memory, which means there are other good memories.*

"I really don't know how I would have worked through some of the stuff I had to work through if I did not have art. I'm glad God said, 'OK, we're going to let him draw.' I never got into drugs," said Akil, a naturally protective man, who did learn how to fight during his youth.



TEACHING

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— *By Melissa Rawlins*



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"God had a sense of humor with that. He said, 'We're going to give that old protective dude three girls,'" Akil said. His eldest, Mikaiah, turned 14 this June. His middle child, Junior, turned 10 July 25, the same month Akil turned 43. His youngest, Granny, turned 4 July 29 only four days later.

Professionally, Akil can do everything except sculpt. "Graphite, acrylic, oil, airbrush, spray paint. If it's making a mark on something, I can do it," he said. "I have been commissioned to help with the remodel for a local office by painting a custom oil painting of bluebonnets on a hot pink background," he said. "It's cool, because she did not have to ask for that. I appreciate all of that."

For the last 14 years, he performed a lot of tattoo work. "That was the only way I knew to translate art into money. A lot of the fundamentals I knew about art transferred to the tattooing, and I have apprenticed a couple artists. You can use your imagination only as much as the client will allow," he said. "If they tell you, 'That's a little too far out,' I reel it back in."

A couple of years ago, Akil began transforming from tattooing to art. "I got into teaching art classes, where you paint and drink, and got a really good response to *An Acrylic Affair*," Akil said. "As I edged away from tattooing as the only way to make money from art, I ventured into other stuff, like illustrating books."

During conversation with a couple of writers who hired him to illustrate, Akil realized that he, too, could write. "The first original book I'm doing is *Li'l Kobe and the Five Laws of Money*, a children's book based off of *The Richest Man in Babylon*, which promoted theories that still hold up to this day," Akil said. "Basically, the little guy lives in a working-class house just like everyone else in the neighborhood and is over extended. His Uncle Nome, the wise

one in the book, lives in an old brick house driving an old, beat up truck and is pretty close to being a millionaire but nobody knows. One year, he spends the summer with Little Kobe and introduces him to a separate lifestyle, beyond appearances, and Little Kobe learns that is how you work with money.”

Akil first showed his sketches to his nephew. “He just wanted the character to look kind of cool. But he did not realize he was actually learning,” Akil said. “When I wrote the script, I ran it by Mikiaiah, who gave it a thumbs up.”

In the next couple of years, Akil plans to open an art school. He designed its curriculum so that if his students start before they are 10, then the amount of time they spend in Akil’s school will transfer into art academies for mature students.

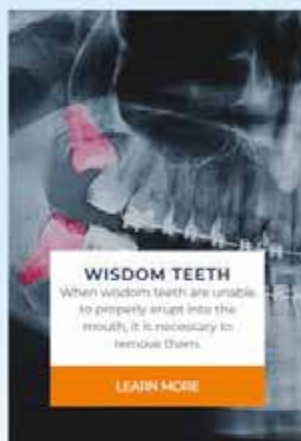


Meanwhile, he’s working the kinks out of his curriculum, while teaching a man to tattoo. “My goal is not to impose my outlook on what my student wants to do. The first week is just a lesson in value (the places where the image is darkest). If you get value, you can get contrast, and if you have contrast, then you can use any color. To me, the values are the core lesson. Shapes are important, but value is a whole lot more important than shape,” he said.

Akil told his student to draw a pyramid from his imagination. “He liked what he drew until we started working. I asked him to draw another, using what he’d learned in one week. It’s obvious he is progressing, and, meanwhile, he can deal with life with a lot less anxiousness. I don’t know if it’s the art, but I like to think so.” **NOW**

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David Alcala, owner of Ennis Pawn and Loan, started the business in 1992. As owner, David has built his business on honest and fair treatment and friendliness to make each customer feel welcome. He learned from his dad, Raymond, to make good on your promises and to be a man of your word — that sometimes a handshake is worth more than a signed contract and to honor that agreement. Today, still a family business, David and his wife, Milly,



continue to operate the business as such, and you can catch all the grandkids there with them from time to time.

