

April 18, 2008

### My Chiropractic Experience.

In 1981 I had an accident. I was on a wooden ladder in my knit shop, when one foot of the ladder broke off, and I fell on the stone floor. I was prepared that my right shoulder and elbow were shattered. This didn't happen, but my shoulder hurt badly. I was waiting for the shoulder to heal itself. Finally I went to a bone specialist. The doctor said: "There is nothing shipped or broken, you must have Bursitis". Then I heard about Chiropractic. I found a good Chiropractor. He found that a vertebra in my neck was out of wreck. My treatment started with three adjustments per week. I don't remember how long it took to have everything, including my shoulder, back in perfect shape, but I remember that this chiropractic treatment was a tremendous relief for me.

From this time on I am going regularly for a Chiropractic Maintenance Adjustment every 3 or 4 weeks. I always found the best Chiropractors. When I came to Hawaii in 2000 I found Dr. Hendlin, who is able to do, what none of my good former Chiropractors were able to do. He doesn't need to make x-rays, what I like very much. He feels everything with his hands. He must have been born to be a Chiropractor. And his excellent work contributes very much to my good health at age 86.

Irmgard Krebs.

I came to Dr. Hendlin out of desperation and on the advice of my daughter. I had been experiencing fairly constant pain – in the neck, the lower back, the left arm both ways from the elbow, and miscellaneous other areas – all of which I attributed to oncoming arthritis and, perhaps, the residual effects of a major rotator cuff injury and ensuing surgery. A lot of around the house chores, and maybe most importantly, every golf swing, were pain-filled. Ibuprofen became my drug of choice, and it did relieve symptoms, but I would be right back to square one afterwards. After hearing me complain one too many times, my daughter, bless her soul, convinced me to try Dr. Hendlin.

I was treated when young by osteopathic doctors and had been to a chiropractor for one treatment some years ago, but all other medical treatment had been at the hands of M.D.s. I didn't really know what to expect. What I found was a very thorough examination, a fantastic massage to set things up, and a chiropractic treatment that left me feeling better immediately. After a few treatments my wife noted that I was now walking/standing straighter. I stopped taking Ibuprofen. After about three weeks of treatments I started swinging the golf club again and, amazingly, could do so without pain. It took awhile for my swing to get back into shape, but I have lately been posting scores in the mid to low 70's. I'm ba-ack!!!!

I am still taking treatments as I was obviously a very crooked old guy who needed some serious straightening out, but every treatment shows some improvement. I am absolutely sold on the benefits of chiropractic treatment and particularly on the very careful and well thought out approach of Dr. Hendlin. Besides, who wouldn't like being greeted by the cheery face and words of Debby? And who wouldn't appreciate the soothing preparatory massage by the tough but tender hands of the therapists? And who can argue with the results I have seen in my 66-year old body as the result Dr. Hendlin's skilled treatment? You better believe my golfing buddies have seen the difference! Thank you one and all!

T. Q. P. Alf  
12/06

Gravity Works,.. Thats Just the Worlds Way, ...  
But Defy It We Do Every Single Day ....

When We Rise From Our Beds,.. Till At Night ~~again~~ We Lay....  
With our toil And Our Sweat,.. We Fight It for our Pay...

Yet A Price must Be Paid,.. To this Force As yet unSeen...  
But Ignore It As We Do,.. Till our Muscles Ache and Scream...

So to the Doctors, Or our Mothers, Or Friends with ears to hear....  
But Our Complaints go unAnswerd,.. without End, without Cure...

But We tolerate Our Days as long as We could, ...  
And keep working the Best We Can,.. which is All Well and good ...

"Yet Pain",.. It keeps on knocking At our lifes Door everyday,..  
Till sanity starts slipping,.. And We Begin to loose our way,..

But for "Hope",.. We keep on living,.. for Death "LiFe" Denier,..  
We keep looking for that Help, And Anythings worth a try....

So To the "Chiropractor" A Man with fingers trained to "See",...  
Through the Pain, through Muscles, to the Bones that make up me.

His Hands Find the Way,.. from Gentle to sometimes Rough...  
A

So what can I say of this Matter, .. That is At Hand, ...  
I fell, I was Broken, And left unable to Stand, ...

And of Gifts that are given, most All Fade into time, ...  
But the Gift of A Healing, .. only gets Better, .. like that of good Wine

You are worthy of my thanks, .. And that seems not enough, ...  
For your Hands, they Bring Healing, And your Hearts the Right Stuff.

So Hooray for the Doctors, .. With the Hands that can see, ...  
threw Meas Flesh and Bones, .. And Fix the Problem that is in me, ...

For the misery of Pain, .. like A Demon Inside, ...  
Robs Men of Joy, As A Desert Is Dry, ...

But Hands that Bring Healing, Are Such Beautiful things  
And Just want to share, .. The Joy Relief Brings

And You've made the difference, With the Price that You've Paid, ...  
For I can Stand once again, .. As a man your Hands Remade.

Thankyou  
Dr. Hendlin  
your Patient And Friend

Dear Dr. Hendlin,


I would like to express my sincere gratitude for your wonderful chiropractic support. I would not have been able to complete my third Hawaii Ironman with such ease without your continued care for my nervous system. As we know, a triathlon such as the Ironman requires tremendous physical, mental, and spiritual balance in order to keep the training up to it's requirements to complete the race.

Your expertise and warmth helped me realize my greatest dream. I came to you with heel problems and periodic back problems. Your adjustments enabled me to minimize my down time and recover quickly. In addition to chiropractic treatments, your nutritional knowledge is extremely helpful in getting the right mix of supplements and food needed to complete the race.

After suffering for over a year with painful plantar fasciitis I was able to leave your office, pain free after your foot adjustments. The combination of applied kinesiology, spinal and extremity adjusting, muscle balancing, and nutrition did wonders. The range of motion in and mobility in my neck and spine increased dramatically and I was able to maintain it throughout the entire Ironman triathlon. Your nutritional program allowed me to use a healthier food and liquid replacement than the Gatorade that was made available on the course. My energy level remained consistent and steady for 15 hrs.

I have rarely met anyone as interested and knowledgeable in the field of natural medicine as you. It's been a joy and an honor. Thank you and your wonderful staff

