

**HEDRA NEWS**

# **“YOU CHOOSE”**

**GUIDE to**

**Complimentary & Alternative  
Health & Wellness Practitioners**

Sample Page

**“YOU CHOOSE” GUIDE**

**(208) 585-9448**

1/4 page Ad  
3.25 x 4.25

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3.25 x 2

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## Practitioner Profiles



**Debbie Dalrymple (I have no initials to put here)**

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**My work includes:** Publishing, PR, Writing, Editing, and learning about health care alternatives and ways to improve the quality of life for myself and the readers of my publication.

**Memberships:** Coalition for Natural Health  
Idaho Printing Association

**Specialities:** Teaching our communities about Complementary & Alternative Health.



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## Practitioner Profiles

Practitioner Profiles  
3.2 x 4

The Practitioner Profiles will include:

Your Names & Credentials (initials only)

Company Name (if you have one)

Address - street

Address - town, state, zip

Phone (if wanted and room allows..you can put your email &/or website address)

2 to 3 Other Categories: (we don't want this too full - we want them to be able to see at a glance what is here)

Degrees

Memberships

Board Offices

Awards

Certifications

Specialites

Fellowships

You can create whatever you feel the readers will want to know about you.

Sample Page

Practitioner Profiles  
3.2 x 4

**Acupuncturists**

**Asian Bodyworkers**

**Chiropractors**

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## Insurance Accepted

### Blue Cross

Your Name, Credentials....pg. 10, 28  
Your Name.....pg. 10, 28  
Your Name.....pg. 10, 28  
Your Name, Credentials....pg. 10, 28

### Medi-care

Your Name.....pg. 10, 28  
Your Name, Credentials....pg. 10, 28

### Medi-caid

Your Name, Credentials....pg. 10, 28  
Your Name.....pg. 10, 28  
Your Name, Credentials....pg. 10, 28

Sample Page

## Glossary & Credentials

### We will have several pages of this section.

#### Accupuncture:

**ACCP,  
ACP,  
XXX,  
XX**

dkfjlkdsjf;lkdsjflkdsjflkdsjflkdsj;lkfjl;dksjfdl;skjfd;lskjfd;  
lskjfd;lkfjl;dksjflkdsjflkdsj;ldksj

Bio-Cleanse: dfk;hedf;ioehr;ioefhkdnvkjcxhviokdhjf;oikl  
ewhnfkjvcndgkldfgklrjgdkdfngkfdnvlkjcxdslkfjg;irjfdvl  
kcnvldkfgfhhbklfdjf;klrjgclkn

Accupuncture: dkfjlkdsjf;lkdsjflkdsjflkdsjflkdsj;lkfjl;dksj  
fdl;skjfd;lskjfd;lskjfd;lkfjl;dksjflkdsjflkdsj;ldksj

Bio-Cleanse: dfk;hedf;ioehr;ioefhkdnvkjcxhviokdhjf;oikl  
ewhnfkjvcndgkldfgklrjgdkdfngkfdnvlkjcxdslkfjg;irjfdvl  
kcnvldkfgfhhbklfdjf;klrjgclkn

Accupuncture: dkfjlkdsjf;lkdsjflkdsjflkdsjflkdsj;lkfjl;dksj  
fdl;skjfd;lskjfd;lskjfd;lkfjl;dksjflkdsjflkdsj;ldksj

Bio-Cleanse: dfk;hedf;ioehr;ioefhkdnvkjcxhviokdhjf;oikl  
ewhnfkjvcndgkldfgklrjgdkdfngkfdnvlkjcxdslkfjg;irjfdvl  
kcnvldkfgfhhbklfdjf;klrjgclkn

Accupuncture: dkfjlkdsjf;lkdsjflkdsjflkdsjflkdsj;lkfjl;dksj  
fdl;skjfd;lskjfd;lskjfd;lkfjl;dksjflkdsjflkdsj;ldksj

Bio-Cleanse: dfk;hedf;ioehr;ioefhkdnvkjcxhviokdhjf;oikl  
ewhnfkjvcndgkldfgklrjgdkdfngkfdnvlkjcxdslkfjg;irjfdvl  
kcnvldkfgfhhbklfdjf;klrjgclkn

Accupuncture: dkfjlkdsjf;lkdsjflkdsjflkdsjflkdsj;lkfjl;dksj  
fdl;skjfd;lskjfd;lskjfd;lkfjl;dksjflkdsjflkdsj;ldksj

Bio-Cleanse: dfk;hedf;ioehr;ioefhkdnvkjcxhviokdhjf;oikl  
ewhnfkjvcndgkldfgklrjgdkdfngkfdnvlkjcxdslkfjg;irjfdvl  
kcnvldkfgfhhbklfdjf;klrjgclkn

Accupuncture: dkfjlkdsjf;lkdsjflkdsjflkdsjflkdsj;lkfjl;dksj  
fdl;skjfd;lskjfd;lskjfd;lkfjl;dksjflkdsjflkdsj;ldksj

Bio-Cleanse: dfk;hedf;ioehr;ioefhkdnvkjcxhviokdhjf;oikl  
ewhnfkjvcndgkldfgklrjgdkdfngkfdnvlkjcxdslkfjg;irjfdvl

kcnvldkfgfhhbklfdjf;klrjgclkn

Accupuncture: dkfjlkdsjf;lkdsjflkdsjflkdsjflkdsj;lkfjl;dksj  
fdl;skjfd;lskjfd;lskjfd;lkfjl;dksjflkdsjflkdsj;ldksj

Bio-Cleanse: dfk;hedf;ioehr;ioefhkdnvkjcxhviokdhjf;oikl  
ewhnfkjvcndgkldfgklrjgdkdfngkfdnvlkjcxdslkfjg;irjfdvl  
kcnvldkfgfhhbklfdjf;klrjgclkn

Accupuncture: dkfjlkdsjf;lkdsjflkdsjflkdsjflkdsj;lkfjl;dksj  
fdl;skjfd;lskjfd;lskjfd;lkfjl;dksjflkdsjflkdsj;ldksj

Bio-Cleanse: dfk;hedf;ioehr;ioefhkdnvkjcxhviokdhjf;oikl  
ewhnfkjvcndgkldfgklrjgdkdfngkfdnvlkjcxdslkfjg;irjfdvl  
kcnvldkfgfhhbklfdjf;klrjgclkn

Sample Page

## Questions/Answers to help "YOU CHOOSE"

We may have several pages of this section.