David retired as a Dallas police officer to operate the business in 2017. “When I was with the police department, I visited a lot of pawn shops in Dallas,” David said. Being in the pawn business was something I was familiar with, and I thought it was a service Ennis could use.” At that time, he saw the need for guns, and over the past three years, Ennis Pawn has focused on building an inventory of guns, accessories and other hunting needs. David is a stocking dealer for Glock, Colt Springfield and Smith & Wesson. All brands are available, and the others can be ordered. “We also offer discounts to first responders, including administrators of school districts who choose to protect our school children,” he said. “Glock Blue Label is available here.” They are a Class III dealer and offer SBRs (short barrel rifles) and suppressors along with Silencer Shop. The Silencer Shop kiosk is available to facilitate submitting ATF forms, making them a one-stop shop.

With the sale of guns, Ennis Pawn now provides LTC classes held the first Tuesday of every month, taught in-house, and firearms

qualification at an outdoor range close by. Due to the interest in classes and the sale of guns, Ennis Pawn holds an additional class determined by need every month.

"Many changes have been experienced in this line of business," David said. "My top-selling items went from jewelry and tools to guns." While the business has a website, David added, "People can shop there, but they have to actually come into the store to make the purchase. It gives us the opportunity to advise the customer. We want them to be pleased with their purchase, and we teach them some basic information about the guns. We hope our customer does not make the purchase and then stash the gun in the back of a drawer at home. We want them to learn to practice with the gun and really understand its features."

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Ennis Pawn is fortunate to have employees Leon Bernal, Devin Peterson and David Nevitt, who are pretty knowledgeable with guns and the pawn business. "These guys have helped me become the success I am, as well as honor the commitments made to my loyal customers," David said.

In 2017, David Nevitt, his partner as a police officer, moved to Ennis and started his own business, Uncle Dave's Used Cars, which is also located in the building. "Uncle Dave, as he is called by my granddaughter, Layla, has made a multitude of friends in Ennis," David said. Uncle Dave has become known around this small town in a short time. Riding around as Santa in his red convertible and donating his time to Meals on Wheels has drawn people to love him. He takes the extra step to lend a helping hand where needed.

Ennis Pawn and their knowledgeable staff invite you to come browse through their bright, friendly store. The shop is more than a business, it's a friendship. Come hear their stories, and tell a few of your own. You are sure to enjoy the visit. **NOW**



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Zoomed In: Madison Low

By Bill Smith

Salutatorian Madison Low is a proud product of Ennis High School. Having moved to Ennis as a young child, her first year of formal education was at St. John's, then she moved to public school at Ennis Childhood Center. "In high school, I initially declared a path through engineering and was a member of the Junior Engineering and Technology Society, as well as the Technology Student Association." Her path to becoming salutatorian was as arduous as one might expect, but she also found time to participate on the soccer team, serving as captain for two years.

Somewhere along the way, her interest turned to business, and this fall, she will move to her dorm at Washington University in St. Louis, Missouri, to major in business and finance. "I have been to the campus a few times, and it is gorgeous. I also chose it because it's one of the top business schools in the country."



Bailey Goodman enjoys picking a color for her pedicure.



Kate Keener smiles because she just turned 2 years old and gets to drive!



Charlie Ort cools off at Six Flags.



David Dodd with Ennis Scuba Diving teaches a class in a local swimming pool.



Mariela Garcia smiles under her mask as she gives friendly service at Walgreens.



Booker T. Washington, Pastor of Galilee Missionary Baptist Church, takes a moment for a photo with his wife, Shandra, after morning worship.



Ronnie and Sandra Greer celebrate their 42nd anniversary with a trip to Huckleberry Cone in Farson, Wyoming.



Ennis High School seniors anticipate receiving their diplomas and acknowledging the completion of years of study and the promise of a bright future.

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CookingNOW

In the Kitchen With MONICA CARROLL-ROWLETT

— By Bill Smith



Monica Carroll-Rowlett loves to cook, and her passion for it continues to grow. “My passion for cooking stems from seeing the enjoyment and appreciation of those who indulge themselves on my cuisine — especially my family,” she offered. “Having come from a multicultural family background and having traveled extensively abroad due to military travel, I have developed a very versatile palate.”