Aloha,  
Peace Be With Your Every Step

*Lotus Golden*   
Lotus Golden

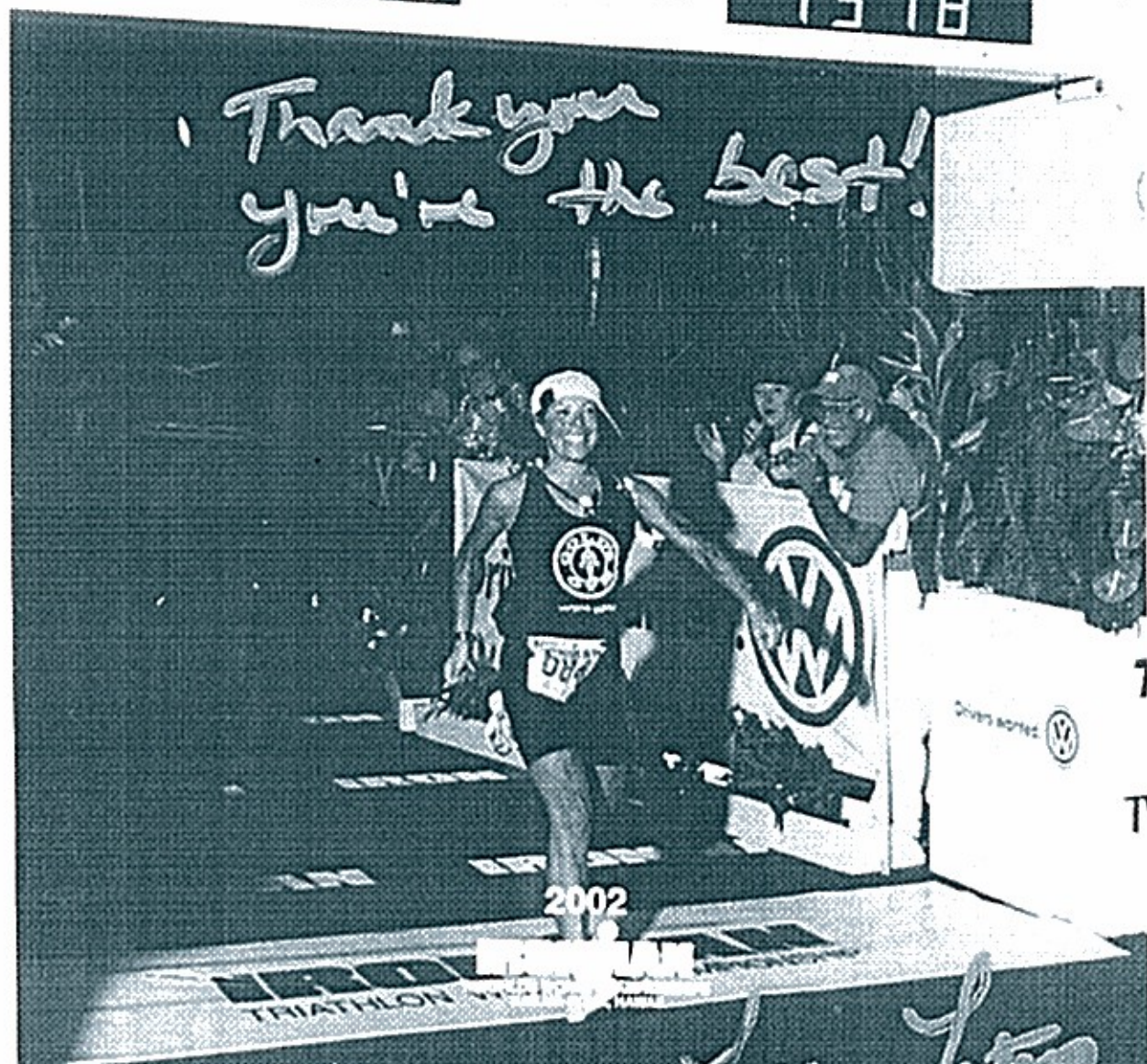
10/21/02

# IRONMAN

TRIATHLON WORLD CHAMPIONSHIP

15:12.05 TIMEX 1378

*Thank you  
you're the best!*



PATIENT: FLOYD, Betty

Testimonial by Betty Floyd

Approximately 25 years ago I had a complete hysterectomy and was treated with Radiation and Cobalt for ovarian cancer. 25 years later my cancer returned and I experienced blood clots that resulted from my treatment and swelling in my left leg with cancer around my left iliac artery and vein. I was treated with Chemotherapy and surgery to try and remove the scar tissue in the region, but it was deemed inoperable due to the proximity of the blood vessels except to clear out some old scar tissue. I was also on multiple medications to treat both my nerve damage and associated numb toes, from the chemo drugs, as well as problems with my gastrointestinal tract and bladder control. I was also on blood thinners due to the blood clotting I had experienced secondary to my cancer treatments. After the chemotherapy I had frequent bowel movements and loose stool and diarrhea. My medical doctors gave me drugs to "cure it", but there was no cure. They would last a week or so and then the problem would come back along with other problems like yeast infections and bladder infections. I had seen Dr. Hendlin previously for a number of different problems including treatment for my knees, nerves, neck and back. Dr. Hendlin had provided me with a program of nutritional medicine, which also improved my vision, which had been deteriorating. Dr. Hendlin's program of nutritional medicine and dietary changes cured my bowel problems that the medical doctors had been unable to. Its nice to have a resource like Dr. Hendlin who has assisted in everything from helping me walk again to my recovery from a stroke and cancer.

Thank you Dr. Hendlin  
Betty Floyd

I also brought my daughter in to see Dr. Hendlin from severe chronic head ache syndrome, related to a severe TMJ problem, she had even had surgery she couldn't hardly open her mouth. We had great results and by Thanksgiving she could eat a turkey drumstick. She was told she needed another surgery but with Dr. Hendlin's help, we avoided that surgery.

Feb. 22, 1999

Dearest Dr. Hendlin, Sandy &  
Barbara ...

Thank you so much for  
restoring my health. Just two  
months ago, I felt like I  
was dying ... Desperate, unhealthy,  
on my way to premature death.

Now, with your advice,  
guidance and chiropractic  
adjustments, I feel stronger  
and more energetic with each  
passing day.

Thank you for helping  
me feel alive again !!!  
Love & Aloha ... Bonnie



## Testimonial for Ted Dailey

I met Dr. Hendlin in the elevator of the Kona Hospital. He was there to visit a former patient, and I was there because my 2 ½ year old daughter had been badly burned.

The hospital didn't want to send her to the Burn Unit on Oahu because they didn't think she would live if we moved her. She had been in the hospital for 5 days in very guarded condition.

Dr. Hendlin, who's son was in the same preschool, brought me supplements to put into her chocolate milk. The hospital staff protested but I was ready to try anything to help her recover.

Immediately, she began to gain strength and heal. She spent 5 weeks in the hospital recovering nicely thanks to the care and know-how of Dr. Hendlin.

Recently, since then, I had suffered injuries in a car accident. Lots of low back and neck pain. Under Dr. Hendlin's excellent care I'm feeling great now!

Thanks for helping me get well.

Ted Dailey

### Sue's Testimonial

I am 42 years old and have never had children. Two years ago I began menstrual bleeding that continued practically non-stop for one full year. I would go 2-3 days with no period and think it was over, but it would start up again. I went to my medical doctor and he suggested birth control pills. I had seen many of my friends have a lot of side affects from taking birth control pills and didn't want to do that. They took many tests and all tests were normal.

Last year, in September, the menstrual bleeding stopped and became very regular. In March my body went through a massive weight gain. I put on 20 pounds in three weeks time and hadn't changed my eating habits. I began eating almost nothing, afraid to gain any more weight. The doctors, at that time, told me it was "part of life" and that I was too young for menopause. I had asked them to check my hormones and they said it wasn't necessary. They sent me to a nutritionist and they said everything was fine. My diet was good, but I continued to gain weight. In November my cycles went crazy again and the bleeding became constant. I became constipated for weeks at a time and couldn't have bowel movements. At that time, my rectum began to bleed and the medical doctors sent me in for more tests. We took tons of tests and found nothing. They wanted to put me on hormone replacement therapy. I had remembered that Dr. Hendlin gave a talk on Natural Hormone Replacement so I made an appointment to see him. I actually phoned Dr. Hendlin at mid-night one evening thinking I was dying. My energy was completely gone and I was scared to death.

I went to the Hendlin Chiropractic Health Clinic and talked to Dr. Hendlin the following day about my situation. He directed my medical doctors as to which tests to take and what to look for. My OBGYN and medical doctors were open to his suggestion and finally began to take me seriously. I never felt as though they were listening to me or believing what I had to say.

Dr. Hendlin treated me with Chiropractic care and after just one adjustment my bleeding stopped immediately! I've had 4 treatments now and my cycle has returned to normal, no more rectal bleeding, my bowels are working normal again and I have a remarkable amount of energy back. Dr. Hendlin has suggested some nutritional adjustments, given me some supplements to take and has basically given me back my life.

I literally felt like I was on the brink of death before I came to see Dr. Hendlin. He has restored my body to a healthy state and given me hope. I'm not worried about the weight, I know it will come off. I feel 100% better and can't thank Dr. Hendlin enough

FEB 27 1997

Ebby's Story

I originally come into Dr. Hendlin because of an accident. I had no idea about all of the additional benefits I would receive besides low back and hip pain relief.

Before coming for Chiropractic care I use to move my bowels once every 2 weeks or so and lived with migraines. I had headaches at least 3 times a week.

My constipation and headaches disappeared with chiropractic treatments. I ended my treatments about one year ago and within the last three months my constipation was returning. Moving my bowels once a week was not acceptable so I came in for treatment last Friday and have been regular ever since.

With my migraines I was on every kind of medication prescribed including shots at the hospital. Nothing helped until I began Chiropractic care. The headaches are completely gone without any medication at all.

Thank you, Dr. Hendlin, for giving me complete health.

Much Aloha

Ebby

God Bless You!

September 24, 1997

I am a professional dancer and dance instructor. I came to Dr. Hendlin because my rib was sticking and poking me. I have had only 3 or 4 treatments and I feel better than I have in years! My low back problems are gone now and my chronic neck discomfort is almost completely gone.

As a dancer I am aware of intricate movements in my body and am very pleased that the adjustments are holding. My digestion and attitude are better and now I can help others experience health and life more abundantly as Dr. Hendlin has helped me to do.

Chiropractic has helped me in more ways than I imagined it would. It has enabled me to continue my profession with more ease and joy than before. I feel confident in handling the stress of international tours and having to learn complicated dances in just a few days. Now I will be able to keep up with the Bolshoi dancers.

I actually feel like I am getting younger, not older and doing my job better. I especially appreciate Dr. Hendlins gentle and yet very effective approach. There is never any fear as I put my head into his hands, he makes it easy to relax into proper body mechanics. I am very grateful.