Not sure what the questions/answers will be yet. If you have a question that you get asked all the time....you can submit it and your answer for consideration to be published in this publication.

Please email Q&A to:  
youchooseguide@hedranews.com  
or call Debbie at (208) 585-9448

What questions should I ask to find out if a practitioner is right for me?

What do I need to know if I am taking RX's and want to start adding some herbs to my diet?

## Find a Practitioner in Your Area (Valley)

We will have several pages of this section.

Not sure how this one will be laid out yet.

### Treasure Valley

Ada County or Boise

Your Name Here...pg. 10, 16 & 60

Debbie Dalrymple.....pg. 10, 16

Canyon County or Caldwell

Your Name.....pg. 10, 16 & 60

## Alphabetical Practitioner listing

We will have several pages of this section.

Not sure how this one will be laid out yet.

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Your Name Here...pg. 10, 16 & 60

Debbie Dalrymple.....pg. 10, 16

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Sample Page

## Others That Support Healthy Living

We will have several pages of this section.

These pages will have shops, products, psychics/readers, health food stores, healthy restaurants. pet foods and more.....

People that are not practitioners but have other products/services to offer. This is where their Word Ads will be...their display ads will be spread throughout the paper with all the other ads.

Sample Page

## Others That Support Healthy Living

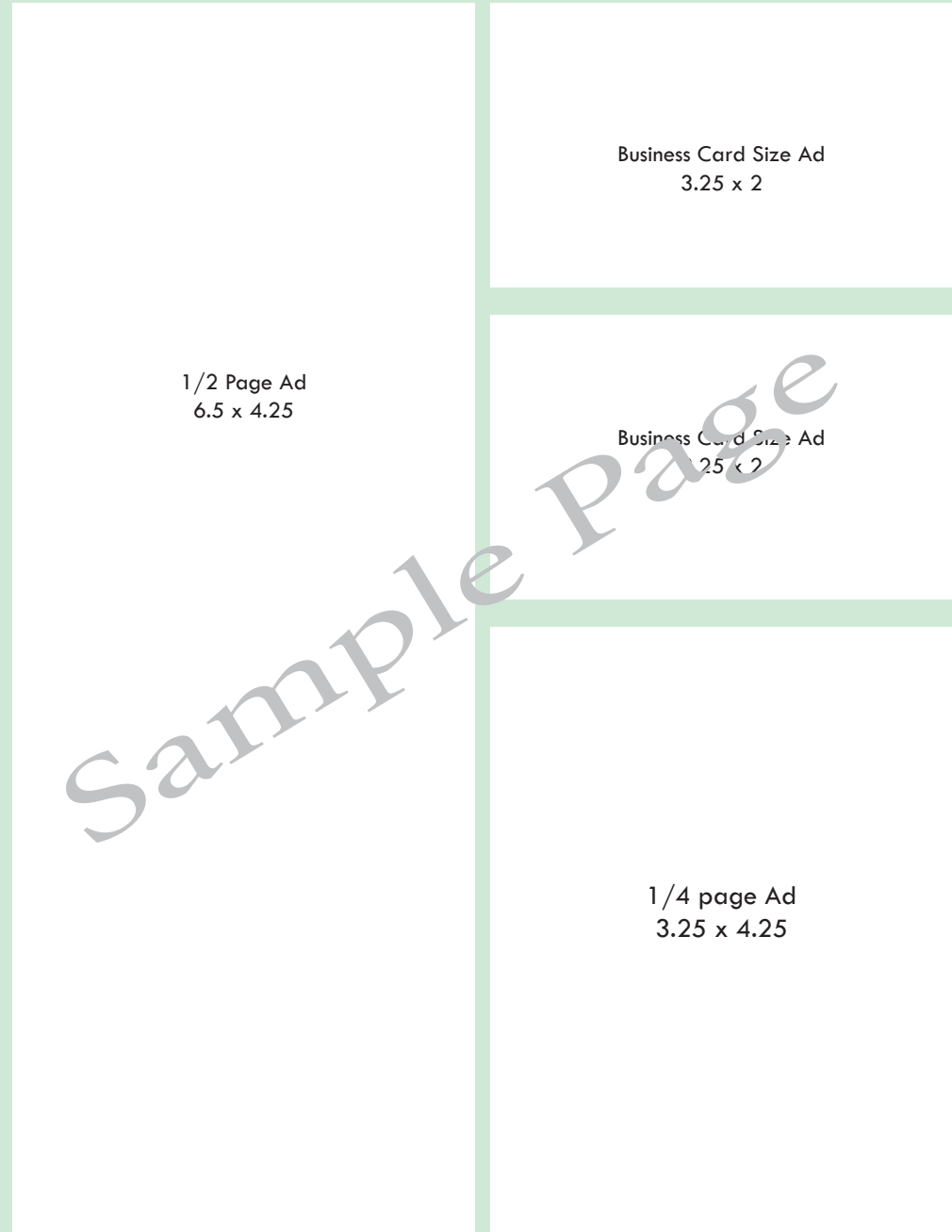
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