Monica initially learned to cook from watching her parents and grandparents. “I take great pleasure in collecting recipes from friends of various ethnicities and social functions in the various places where I lived and teaching my young granddaughters and nieces how to cook. We recently had a cupcake war to lessen the monotony of the pandemic quarantine. When I retire, I look forward to cooking extensively and creating recipes.” **NOW**

Wilted Kale With Sweet Peppers

2 bunches fresh kale
1/4 cup olive oil
1/2 cup small pkg. sweet peppers,
various colors
1/2 to 1 cup chicken stock
1/2 tsp. garlic powder
2 tsp. onion powder

1/2 tsp. black pepper
1/2 tsp. sea salt, or to taste
1/2 tsp. Accent flavoring
1/2 lemon, freshly squeezed and zested
Dash chili flakes
1/8 cup water

1. Wash the kale in cold water; skim leaves from the stems. Rub and rinse thoroughly.

2. Heat a deep skillet on medium to medium-high heat. Once the skillet is heated, add olive oil.
3. Add portions of the kale; sauté until wilted.
4. Add sweet peppers in portions; place the lid on the skillet to ensure kale and peppers wilt.
5. Add chicken stock in increments.
6. Add garlic and onion powders, black pepper and sea salt. Continue to add kale and sweet peppers.
7. Add Accent, fresh lemon juice and chili flakes. If additional chicken stock and water is needed, add and replace lid to ensure kale and peppers wilt.
8. Simmer kale until it is tender. Serve with lemon zest garnish.

Southern Salmon Croquettes

Croquettes:

2 15-oz. cans salmon (may substitute canned mackerel)
3 slices thick bacon
1 whole egg
1/2 cup milk

1/2 cup flour
1 pkg. Panko breadcrumbs
1/2 cup green onion, finely chopped
2 1/2 tsp. dill weed
2 tsp. onion powder
1 tsp. celery seed
1 tsp. granulated garlic
1/4 tsp. Creole seasoning
1/8 tsp. white pepper
1/8 tsp. dry mustard
1-2 cups vegetable oil

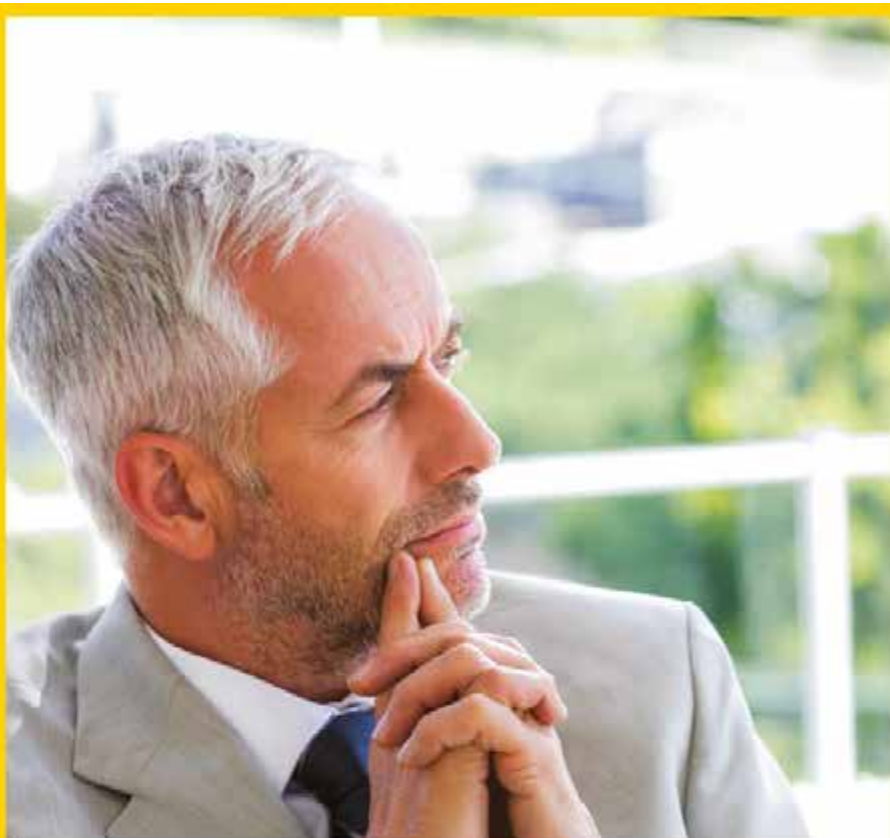
Remoulade Sauce:

4 Tbsp. mayonnaise
1/2 tsp. dill weed
2 Tbsp. lemon juice, freshly squeezed
1/4 tsp. Creole seasoning
1/8 tsp. cayenne pepper
1/2 tsp. dried chives
1/4 tsp. granulated garlic
1/4 tsp. onion powder

- 1. For croquettes:** Drain the salmon in a colander; place in a large bowl. With a fork, flake the salmon; remove the bones, if desired (The bones are very soft and can be flaked and left in.)
- 2.** Microwave the bacon in a microwavable container, on paper towels or fry it until crispy; crumble and set aside.
- 3.** Beat egg. Add milk to create an egg wash; set aside.
- 4.** Place flour on a plate; set aside.
- 5.** Place Panko breadcrumbs in a bowl; set aside.
- 6.** Mix bacon, green onion, dill weed, onion powder, celery seed, granulated garlic, Creole seasoning, white pepper and dry mustard into the flaked salmon; incorporate well.
- 7.** Divide the salmon into 4 even-sized balls; form balls into patties. Make sure they are pressed tightly.
- 8.** Carefully dredge the patties in the flour without breaking them apart.
- 9.** Carefully, place floured patties into the egg/milk wash; coat completely. Place the patties, one by one, into the bowl of Panko breadcrumbs; coat them well.
- 10.** Heat skillet to medium-high; pour in the vegetable oil. Once the oil reaches medium to medium-high heat, drop a bead of water into the skillet to see if it lightly sizzles. Once it does, fry the salmon patties on each side until golden brown. Drain on paper towels.
- 11. For remoulade sauce:** In a small bowl, combine all ingredients; whisk with a fork or wire whisk. Serve over salmon croquettes or as a dipping sauce.

Fried Corn Medley

4 ears fresh corn
1/2 red bell pepper



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1/2 green bell pepper
1/2 red onion
1/2 jalapeño pepper
3 strips bacon
1/4 cup butter
1/8 cup olive oil

1. Rinse and cut corn from cobs; set aside.
2. Dice the red and green bell peppers and the red onion. Mince the jalapeño pepper; set aside.
3. Microwave the bacon in a microwavable container, on paper towels or fry it until crispy; set aside.
4. Heat a skillet on medium- to medium-high heat. Add corn, red and green peppers, butter and olive oil. Sauté the vegetables until tender.
5. Crumble the bacon; add bacon to vegetables; simmer for 3 minutes. Serve while warm.

Hush Puppy Sticks

2 cups water
1 tsp. salt
2 Tbsp. sugar
1 Tbsp. butter
1/4 tsp. onion powder
1/2 tsp. granulated garlic
1/4 tsp. Creole seasoning



Southern Salmon Croquettes

1/2 jalapeño pepper, minced
1 1/4 cups yellow cornmeal
2 cups vegetable oil

1. In a small saucepan, bring the water to a boil. Add salt, sugar and butter.
2. Reduce heat to low; add onion powder, garlic, Creole seasoning and jalapeño pepper. Add 1 cup cornmeal; mix well with a wire whisk. Using a rubber spatula, add remaining 1/4 cup cornmeal; mix until well-incorporated. (It should be very thick and dry enough for you to handle easily by hand). Add more cornmeal, if necessary.
3. Let cornmeal mixture cool down a bit before handling. Form it into sticks by

scooping about 3 Tbsp. of the cornmeal and forming it into a ball first, and then rolling it in your hands into a 3-inch long stick.