Sincerely,

Virginia Holte

## Testimonial letter

Before coming in for treatment, I had a variety of Chronic physical problems including constipation, abdominal tension, fatigue, frequent infections and a general feeling of not functioning at my full capacity.

After completing a treatment program consisting of metabolic wellness program and exercise I now feel very strong & healthy. All of the above mentioned symptoms are gone and I feel much more like a 100% person. Thank you, Jim.

Love

TESTIMONIAL LETTER

Before coming in for treatment, I had a variety of chronic physical problems including constipation, abdominal tension, fatigue, frequent infections and a general feeling of not functioning at my full capacity.

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Love,

M

Testimonial for Hannah Takaki

When my daughter Hannah was 3 years old, she fell out of bed onto the rocker of a chair, landing on her jaw. This began years of pain and popping when she opened and closed her mouth.

As Hannah grew she developed steady headaches. She had pain when chewing gum, doing school work, reading, and when she jumped playing at school. At age 8 she was a back seat passenger in a head on motor vehicle accident. This aggravated her condition. The head aches got worse. She received 7 stitches on the top of her head and hurt her low back and ankle.

When opening her mouth, Hannah had a tremendous "C" curve deviation off to the side of her jaw. I took her to an orthodontist in Hilo, who looked at her jaw and cringed. He wanted to wait two years before doing anything for her, saying she was too young to help.

When we moved to Kona I brought her to Dr. Hendlin after my positive

On Hannah's fourth visit, Dr. Hendlin adjusted her jaw. The "C" curve greatly deminished; the headaches left; the jaw popping stopped; she can chew gum and play all sports without any pain. Her energy level has increased and she is a much happier 11 year old girl.

Thank you Dr. Hendlin for improving Hannah's quality of life!

Ivy Schattauer Takaki



Deborah Roberts

February 18, 1988

### My Chiropractic Story

I started chiropractic care in December of 1986. I had no idea that I needed spinal adjustments at the time although I had through the years suffered a number of very painful low backaches for which conventional medicine had no explanation. None of these practitioners (who were baffled at my pain) explained or suggested chiropractic care as an alternative. Being athletically inclined, I had also been troubled in the past by the fact that in sports like biking and roller skating I could not improve beyond a certain point. At any rate, I joined the neighborhood athletic club and signed up for a coaching session in the weight room. As I struggled with some of the equipment, I found that my legs were going numb at different times, that I was getting shooting pains through my arms, that my arms were locking. Some of the equipment I was completely incapable of doing, even at the simplest level. The coach also noted that I was not standing up straight. (I stood with a very slight lean to one side because it felt "uncomfortable" to stand balanced on both legs.) He suggested I see a chiropractor.

The chiropractor took the time to explain the science of chiropractic, gave me a physical exam and took ex-rays. We discovered that I had several spinal subluxations (misalignments), in the area of my neck and my lower back and some other minor malformations. I didn't have any idea what an "adjustment" was until I actually had one. It felt like someone was cracking my knuckles, except it was my spine. At first I was a little achy as I got used to having the muscles around my spine stretched by the slow repositioning taking place as a result of the adjustments. I also found that at various times I developed different aches and pains as my entire body sought to adjust to the changes in my spine. I liked the fact that I was working with a professional on my own body. Chiropractors are very interested in what you say is happening to you, it gives them important feedback so that they can give you the most comfortable and beneficial adjustments. I also felt that my chiropractor took the time to answer my questions and help me understand my condition. This is all very

When I moved out here to the Islands, I was concerned about the continuity of my chiropractic care. But once I found the right person for me to work with again, things continued well. In my search for a chiropractor here, I discovered that chiropractors have different areas of expertise. There are chiropractors who do simple spinal adjustments, only working with the spine itself. There are chiropractors who do a lot of "deep tissue massage" to prepare the muscles for adjustment. There are chiropractors who are knowledgeable about and use acupuncture and acupressure techniques. There are many chiropractors who practice what is known as "reflexology". As far as I understand reflexology, it involves testing the resistance of particular muscle groups as a way of determining how the related nerves are responding. This, in turn, gives them information on everything from strained muscles to organ function to vitamin/mineral deficiencies. Then, applying pressure to various parts of the body is found to be restorative to whichever system has a problem. Lastly, there are many chiropractors who are very knowledgeable in the areas of nutrition and vitamin/mineral deficiencies. Chiropractors can and do have patients get blood tests, hair analyses and fill out various other questionnaires to determine the total body needs of their patients. This turned out to be very important for me.

When I discovered that in addition to having a background in massage and reflexology, Tim Hendlin also worked with his patients in the areas of nutrition and related deficiencies, I decided to take advantage of his knowledge. I have had stomach aches for years, as well as alternating diarrhea and constipation, fatigue and lack of energy, problems with my blood sugar. (I have been to many specialists over the years for these problems and they told me that either there was nothing wrong with me or that I must be suffering from psychological stress.) I never thought about telling all this to a chiropractor before but found that Dr. Hendlin was very qualified to work with me on these problems. On the basis of physical reflexology examinations, blood tests, questionnaires, a hair analysis and just plain face to face discussion, we discovered that I had certain vitamin deficiencies, hypoglycemia, and most surprising to me, many food intolerances (food allergies). Dr. Hendlin put me on a vitamin/mineral

Another long standing problem I have had which has been much helped by chiropractic care has been a strained ligament in my right knee which occurred about 2 years ago and was not healing. I had been to a physical therapist who gave me a series of exercises to do which after several months yielded no improvement. Another doctor had suggested I go to a surgeon for exploratory surgery. I was very discouraged when I first discussed my knee with Dr. Hendlin. Dr. Hendlin worked on a combination approach of: (1) foot levelers in my shoes (to take stress off the knee), (2) spinal adjustments (to help even out or balance the forces acting on both knees), (3) massage of the connecting muscles to the damaged ligament (to re-establish nerve flow to the knee) and (4) the vitamin/mineral therapy mentioned above (to make healing possible). As a result of this treatment, I have had great improvement in the knee for the first time since the injury. I am back to biking and I swim 1/4 - 1/2 mile every other day. I can walk for long distances now - before I couldn't walk for 15 minutes without pain. I still have a small amount of pain in it occasionally, but I am on a healing trend and it is continuing to improve.

So, you can see that I have many reasons to whole-heartedly endorse chiropractic. I would not hesitate to recommend it to anyone who has problems like mine. For me it has truly been the way to "whole-body health".

Mrs. S.

I am a professional model and a writer - as well as a wife and mother. I had shoulder surgery in Sept. I wasn't healing properly, as the months went by, but I was too busy to go to a doctor (it would have meant a trial & error method of finding one - as we were new to the area)

I met Dr. Hendlin in a health food store (which let me know we thought along the same lines). I started seeing him in Jan. (Feb.)

After tests, the doctor discovered that I had jaundice, as well as scoliosis. I was <sup>constantly</sup> very fatigued.

Under his care, I became progressively better. Today, 18 months later, I feel like a new person.

My husband and son also see Dr. Hendlin. They are in much better

May 10, 1988

Dr. Tim H. Hendlin  
Hendlin Chiropractic Health Center  
75-5665 Kaulani Highway  
Kailua-Kona, HI 96740

Dear Tim:

I have had lower back pain ever since 1972 when I started doing construction work. By not taking proper care of my body, it got progressively worse. Eventually, I had back spasms where I couldn't get out of bed or would double up while walking.

Over the years, I have gone to many chiropractors---some helped, but not for long and none gave me maintenance exercises.

Also, your style of practicing was less physically forceful and more medically informative than the others.

For the first time in 15 years, I am with out pain while driving or while doing extensive walking. Now, I am more aware of taking care of my body so I do my exercises and pay attention to signals which might indicate future trouble. If I feel pain coming by lifting or twisting incorrectly, I get treatment immediately. I always feel better from the moment I leave your office.

Thanks a million, and I will keep doing my exercises.

Sincerely,

December, 1990

Dear Doctor Kimura:

This letter is an update to let you know my progress. For a problem I came to you with on Sept 10, 1990, I was in excruciating pain in my left leg. I couldn't move it clockwise due to this pain. I'd been in an auto accident. The x-ray was clear and you prescribed an anti-inflammatory drug. We both decided, due to my troubles with side effects with drugs, to forgo taking this drug. I thought I would have to live with this pain forever.

I was guided to Dr. Timothy H. Hendlin here in Kailua through a friend that had been in a horrendous auto accident and the doctors told her there was no hope for a good recovery. I saw the great improvement that occurred for her through Doctor Hendlin.

Through Doctor Hendlin's therapy, massage, adjustments, and a mild daily exercise program I am being freed from the pain not only in my leg & hip but also my back and neck. This combination has given me a new rejuvenation I haven't felt in years. All in a few short months.

