

LITTLE IDEAS THAT MAKE BIG DIFFERENCES

PATRICIAPOTTS.COM

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801-879-3427

JANA FOUND A
FORMULA THAT
WORKS!

HAPPY FEBRUARY EVERYONE!

**Learn how pain
and depression
don't have to be
sole mates!**

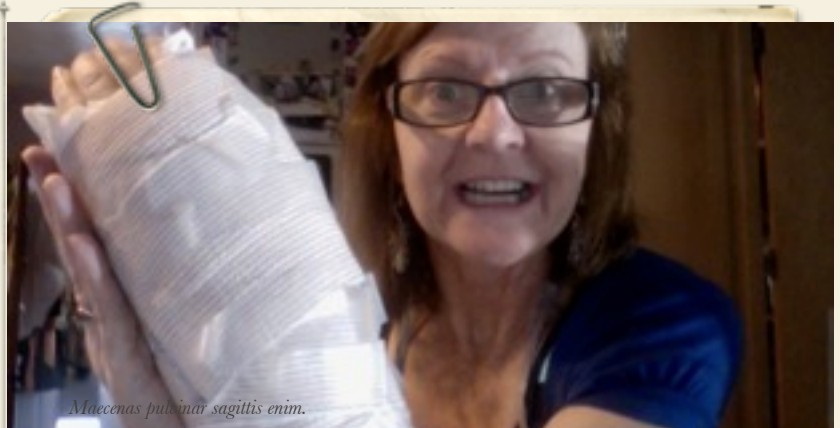
DOES PAIN TRIGGER YOUR DEPRESSION?

Last Monday I learned that I was going to have to undergo surgery on my wrist for a bone graph and torn ligaments. Previous surgeries left me in pain and treading the fear/worry/Anxious/depressed wake. The medicine I was given failed to deaden the pain, but they left me feeling looney or nauseated.

This time I decided to take action! I took my fears to my computer and phone. I asked my facebook friends, my family and others to pray for me on my surgery day. God made a miracle! The anesthesiologist i got suggested giving me a shoulder block then following it up with a strong combination of ibuprofen and tylenol.

Today as I peck away at they keyboard with my cave man size cast I feel so thankful that God chose just the right anesthesiologist

In the future if surgery is a must I now have a successful formula!



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Please Check out
our funny video at
www.speak2myheart.com
we welcome new
idea

Jana is depression-Free ... At Last!

I have great news and wanted to share with you. I have been "depression free" for 3 months now!!! I was finally able to get off of the clonazepam, which was the thing that I think was making me feel so bad, and my doctor also put me on Ritalin, which makes me feel like a brand new person!!! I am so excited!! I am also taking L-Theanine for anxiety, which works great. Wanted to share this info with you in case you might be able to share with a future patient that it might help. :) Thank you again for working with me. You are appreciated!!! (please check with your doctor about any change.)

I Don't Feel Needed!

They thought they were helping her by not demanding anything of her during the time she was recovering from depression.

They learned that her depression deepened because she didn't feel needed. When I learned of this I reflected on my own experiences with depression. I thought of my absolute need to be free of demands yet of the crucial moments I experienced when my babies said they missed me and the moments my husband let me know he loved me with no strings attached. Their reassurance was priceless!

Please visit me in my
silly new new youtube:

www.Speak2myheart.com