4. Fry in heated oil until the sticks achieve a deep yellow color. Place on paper towels to drain oil; serve.

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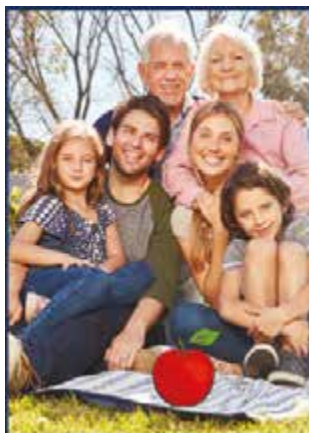
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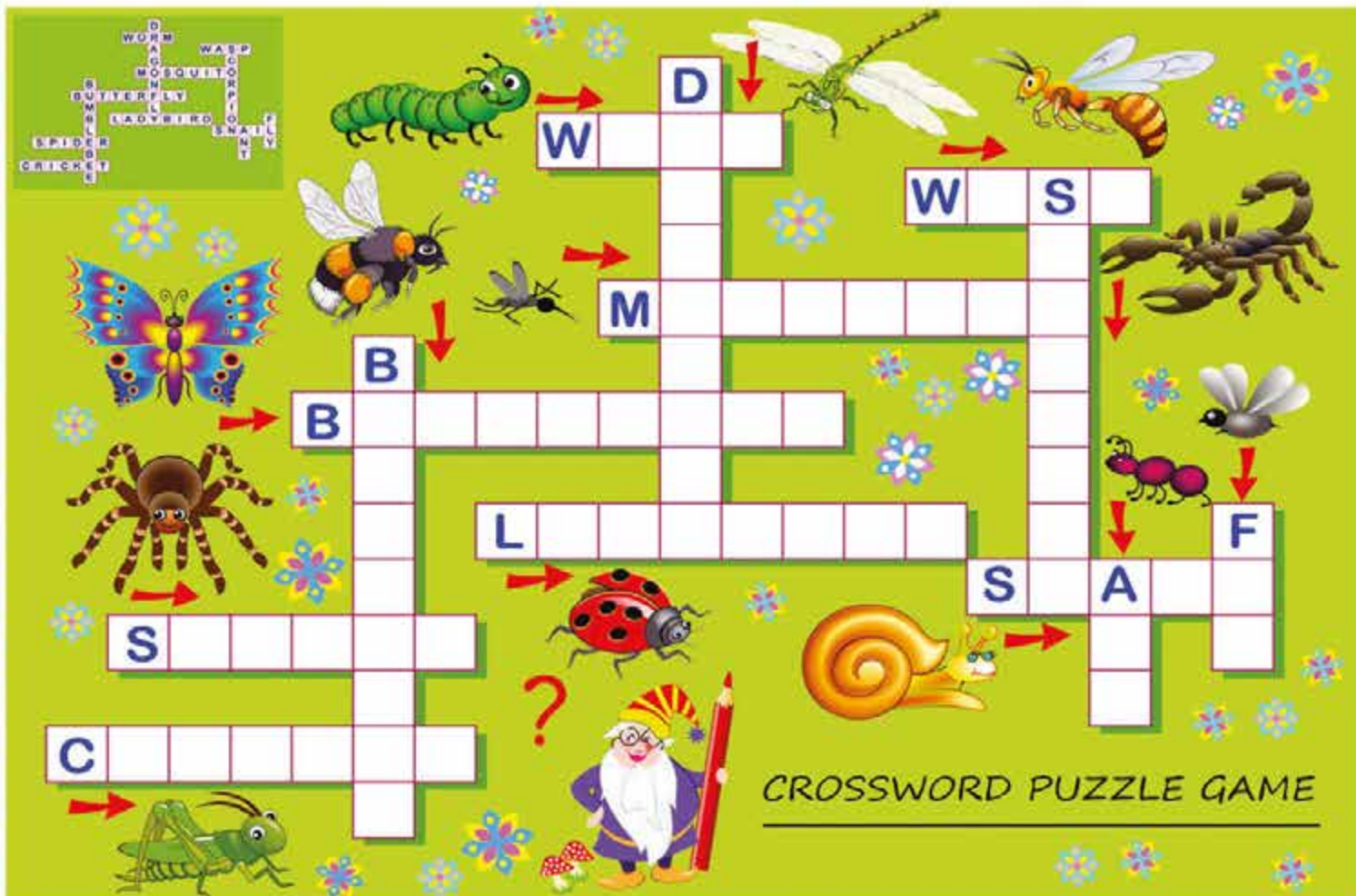
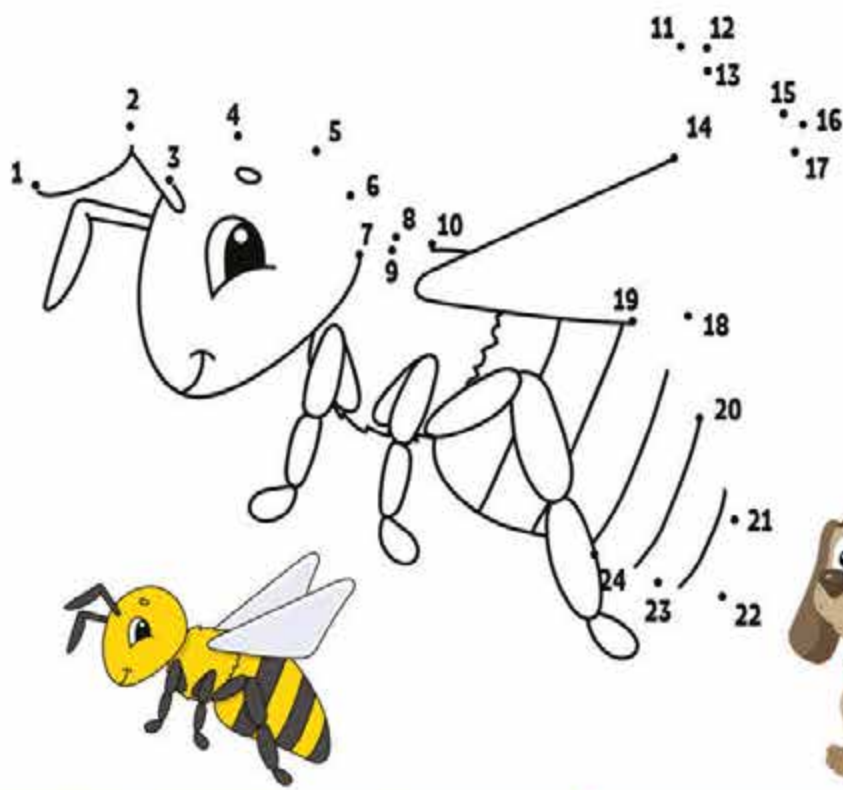
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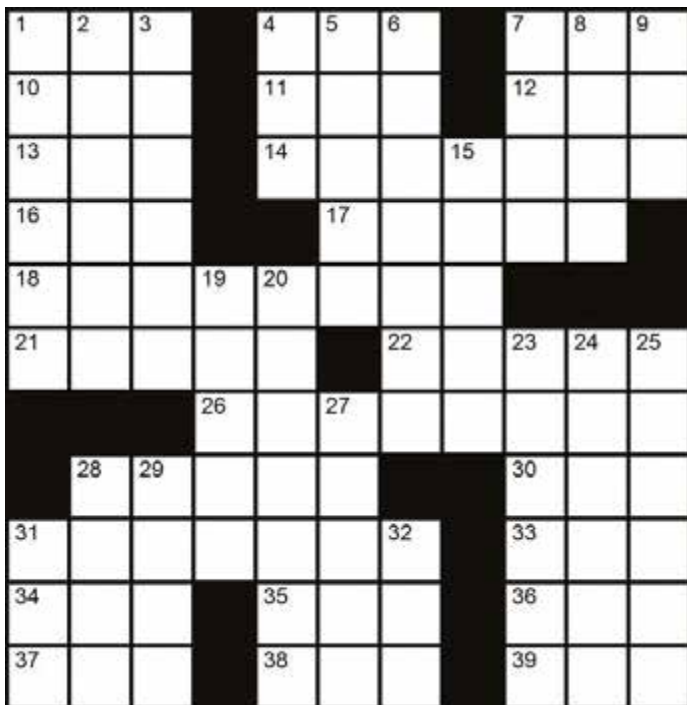
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- 4 Trucker's bedroom?
- 7 Youngster
- 10 "Huffington Post" owner
- 11 Undergarment
- 12 Position of a golf ball
- 13 Corn eater's leftover
- 14 Organizations
- 16 Mamie's other half
- 17 Rubbed in during Lent
- 18 787 or MD90
- 21 Admitted
- 22 Some final resting places
- 26 To a certain extent
- 28 Utah's --- Hatch
- 30 Semiformal evening jacket
- 31 One is super every four years
- 33 Pismire
- 34 Bill dispenser
- 35 Ram's dam
- 36 Fifth sign
- 37 Howl
- 38 Steep
- 39 Wrongdoing