It is my hope you would recommend Doctor Hendlin to your other patients that have pain in muscles, joints and cannot move with out hurting - I know there are many of us who cannot tolerate drugs. We always get

KONA COMMUNITY SCHOOL FOR ADULTS  
COMPETENCY BASED HIGH SCHOOL DIPLOMA PROGRAM  
(CBHSDP)

November 7, 1989

Dr. Timothy H. Hendlin  
Chiropractor  
Hendlin Chiropractic Health Center  
75-5665 Kuakini Highway  
Kailua-Kona, Hawaii 96740


Dear Dr. Hendlin,

Thank you for your informative and educational presentation on "Whole Body Health Care". The knowledge we gained from you will forever be valued.

As we reflect upon the information you shared with us, we are able to apply this to our daily lives as well as any future plans we may have. Because of its value, our experiences with you have been shared with our families and friends.

On behalf of my students and myself, I, again, thank you very much for your presentation and look forward to another in the near future.

Sincerely,

  
Karen T. Duncan  
Instructor

Bene Matson

I am 34 and work in a highly stressfull and sedentary occupation; computer analysis and programming. Although I have always considered myself to be in good health, I have felt tension and stiffness in my back and neck muscles for years. I became introduced to chiropractic at the advice of a friend. My initial symptoms were stiff neck muscles and restricted head mobility and chronic acne across my back. After consultation, x-rays, blood and hair analysis and examination, a host of other conditions were uncovered, including flattening of normal lordotic curve (whiplash), multiple subluxations of the cervical, thoracic and lumbar spine, scoliosis, bronchitis, high blood pressure, elevated blood levels of cholesterol, triglycerides, and icteric (jaundiced) serum. Needless to say I was a little surprised and anxious at the findings, yet relieved to have them unveiled before they resulted in a major medical crisis.

After a year of corrective treatments including spinal adjustments, therapeutic massage, vitamin and mineral supplementation and diet improvement, most of my major conditions have been corrected. I HAVE NOT FELT SO WELL IN YEARS. Chiropractic appeals to me because it favors drugless and conservative approaches to improving and maintaining one's health.

Dr. Tim Hendlin's excellent care is consistent with my desire to take responsibility for my own health and to have health professionals assist and instruct me in doing so. His emphasis on risk intervention and prevention is logical and effective.

I have found my investment of time and energy in chiropractic care at the South Laguna Chiropractic Center to be well worth while. My experience with chiropractic has changed my health and life style for the better.



## The Angels brought me Here

There lies within me the notion that each step I take is guided; that there is a synchronicity to the happenings in my life that support my growing beyond who I am. Sometimes I remember this notion and other times when traumatic events take place, I forget. But when I can remember to listen once again and hear the clues given, who usually appears is a fellow seeker and teacher. And this meeting, much to my relief, awakens trust anew and brings meaning to the turn of events that have taken place.

These past two years have been a journey in faith for me as I have traversed the peaks and valleys of healing. I have forgotten more than I have remembered to trust the notion that I am being guided. And it was on the early morning of April 23, 1990 when the angels seemed to have disappeared.

I was on my way to the airport to work a two day trip to Maui, Hawaii. Just twenty minutes from the airport the car in front of me began to skid and plane. I hit my brakes and began to skid as well. And when it was all said and done, I was hit on all four sides. My car was totaled and they had to crowbar me out of my car. Six hours later I walked gingerly out of the hospital with a head laceration, concussion and a severe cervical and lower lumbar sprain. The emergency physician said I'd be able to return to work in a couple of days but I quietly suspected there would be more to this story and right I was.

Five months later I returned to work. My recovery was long and bewildering. My symptoms ranged from constant neckaches/headaches to fatigue, distorted vision, disorientation and depression. My stamina lessened and the constant pain moved through layers of pounding, throbbing, aching, burning and itching. When I wasn't eating, walking or swimming (a little tiny bit), I was lying down. I was being treated by a chiropractor and sought additional advice from my physician and a neurologist. Not only did I long to work after such an extended absence, I believed that returning to work would be another step in my recovery. But because of the physical demands and the endurance requirements of my job, I returned with trepidation.

My life became a cycle of working and resting, resting and working. I had not yet stabilized and was in pain most of the time. Work did aggravate my injury but over time I grew stronger and the pain lessened. Chiropractic

You see, my neck and back injuries were no longer the only problems troubling me. Within a month of my return to flying, my blood pressure began to rise. Pretty soon I experienced periods of rapid pulse and months later my heart began racing. My cholesterol was on the rise as well accompanied by sleepless nights and bouts of depression. What I can best describe as mini-seizures began by summer. They would start with a hum at the top of my head, I'd space without losing awareness of what was around me and then my muscles would let go. The longest ones lasted perhaps 20 seconds or so and ended with the feeling of warm honey being poured over my head. If that wasn't enough, pain in my right rib cage had intensified to the point where I was wearing an elastic brace while working.

All my professionals were scratching their heads while I endeavored to be the best patient they had ever encountered. The truth was, however, I was really becoming concerned. It seemed my body was going out of control. And even while I exercised, ate a low fat diet and followed instructions carefully, the symptoms increased.

It was eleven months after the accident and six months after returning to work when I arrived in Kona on a working trip. I was really in need of help that March day because the pain had gotten intolerable. As luck would have it, a flying friend who lives in Kona appeared. I asked her if she knew of an osteopath and regretably she did not. But, she knew of a chiropractor but couldn't remember the name. So, she gave me a contact who I called as soon as I arrived at the hotel. "Dr. Timothy Hendlin is who you want to see," she said. "A chiropractor", I thought. The last one had really hurt me and I swore I would never go to another one. So, I picked up the phone and called the massage service in the hotel. After describing the pain I was in, the practitioner promptly said, "Dr. Timothy Hendlin is who you need to see." "Oh God!", I thought, "not a chiropractor!" Grumbling, I picked up the phone and called yet another source who echoed, "Dr. Timothy Hendlin, go!"

Finally I listened and the next morning my life turned a corner. He adjusted me, educated me and sent me on my way with instructions and exercises. Over the next six months my neck and back improved slowly, there were no dramatic changes. But what improvement I was experiencing was a direct result of Dr. Hendlin helping me that day to begin helping myself. Certainly, I had never experienced chiropractic treatment like I

recovery, my continued vulnerability and offered his support in the form of another approach in my on-going injury treatment. After all, it had now been a year and five months since my car accident and the degree of my vulnerability was substantial. While I had not entertained any ongoing work with Dr. Hendlin (because I had a whole host of professionals working with me back on the mainland), I left that day with the same query I had after my first visit. "Who is this guy," I pondered? "Who is this guy?"

Symptoms of rising blood pressure and rapid pulse continued along with bouts of insomnia and depression. I was gaining weight and the head symptoms were growing in number. In addition, I was becoming less and less tolerant with others and experiencing surprising outbursts of irritability. In addition, cycles of feeling stronger were always shared with cycles of pain and feeling hopelessly married to the slowest healing known to man. Oh yes, there were days of light sprinkled among the days of darkness. And everyone did say that it would take me along time to heal from my injuries. But, did they really mean it would take this long?

For the next two months after I saw Dr. Hendlin my concern for my health and recovery was growing. My health care givers were continuing on with treatment that seemed to be having little impact upon me. So in November of 1991 when I flew another trip into Kona, I nearly exploded into Dr. Hendlin's office. He seemed to be the only health care provider that had a 'handle' on the array of symptomology that I was exhibiting. I mean to tell you, I was a case! I was scared...more than that, I was desperate! And this man, whoever he was, was not scratching his head. Thank God! Somebody who wasn't shrugging their shoulders saying, "Well, this must be all in your head."

Between November and February of 1992, Dr. Hendlin and I worked closely in compiling reams of data through surveys, hair analysis, blood tests, sonograms, kinesiology and on-going chiropractic treatment and examination. What resulted after hours of review was a supplemental and nutritional plan just for me. Little did I know I was about to change my life when I gathered together my first supply of supplements. That, in fact, I was about to be helped beyond measure.

With an elimination diet accomplished and supplementation begun, I began to feel some life stirring in this old body of mine. I slowly increased my walking and began daily yoga stretches. And by late April I was able to get off the Beta-blocker that I had been taking for six months. And get a

He met me after the angels had disappeared from my awareness. And the notion of being guided in my life had vanished as well.

