

Title:

MUSCLE PAIN RELIEF IN 90 SECONDS
The FOLD and HOLD Method

PRESENTER INFO:

Name: **Dr. Dale Anderson, MD, FACS, DABIHM**

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Dale L. Anderson, MD, FACS, DABIHM (Diplomate, Am.Bd Integrative HOLISTIC Medicine) Affiliation: Retired Clinical Assistant Professor—surgery— U of MN Medical School.

Owner of business ACTHAPPY.com. A retired Minnesota surgeon, emergency and holistic physician. And a self-styled DRAMATOLOGIST, often referred to as the AGED SAGE of the STAGE.

Author—

***Muscle Pain Relief in 90 Seconds— the FOLD and HOLD Method**

14th printing 4 languages

PRESENTER INTRODUCTION:

After 50 years of medical practice, Dr. Dale threw in the scalpel and hung up the stethoscope but he still prescribes and dispenses his HOLISTIC Good Medicine to large audiences nation wide. In his long medical career he is proud to have celebrated the advances of health care and to have traveled the MAIN ROAD of conventional medicine. BUT, he is, also, proud to have taken some detours onto the Medical Roads LESS TRAVELED. Now Dr. Anderson tell us When to HOLD ‘em and When to FOLD ‘em.

PROGRAM CONTENT: description of session.

The FOLD and HOLD METHOD is Mother Nature’s Manipulation Wisdom. A body mobilization technique that is used to treat common muscular problem often attributed to athletic or work related injuries. Learning a few simple, safe, comfortable “right moves” is an effective way to manage “nagging” muscular aches and pains like plantar fasciitis, Achilles tendonitis, carpal tunnel, tennis elbow and hip, back and neck pains. It makes \$sense and \$saves health care dollars. Session Pluses: Theater Skills that MOVE the mind and body AWAY from and OUT of pain. The Alexander Technique to improve walking, balance and posture also discussed. Q&A.

OR— In this “hands on” session, experience the breath, posture, walk and movements of a HOLISTIC PERFORMANCE that IN ACTS Health and Happiness. Mobilize your body to reduce and erase common muscular aches and pains.

Summary outline

LEARNING OBJECTIVES AND INSIGHTS:

Upon completion of this presentation, the participant will be able to:

1. Skillfully administer manipulation moves that erase many muscular aches and pains.
2. Inexpensively share—simple, safe, comfortable, self-treatment body positioning.
3. Give extended, often, permanent pain relief—without drugs, supplements, special instrument or machines
4. Reduce the FEAR of pain because F&H is a simple health care, technique—easy to understand and SHARE

AV EQUIPMENT and room set up

Cordless Lapel Microphone. If audience size over 200 a stage or 18 inch riser is recommended.

A 4-8page handout will be provided. And/or The book MUSCLE PAIN RELIEF IN 90 SECONDS can be purchased by a sponsor for half retail price at \$7.50 as a gift to each attendee. Or book can be sold for \$15 (if back of room sales are staffed by program sponsor, 25% of sales are retained).

Target Audience GENERAL

Conflict of Interest NONE

Personal Biography see web site www.ActHappy.com

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FACS-Fellow Am. Col. Surgeons, Mayo trained, board certified general surgeon
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