Down

- 1 Kind of discrimination
- 2 A website might send you one
- 3 Queen Victoria's consort
- 4 TV network with eye logo
- 5 From eastern old Iran
- 6 Droopy-eared hound
- 7 Turn tail
- 8 Outer edges
- 9 Triumphant cry
- 15 Deliberately lose
- 19 Kind of poker
- 20 Person with special access
- 23 Mercury and others
- 24 Sultanate in Borneo
- 25 Churchyard gravedigger
- 27 Dumbfounded
- 28 "--- sight!"
- 29 Cognac bottle name
- 31 Check
- 32 Nevertheless

Solutions on page 36

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8		7		3	6	4		
	9					1		
4						3		
		1						
	7	3	8	4				
9					1			6
5			3	9		7		
						2		

Medium

	2				9			6
				8				3
						5		
				4				
7		1			6	3	5	
3					2	7	4	
2		4					3	
					7		9	
	6		9					

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Solutions on page 36



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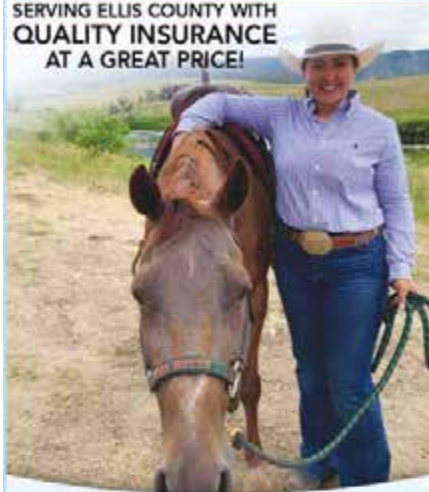
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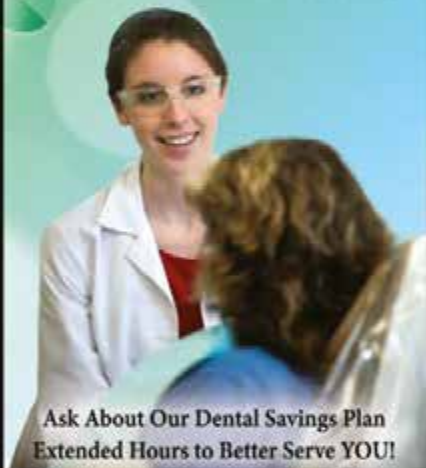


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Sarah Key, DMD MS



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SCAVENGER HUNT WINNERS!



Kathryn said, "I love reading the *EnnisNOW Magazine* and am so happy to win their contest."



Gideon Binder said, "This was a great surprise to win. Thank you, NOW Magazine!"

Crossword - Sudoku Solutions

1	R	C	A	4	C	A	B	7	F	R	Y
10	A	O	L	11	B	R	A	12	L	I	E
13	C	O	B	14	S	Y	S	15	T	E	M
16	I	K	E	17	A	S	H	18	E	S	
19	A	I	R	20	L	I	N	21	E	R	
22	L	E	T	23	I	N		24	T	O	M
25				26	A	S	I	27	T	W	E
28				29	O	R	R	30	I	N	
31	T	U	E	32	S	D	A	33	A	N	T
34	A	T	M	35	E	W	E	36	L	E	O
37	B	A	Y	38	R	E	T	39	S	I	N