I have to tell you that hope for a 100% recovery sprouted with the physical improvements. I began to believe again; believe that my life would be returned to me. As my body began to work again, my head responded as well. Behaviorally, I was coping a whole lot better which meant I was meeting the daily demands of my life with more success. God, what a relief! I truly cannot tell you what relief my work with Dr. Hendlin has given me. My faith in the healing process, as well, has been re-awakened. I am remembering again that I am being guided. I am right where I am suppose to be as a result of being guided. Though I was not able to hear the guidance, it did not prevent the angels from their work. You see, they landed me right on the doorstep of the very teacher who could help me help myself. Dr. Hendlin not only put me on a 'Plan', he also firmly supported my exercise and yoga. Support came in the form of education and timely "did-you-know?'s". He quietly and consistently reminded me to stay awake and hear the biofeedback abundantly available through my body.

And so, 1992 progressed along into mid-fall. It was here that I was revisited with the deepest of depressions. My exercise began to slip and lethargy settled in. While my supplemental and nutritional plan continued on religiously, my activity slowed. Anxiety was increasing and I was again feeling alarmed; so much so that I was seriously considering taking an anti-depressant. There was a definite shift occurring and I didn't hesitate in bringing it to Dr. Hendlin's attention. Within a week, amino acids and additional B's were added to my Plan and by golly, success again! The second week into taking the additional supplementation, dream recall (absent for atleast four months) reappeared and over time the lethargy lifted.

Well, the New Year has arrived and my healing work continues. Life also continues to present me with challenges and choices in the midst of this work. And it is so, my endurance has improved, my faith renewed and my humanity embraced. Though I am not yet 100% recovered physically from the car accident of 1990, my life has deepened and expanded in new ways as a result. The experience of this accident is bridging me from the past into the next phase of my life. I have gained immeasurably.

Yes, the angels brought me here to Dr. Hendlin and when they reappeared to me they told me the answer to my question, "Who is this guy?" Why, he's an angel masquerading as a chiropractor!

The facts are pretty straight-forward. At age 33 I decided to become a tennis fanatic. My mind was ready but my body had certain reservations. One day after a few months of playing hours daily, I began to feel a slight pain in the middle of my right buttocks. A trainer friend told me to put ice on my behind after playing, and to do a few stretches. (it turns out the ice instruction was correct, the stretches only aggravated the problem.) Gradually the pain worsened, spread to the other side and began to move down the leg. OH well, a little pain makes you feel all the more devoted to your sport and quite manly. Alas even virility has its limits. Two years later I was standing on the court when all of a sudden my back on upper legs cramped and I couldn't move. I could barely stand up. In order to walk I had to lean on someone. It was at this moment, being a rational human, that I decided maybe I should see a doctor about this problem. Of course the question became should it be an M.D. or a chiropractor. My friends who had been to M.D.S for back problems had reported that the basic treatment involved various drugs to reduce inflammation, and if that did not work surgery was recommended. That did not sound appealing. So I found a chiropractor who was known for a more comprehensive approach to the problem.

The treatment involved everything including-adjustments to the back, massage, ultrasound, hanging upside down on various contraptions, as well as a barrage of correct stretching exercises. Within two months I was playing lightly once again and after another month I was pretty much back to my full-out approach to the game.

I now come in for treatments a couple times a month

I feel very fortunate that I recuperated so fully within six

Mrs C  
Age 45

I have suffered from headaches all of my life. The past 1-2 years the headaches have become increasingly severe. Along with the headaches came mental clouding and great difficulty in concentrating. A prominent neurologist prescribed antibiotics and heavy doses of steroids. Some relief was obtained, but, it was short lived. More antibiotics and larger doses of steroids were prescribed. The side effects of these drugs were intolerable. My legs swelled like balloons. I gained 10 lbs almost overnight. It took 4 months to lose it. Next, I saw an Ear, Nose, and Throat doctor. He tested me for Chronic Fatigue Syndrome and diagnosed me with "Kona Collapse", a condition similar to Chronic Fatigue. He, also, recommended antibiotics and steroids.

I decided to go to a famous ENT doctor in Honolulu. His diagnosis was TMJ. His solution was a heating pad to my aching head, neck, and jaw. This did provide some relief for the pain in my head. Unfortunately, the headache was back, full force, the first day I neglected to use the heating pad. It was not solving the problem, only, partially relieving one of the symptoms.

None of the therapies did anything for my most frightening symptom, the mental confusion. I was afraid that I had early Alzheimers. I was terrified that I would soon be unable to work. I was already making errors at work, forgetting things. As a Registered Nurse those errors could be fatal. I was under incredible stress and was becoming severely depressed. It seemed as though the medical field had nothing to offer me. I had only one hope, rather slim, I thought, that the headaches and confusion might stem from some kind of misalignment in my neck.

I had seen Dr. Hendlin two years ago after hurting my back. At that time he did the usual adjustments and got me back on my feet and back to work with minimal time and money lost. I continued doing the back exercises he had given me and my back continues to be better than it was before my injury. I am sorry to say that this is not true of many of my colleges who have injured themselves at around the same time or since. Two of my friends remain out of work for almost two years now. Another, continues having chronic back pain with frequent episodes of acute pain.

After my first visit to Dr Hendlin which included some cervical spine adjustments, massage, and counseling, my headaches were greatly reduced. And, best of all, I began to

Randy's Story

March, 1999

Eighteen years ago I was in a Motor Vehicle Accident that left me with low back pain on a daily basis. The impact to the car I was a driver in was such that it broke the drivers seat. I walked away from the accident and returned to work the next day. My back went into spasm so I went to the doctors and got a shot into my spine to relieve the spasms.

A couple of months later the pain in my low back returned and progressively got worse. I didn't relate this to the accident and lived with the pain for years. Finally I decided to go to a Chiropractor and with treatment was feeling better, however I still had a dull ache in my low back daily. I wasn't sleeping well because of the pain.

Then I went to see Dr. Hendlin and he asked me if I wanted to eliminate the pain.

Sounded like a good idea to me. Within 3 months of Dr. Hendlin's treatments, the dull ache which I had been constantly living with is gone. I use to wake up every morning with pain in my back. Now there is no more pain in the mornings. Once in a while I feel the ache, but with the continued exercise and nutritional program I'm following, I'm certain the ache is on it's way out for good.

Dr. Hendlin provided proper nutritional medicine and my severe allergies are gone, the rashes are gone, my blood sugar has stabilized and as a side benefit, I've lost 25 pounds

Glenn Ray,  
Chiropractor

Dr. Tim Hendlin, through chiropractic, has helped me overcome a physically and mentally crippling condition.

While on vacation three years ago, I was involved in an auto accident in Central Mexico. As the passenger in ~~the car~~, I sustained severe whiplash and musculature damage. Conventional medical therapy in the United States was ~~the~~ merely the fitting of a soft neck collar and the prescription of muscle relaxants. Since that time, the pain progressed to an intolerable level. It affected my attitude and dealings with other people in a negative way, and prevented me from functioning as a ~~conscious being~~ ~~with the human~~



The problem was severe spinal misalignments. Damaged muscles in constant ~~of~~ spasm prevented me from relaxing, thus compounding the problem. It was a vicious circle. <sup>Intense</sup> Pain can do that.

Although I am far from total recovery; it is now possible for me to not constantly focus on pain. Due to chiropractic therapy I am now relaxed and nearly pain free, aligned properly..... my physical being is readjusting to a normal state. I now possess a greater level of energy, and maintain a positive attitude with hopes ~~of~~ for another chance in life. I really can't

I was involved in a serious automobile accident which resulted in 17 bone fractures among many other injuries. I was in a coma for 2 weeks and hospitalized for a total of 4 months. After I was released from the hospital the medical doctors said there was not much else they could do for me although I still suffered from many problems such as back pain (from a fractured spine) neck pain, severe leg pain and swelling, constant fatigue and much depression. As a result of my hospital stay, I also had drop foot in my left foot and a large bed sore on my right foot (something the medical doctors said might take plastic surgery to heal).

Then I was introduced to Dr. Hendlin.

Through a program of chiropractic care and soft tissue therapy my back pain has all but disappeared and leg pain has diminished greatly. Also as a result of the dietary program set out for me my energy levels are much higher, healing is rapidly

As a result of my dietary change I also  
feel that my family has benefitted.

Celice Kennedy

P.O. Box 759

Pahoa HI 96778

5-7-90

Dear Timothy, I just want to write you a few lines to say thank you for all that you have done with my back problems!

Your adjustments and exercise guide have really improved my condition a whole lot! Once again thank you sir!

Sincerely Dave Dolan

To whom it may encourage,

10 years ago, after going on several severe diets I yoayed my way up to 310 pounds, I had to hold my breath to tie my shoes. At 5 foot 10 inch and only 35 years old, I carried that weight for four more years, fluctuating 5 to 10 pounds. At 39 years old I was diagnosed with fibroid tumors that had to be removed surgically, ( myomectomy ). I had the same surgery done at 43 year of age. As any woman who has had endremitriousus knows, it is a very painful and debilitating problem that can continue for the majority of your adult life.

6 years ago I started a conscience effort to lose weight at a very slow pace. I began by cutting out donuts, ice cream, and cakes. In the first year I lost 12 pounds, the next year I started to exercise, swimming and walking, I lost another 13 pounds. Now at 285 pounds I saw hope.

My husband and I vacationed in Hawaii twice a year, most often we came to Kailua Kona, planning to retire some day there. I use to take long swims, but at the time I was unfamiliar with the oceans currents and tides, so I never ventured to far, even though I could swim 2 miles in a pool. I always wanted to swim to the 1.2 mile marker, it's the half way buoy that the Iron Man competitors swim past out of the Kailua Bay. It's one of those goals you don't ever think you will achieve, a dream.

3 years and 6 months ago I walked into a 14 inch deep hole with my right leg. I was moving rather fast, so it ht me like a truck. I fractured my right ankle and stressed soft tissue all the way up my right leg, hips, and lower back. I had degenerative arthritis in my back prior to the fall, but tweaking my body like that made it worse.

I wore a walking cast for many months, I had to walk with a cane, and that began to wear on my upper back and right shoulder. In a period of 3 years, I saw a total of 10 orthopedic surgeons, 3 pain specialist, 1 chiropractor, 1 acupuncturist, and quite a few physical therapists. In the process of trying to eliminate a 24 hour, 6 to 10 pain level, sleep depravation, and depression, I was pumped with over 100 cortisone injections, 60 of those injections I received in a 3 month period, one spinal tap, 6 spinal blocks, 2 ankle blocks, 1 fluoroscopy procedure, 4 MRI's , and enough drug cocktails to put Chicago to sleep. I did all of this because I wanted my life back, I was on a role.

When we finally moved to Kailua Kona, my right shoulder started to hurt so much, I couldn't lift it over my head. 3 years of walking with a cane started to take it's toll on my upper body. I knew I needed help, so for one of the rare moments in my life, I listened to myself and found DR. Timothy Hendlin. I shook his hand and knew this was the doctor that was going to help me. The buoy was calling me.

By the time Hendlin Chiropractic Health Center got a hold of me in April of 2000, I was a mess, 258 pounds chronic pain over two thirds of my body, a bad limp of my right leg, sleep deprived, poisoned by prescription drugs and cortisone injections, and angry at the world. I couldn't walk for more than a block or two and steps were very scary. Pain stopped me at every turn.

At first I only wanted DR. Hendlin to treat my right shoulder, I was very skeptical of all doctors lawyers and employers . He explained to me he could not just treat a part of me, he had to treat all of me, so I hesitantly made an appointment, and after 6 months of massage therapy, chiropractic adjustment, nutrition program, and stretch workouts, I walk without a cane and I don't limp. In fact I can walk 2 miles without stopping, ride a motorcycle, but most incredible of all, I can swim out to the buoy. All of these things I thought were completely out of my range. Dancing at my nephews wedding made me cry.

I now weigh 230 pound and my weight is going down faster because I am able to exercise and have been taught by Doctor Hendlin how to eat for me. By the way, remember the endometriosis ? Doctor Hendlin prescribed natural progesterone cream, and after 35 years of suffering with menstrual pain, and hibernating from the world 7 day out of the month, it's all changed. I hardly have any pain, most blood clots have stopped, that is a very good sign that the progesterone is balancing out my estrogens and the tumors are starving and have stopped growing. My third surgery will hopefully be delayed for ever.

With every day my health is improving, I have a new goal, 8 mile swim in the ocean, and I know with the help and dedicated care I receive at Hendlin Chiropractic, I will make it.

I have been in many doctors offices, and in all my experience I've never been treated so well, and with so much care. A courteous and well trained staff that cares about each and every patient.

A very special thanks to DR. Hendlin, a doctor that is truly concerned about all his

#### 4.8 mile swim

The time had come, it felt right, morning preparations took longer than they should have, so much of nothing to do. It took eleven days of, so much of nothing, to prepare. After months of changing the way I live, eat, breath, think, feel, and with the support of family and friends, I swam 4.8 miles today.

For days I envisioned swimming back and forth twice, out to the 1.2 mile marker in Kailua Bay, coming in after 2.4 miles and going out again. Thinking of the distance for months, making one trip out to buoy easier and easier. I got into the water without fins, without webbed gloves, in a sense, naked of some unnecessary armor, and I proclaimed, this was the day.

Pain came on quick, the cool water felt good. I have a rule, if the pain doesn't dissipate by the fifth buoy, one eighth of a mile, I take a short swim. It always goes away, mind over matter, it's real.

Throughout my life I always have had, and still do have, dreams of flying like a bird. This day I felt as if I were flying in liquid air, with fish as birds and I had wings. Of course that was in the forth mile, I was just a bit ditzzy. I've been told endorphins kick in — nice high. Lots of turtles today, it was a good sign, it was good day to just do it.

Think of it, your out there in the ocean two to three hundred yards off shore, alone, in 20 to 30 feet of water, sometimes deeper sometimes shallower. All you can do for entertainment is think, dream, swim, and keep one eye out for tigers. I've never been in a jungle without a weapon until now. There are things that can eat you out there, but I feel as if I belong in this ocean jungle. I feel somewhat at ease that I won't be eaten. I have a greater fear of my body breaking down, how far do I push myself? When should I call it quits? Why in the hell am I doing this? Oh ya! That's the thinking part of the swim.

I know one thing I need when I'm out there in the deep, happy thoughts. I like to think of things that will make other people laugh or smile, I even crack myself up quite often, it's just a bit of a problem, the water breaks through my mask when I smile, I'm always having to clear it out. One of these days I'm going to wear goggles and a nose plug, but for the time being, I'm still looking for tigers.

I don't understand my pace or how I do it, but I swam the first 2.4 miles in fifty three minutes and the second 2.4 miles in sixty one minutes, 4.8 miles in one hour and fifty four minutes. When I came out of the water, I was light headed, a little sore, amazed I did it, but surprised I wasn't winded. As every swimmer knows that swims in and out of this bay, the first and last eighth of a mile has a very strong cross current, you have to pump hard to get in and out. I felt encouraged

Dear Dr. Hendlin

Thank you for making  
dreams come true.

Olga





I have been fortunate enough to receive care from and to work as a massage therapist for Dr. Tim Hendlin. I would like to share with you my perspective of his work from "both sides of the desk." He has not only showed me the path to healing a ten-year low back problem of mine, but also a unique approach to chiropractic, which I see as a model for the profession.

I started experiencing low back trouble when I was 15. Gradually, I became unable to do even simple activity without pain and severe muscle cramps. Sometimes, I could not even walk for days. I saw many professionals, including other chiropractors. The unorganized and sporadic care I received, eventually concluded with disc surgery. It took years for my health insurance to even approve the MRI that showed my disc damage.

I recovered from surgery with about six months of physical therapy, and then I was left to fend for myself. Because the pain was not really too much better, just less frequent, I started on a determined path of self-healing. I began a daily yoga practice and went to massage school. These things helped greatly, but I still felt unstable. When my work landed me in Dr. Hendlin's office, I knew I had to give him a shot.

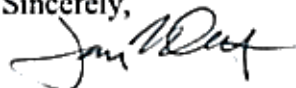
Chiropractic turned out to be the missing link in my care. Though I was stronger and more flexible, and my muscular pain was quickly relieved by massage, the root of the primary pain was not being addressed. Dr. Hendlin found my subluxed joints and corrected them.

Why had this not worked with other chiropractors and osteopaths. Well, I think Dr. Hendlin's approach is the answer. **He took the time with me to get to the root of my problem. Plus, he uses soft-tissue work like massage therapy to make a better, longer lasting adjustment.** Misaligned joints were creating impulses in my nerves that were tightening muscles. Once the muscles loosened, the bones could be adjusted slightly. Then the muscles could heal further and deeper adjustments could be made, and so on. This took intense therapy, several times a week at first. Other chiropractors had not done this. **It also took proper diet and nutrition, along with my regular practice of strengthening and stretching.**

I have reached the point where I can go to the chiropractor less frequently and my mobility is so increased I can tell that my joints are permanently changing. In the long run, I have saved a lot of time and money by finding one person who can help organize a whole care plan and provide much of the therapy in one office. The only other professional I would have had to see had I not been trained myself would be a physical therapist or yoga instructor for some guidance with strengthening and stretching. Tim, I

Tim's care is true primary care, the way it should be. I plan to model my practice on his model.