Easy

1	4	5	9	2	8	6	7	3
8	2	7	1	3	6	4	9	5
3	9	6	7	5	4	1	8	2
4	5	9	2	1	7	3	6	8
2	8	1	5	6	3	9	4	7
6	7	3	8	4	9	5	2	1
9	3	2	4	7	1	8	5	6
5	6	8	3	9	2	7	1	4
7	1	4	6	8	5	2	3	9

Medium

1	2	8	3	5	9	4	7	6
4	7	5	6	8	1	9	2	3
6	3	9	2	7	4	5	8	1
9	5	2	7	4	3	1	6	8
7	4	1	8	9	6	3	5	2
3	8	6	5	1	2	7	4	9
2	9	4	1	6	5	8	3	7
8	1	3	4	2	7	6	9	5
5	6	7	9	3	8	2	1	4

SAY GOODBYE TO JOINT PAIN!

ONE 30-MINUTE TREATMENT COULD END YOUR PAIN!

Have you ever wondered how different your life would be if you could significantly reduce your joint pain? Where would you go, what would you do? What if this therapy took ONLY ONE 30-MINUTE TREATMENT? We're pleased to announce that joint pain sufferers don't have to wait any longer to get one of the most advanced treatments available today. If you suffer from debilitating joint pain, we invite you to regain control of your life by visiting Complete Health Medical Center, a modern, holistic medical facility.



WHAT IS OSTEOARTHRITIS (OA)?

Osteoarthritis, also known as degenerative joint disease, is the most common type of arthritis. In Osteoarthritis, the surface layer of cartilage breaks down and wears away. This allows the bones under the cartilage to rub together resulting in pain, swelling and loss of motion of the joint. Although in some people it progresses quickly, in most individuals joint damage develops gradually over years.

HOW DOES THIS TREATMENT WORK?

Advanced live motion sonography allows us to pinpoint problem areas with extreme accuracy. We prepare and introduce regenerative tissues into your affected joint and the healing process begins. Stem cells are the building blocks of nearly any tissue type, i.e. are multipotent, and support soft tissue supplementation and possible regrowth! This treatment also quickly reduces pain, inflammation and swelling of the joint. Most patients describe the treatment as getting a shot at the doctor's office and report little pain or discomfort.

WHAT ACTUALLY IS A STEM CELL?

Stem cells (also called mesenchymal cells) have the exceptional ability to take on the behavior and characteristics of their surrounding cells. As such, following a stem cell joint repair procedure, the injected cells may become specialized for the joint and, over time, may help to regenerate the damaged cartilage and other tissue. Results will vary among patients, but many report experiencing pain relief in as little as one week. You have probably recently seen many professional athletes in the news using stem cells to regenerate their bodies following a sports injury (including Super Bowl champion Peyton Manning). Stem Cell Therapy for joint repair is used for acute and chronic injuries and to stop the progression of degenerative arthritis.

WHEN WILL I FEEL RESULTS?

Most people feel better as quickly as one week and can begin enjoying everyday activities within a few days following the treatment. Healing and regeneration continue for several months afterwards, further recovering more function in the joint and supporting tissues.

IS IT AFFORDABLE?

Yes. Our clinic has made stem cell treatments affordable and within reach of most people. Imagine eliminating the need to wear a brace or the dependency on antiinflammatories or opioids.

WHO IS A GOOD CANDIDATE FOR THIS TREATMENT?

Do you wake up with joint pain? Does your pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from soreness? Do you take medications for joint pain? Do you have difficulty going up and down stairs due to pain? Are you considering surgery to alleviate pain? Have you tried everything to get rid of joint pain with no success? If you answered yes to any of these questions, you are ready to apply to see if you are an eligible patient candidate at Complete Health Medical Center.

HOW DO I KNOW THAT THIS IS RIGHT FOR ME?

In many cases, regenerative medicine is a solution for joint pain. Our medical staff will give you an honest and fair evaluation of your particular joint pain. We are pleased to announce that we have opened up our schedule and we are now accepting new patients. Take the next step by learning more at our free seminar.

COMPLETE HEALTH MEDICAL CENTER

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