Sincerely,

A handwritten signature in black ink, appearing to read "Jeremy Wolkenbreit". The signature is written in a cursive style with a large initial "J" and a long horizontal stroke extending to the right.

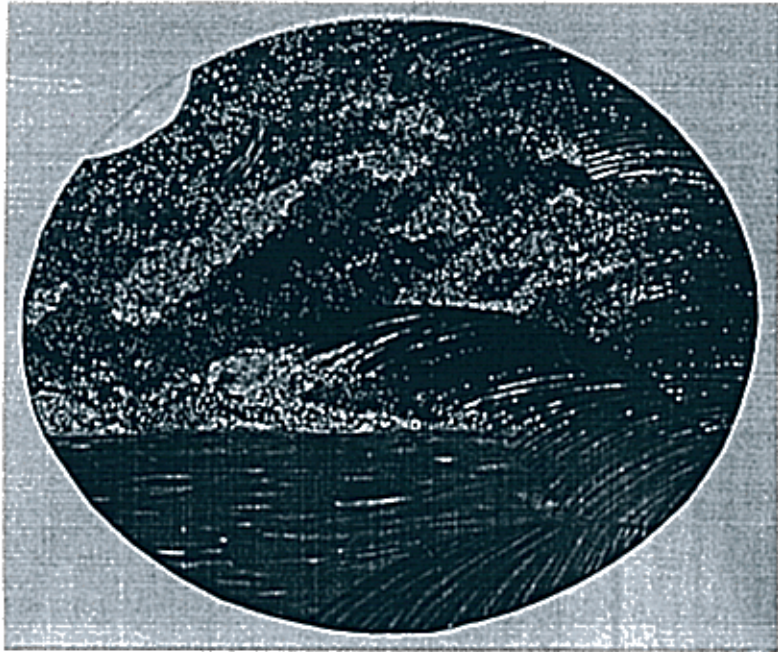
Jeremy Wolkenbreit, LMT, NCBTMB

February 21, 2000

Since coming to Dr. Hendlin, I feel great! Dr. Hendlin gave me the tools to help myself get well and stay healthy. No only is my chronic neck pain gone, but I have much more energy and continue to improve because I now know how to care for myself.

Thank you, Dr. Hendlin, for teaching me how to exercise properly, how to eat properly and which vitamins and minerals to take for my particular system. I feel great and continue to improve with age.

A handwritten signature in cursive script, reading "Ann Marie Cantadine". The signature is written in dark ink and is positioned below the main body of text.



Starry Skies Over Kona Shores

Lenny Katz

To  
Dr Hendlin

The Most caring, all around,  
physician, and care giver  
anyone could know. May the  
Heavens reciprocate, with Love.  
And may all who know you, benefit  
as my whole family has!

Love Always to You & Yours  
Jamie

# MY CHIROPRACTIC STORY

Please answer all questions as completely as possible. If more space is needed, attach a blank sheet of paper.

1. Describe the condition for which you consulted your chiropractor, including:

- (a) Name of disorder, if known *neck & low back pain*
- (b) Symptoms *hard to sit long time / tired & headache.*
- (c) Location of pain *neck & low back*
- (d) Duration *2 months*
- (e) Severity

2. Describe previous treatment and results. *had good massage & treatment. 😊*

3. Tell what drugs and/or medication you were taking, if any, and if you feared addiction.  
*I felt so much better.*

4. What led to your decision to try chiropractic?

*One of friends recommended me.*

5. Had you been to a chiropractor previously?

*It was first time.*

6. Did you have any doubts that chiropractic would help you?

*It helped me a lot!!!*

7. What were your first impressions of chiropractic, this office and the doctor?

*Very kind & nice. - I got many info about my body.*

8. What recommendations were made by the chiropractor?

9. Describe your results, including time involved.

*I don't have pain and feel better than before.*

10. Is anyone else in your family a chiropractic patient? If so, for what conditions?

*No*

11. How has chiropractic helped them?

12. What would you recommend to others who are sick, suffering or in pain?

13. How many others have you told about chiropractic?  
*If someone get car accident. I'll recommend them to see you guys.*

*Not many*

14. How do you feel about chiropractic now that you have enjoyed its benefits?

Dr. Tim,

Thank you for the nice note  
you sent me. I would be  
honored to recommend your  
services to anyone who will  
listen. Your gifts and knowledge  
gave me new meaning to  
feeling well.

I am still lifting weights,  
and exercising five days a week.  
I feel great - but must admit  
I miss you attending to me.

My church is doing great - we  
are growing and it is alive. We  
have beautiful music each  
Sabbath. I am debating an

"...For the Lord delights in you...."  
ISAIAH 62:4 LB

Today I thought of you,  
and it was  
such a special moment!

opportunity to go to Russia.  
It looks like it would be  
for about 2 months in the heart  
of Siberia. Actually next year  
would be better - but I am  
praying and am open. Thanks for  
writing - and bless you and  
your staff - I pray this year is  
a special one for you -

Dear Linn

TO: DR. TIMOTHY, NORMAN & STAFF:

"THANK YOU... I HOPE YOU  
CAN SENSE IN THOSE TWO WORDS  
THE DEPTH OF JIM AND MY  
APPRECIATION FOR YOUR DED-  
ICATED SERVICE, TOWARD A  
FAST HIP RECOVERY. YOU  
ARE INDEED A CREDIT TO  
OUR COMMUNITY IN KONA.

MAY GOD BLESS YOU FOUR  
RICHLY EVEN AS YOU HAVE  
BEEN SUCH A BLESSINGS TO  
MANY OTHERS.

"Our Love and Prayers"

Jim and Fran  
McCullough

" NUMBERS 6: 24-26 "

Tim - I cannot Thank You enough for all that you have done for me.  
It really paid off. You were nice enough to offer your professional services  
to me and also your back yard to practice gymnastics. I appreciate  
everything that you have done and I will never forget it. Please convey  
my thanks to your family and your staff. Especially <sup>to</sup> Gino for all the  
wonderful massages. Thank you again. Your magical hands did wonders  
on me.

Aloha -  
Dawa

1993 Fitness Hawaii Pageant  
1st Place.



April 23, 1993.

Dear Dr. Hendlin + gang,

Just wanted to drop you a  
Thank You note for all the pleasant  
times we have had at your office!  
I haven't been in because I started  
to discipline myself with more  
exercise and I got a new bed-  
dancer, my back is much improved!  
But, it is a good feeling to know that  
you are just down the street if  
I ever need you. Thanks for helping  
me to help myself in such a loving,  
encouraging manner. You are all GREAT!  
Love,  
Kathie Mell

Thanks for everything - the love,  
kindness, friendship, inspiration,  
and knowledge I've found through  
being a part of the "HCHC family".  
I've really loved being a part of  
it all - and know that holistic  
healing is where my heart and  
interests lie. You've truly been an  
inspiration, and I admire you for  
having the courage and strength to  
be true to your ideals and practice  
what you preach.

I hope our paths will cross  
again. Until then, may your  
heart be filled with love, light,  
and laughter.

Many people have touched my life,  
yet few have touched my heart and spirit  
in the beautiful ways that you have.

Love,

Dr. Jim Hendlin  
Linda, Debbie + Vicki  
Sam + Gus



January, 1993

Dear ones,

Another year of healing has  
been shared with you all.  
And I want you to know  
how much I appreciate you  
in my life.

Thank you for remember-  
ing my birth day and for my  
Christmas treasure, for the  
caring + concern, the hugs  
& for listening.

I know every one of you  
are angels, manifesting as  
human beings!

Editor  
West Hawaii Today  
P.O. Box 789  
Kailua Kona, HI. 96745

Dear Editor,

The following is submitted for your "LETTERS" page:

CONCERNING CHIROPRACTICS

Your July 14 issue had the letter "FREE TO CHOOSE" by Don Aka with his criticism of chiropractors.

I will be 82 years of age this year and most of my life have had the services of chiropractors and find them most satisfactory.

Of special mention is Dr. Timothy Hendlin of Kailua Kona who offers complete body care including first a thorough examination and recommendations for needed vitamins and herbs. He never uses drugs.

Recently have had shoulder injuries, some treated with surgery, but find that the chiropractic treatments do more good at less cost.

It is indeed fortunate that chiropractors are not recognized by insurance companies, since medical doctors have that privilege. Personally I feel that their services qualify for insurance coverage.

Sincerely,

H.G.

P/S I prefer that my name is not used, but can use the initials. If anyone reading this should want to know my name, please let me know.

① 3/31/86



**Patricia Brown**  
Independent Distributor

33776-C Alcazar, Dana Point, Ca 92629

I've been a nurse for 17 years and suffer from neck & back problems from lifting patients, car accidents etc. I had recently moved to Dana Point and had been experiencing numerous health problems for several months since being involved in a <sup>recent</sup> car accident & I luckily found my way to Dr. Herdlin. I originally was seeking chiropractic care for discomfort of my neck & back & because I was experiencing frequent dizzy spells, I also had butterfly sensations in my stomach, hot and cold flushes, tachycardia, paranoia, feelings of not being real and fatigue. Prior to seeing Dr. Herdlin I had seen numerous physicians who ordered ~~every~~ blood tests, EKGs, chest xrays glucose tolerance tests and all were found to be within "normal" limits. None of the physicians I saw could figure out what was wrong with me. That left me feeling totally in a state of despair, and I was convinced that I was a victim of

related to my neck & back problems. He was the only doctor who actually listened to me & didn't do one of the typical Rush jobs so many patients are subjected to when they see a physician.

Since <sup>10</sup> other doctors could figure out what was wrong with me.

I discovered through Dr. Hendler that my symptoms ~~were~~ <sup>were</sup> a ~~process~~ <sup>process</sup> of detoxification that my body was going through after so many years of abuse by eating wrong, using various drugs, sugar, caffeine, (the whole nine yards) and since I had decided to quit doing all of the bad habits I had acquired throughout the past several years my body was cleaning up and trying to normalize itself. I really feel that without Dr. Hendler's patience, counseling, guidance & understanding I would have ended up in a psych ward somewhere because I was terrified of what was happening to me. I couldn't live a normal life.

He placed me on a detoxification program <sup>using food supplements</sup> after <sup>and a natural diet</sup> having metabolic tests done <sup>and a complete physical exam</sup> which showed certain areas in my body that were being affected by the years of abuse. And



(3)

**Patricia Brown**  
Independent Distributor  
33776-C Alcazar, Dana Point, Ca 92629

I can only say I hold the highest regards for Dr. Hendlin. His staff has also been wonderful. They are very caring people. The whole atmosphere in the office radiates warmth.

I would recommend Dr. Hendlin to my friends & family or to anyone seeking help for problems that seem to evade the knowledge of non-health oriented physicians or physicians who are only too willing to freely prescribe this pill or that pill to mask symptoms and make the body weaker. (I realize that this is only a ~~product~~ result of what they are taught in medical school and they are not purposely trying to cause undue harm to anyone's health.) I've seen the

(4)

I'm grateful for people like Dr. Hendlin who really care and truly help people.

I feel through his guidance I have really been given a second chance in living a healthy life.

Include  
Blood pressure  
findings



Ann Troller  
age: 28

February, 1987

Since the age of 17 I have had problems due to irritated bowel syndrome. It was first diagnosed as spastic colon brought on by the pressures of high school. All treatment consisted of drug therapy, Domatol, lomotil and adzulfidine on and off throughout the years until I was 21. At that age I had undergone emergency surgery where it was discovered I had Crohn's Disease. Approximately two feet of my small intestine, plus my cecum, was removed. It had been full of scar tissue and created a blockage, surgery was the only answer at that time.

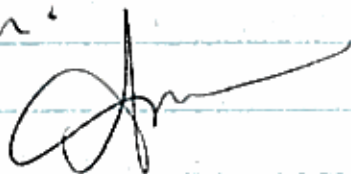
Close to six months ago I sought Dr. Bendlin's help nutritionally. I had

my colon, treated with a sulfidine, and was told a colostomy was eventually inevitable. Well after three years of taking this drug, its effects began wearing off. My body stopped properly absorbing and eliminating its waste. The results were anemia, edema, fatigue, the whites of my eyes were yellow-jaundice? or the sulfid drug?

Dr Hendlin placed me on the metabolic wellness diet last October. After one week I cut my medication down. I no longer need it now and have not taken it for a little over two months.

Following vitamin and mineral supplements Dr. Hendlin prescribed, along with treatments and protein/bulk diet mix added to my diet, I feel in complete control of my health, which allows me

And I can look forward  
to just feeling better and better.  
Thanks, Dr Hendlin.

A handwritten signature in black ink, appearing to be 'Dr. Hendlin', written in a cursive style.

September 29, 1996

ATTENTION: Timothy H. Hendlin, D.C.

My name is Larry Lockett and have been a firefighter for Los Angeles County for 30 years. During my career I injured my low back several times and for the last 7 to 8 years have suffered with constant low back and left leg pain. I received the normal M.D. treatments to relieve the pain, but the results were always temporary. The long term fix was surgery.

I moved to Kona in August of 1995 and needed a doctor, so I went to the local fire station to find out who they use for worker comp. injury cases and was told many of the firefighters use Dr. Hendlin. As a patient of Dr. Hendlin now for 3 months; my leg pain gone and my low back pain has subsided to a point I can do everything I want physically, like boating fishing and scuba diving. I follow his prescribed exercise daily, it works!

I wish to thank Dr Hendlin and staff for the correct care given to me. It's made my retirement in Hawaii extra special.

Sincerely,

A handwritten signature in cursive script, appearing to read "Larry Lockett".

OCT 11, 1994

I have had a lower back problem for almost fifty years. I worked in the airline industry where heavy lifting in confined areas caused my problem which at times, caused me to walk tilted (one hip higher than the other) which created a lot of pain. I had been going to Chiropractors in N.Y., and prior to my retiring, received a permanent partial disability award from the compensation board.

Upon moving here 7 1/2 years ago, I found a Chiropractor and went to him for treatment until he moved back to the mainland. After phoning around for a new doctor, and came across Dr. Dindlin and started a program of regular visits with him. This has been several years, and the best thing that happened to me. He has succeeded in keeping my back in great shape with his treatment. I work part time at a job that requires heavy lifting, and with his help my back stays in good working order.

I am moving back to the mainland, and will miss the treatments that he performed on me for the past years. I tell my friends, if they need his services to try him, and highly recommend him to anyone with a lower back problem or any other problem that besets them.

He and his staff are courteous, professional and dedicated. I ask him to call me if he has any information that will be an

**KEALAKEHE ELEMENTARY SCHOOL**  
**The Class of G203**

January 19, 1996


Dear Dr. Tim Hendlin,

As a teacher and a parent, I am always seeking ways to better the educational opportunities for the youths of Kona. From time to time, a parent or business person from the community offers their support. You have done more than just support our efforts in the classrooms. You have helped the students by modeling proper behaviors with regards to respecting people, demonstrating the results of being an "educated person," and given the students rewards for their efforts in learning about the human anatomy. The students in my class now know that the community cares!

On behalf of the students of G203, I wish to thank you for taking the time and the effort to teach our 5th grade class about the nervous, skeletal, and muscular systems of the body. Tosho sure seemed proud to have his father in the classroom, as well. You have been a good friend to our class and to Kealakehe Elementary School!

I am confident that with the support from people like you and with your care and thoughtfulness, these boys and girls will enjoy more successes in the bright future ahead.

Thank you, Tim!



My name is Lawrence. I've been to over 100 Chiropractors in the last ½ century. I began when I was 9 years old because I was knock-kneed and pigeon toed. I went regularly until I was in high school. To this day my legs are straight and I walk fine.

Of all the Chiropractors I've been to, Dr. Hendlin is definitely among the top 10 I've ever met. Some Doctors just can't get the specific adjustment for the problem like Dr. Hendlin can. Aside from being one of the best adjusters I've ever seen, he has an appreciation for the role of massage and soft tissue therapy in healing.

Dr. Hendlin is definitely one of the best adjusters in the entire world. I was recommended to Dr. Hendlin by a friend here in town and will continue to recommend him to my friends.

Thank you, Dr. Hendlin, for a job well done.

Miss C

Age 23

I'm an active person and my job also keeps me on my feet. I waitress and you know what pressures that can be.

I started getting a lot of pains in my abdominal area so I went to a gyn and he said I had a ~~scyst~~ and put me on the pill. Well that made me sick so I stoped that.

However the pain still remained.

A friend of mine recomened a ~~Chyro~~ Chiropractor now at that point I was desperade



February 21, 2000

Since coming to Dr. Hendlin, I feel great! Dr. Hendlin gave me the tools to help myself get well and stay healthy. Not only is my chronic neck pain gone, but I have much more energy and continue to improve because I now know how to care for myself.

Thank you, Dr. Hendlin, for teaching me how to exercise properly, how to eat properly and which vitamins and minerals to take for my particular system. I feel great and continue to improve with age.

A handwritten signature in cursive script, reading "Ann Marie Van Rader". The signature is written in dark ink and is positioned below the main body of text.