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NEWS

**Hydrate and Heals Heather & Lennie Swearingen
helping people in their community live their best lives. . .
Naturally**

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Today we'd like to introduce you to Heather & Lennie Swearingen.

It's an honor to speak with you today. Why don't you give us some details about you and your story. How did you get to where you are today?

My husband and I have owned and operated several successful businesses over the years, our focus has always been on helping our community and treating our customers/clients as family. Just this past year I went through some major medical issues, to make a long story short, I fell very ill and while modern DR's told me my issues were just anxiety I knew better, it wasn't until I went to a wellness center that I discovered the issues and after major surgery and treatment I am back to feeling well again. We are now on a mission to truly help others become well and have their true causes diagnosed and treated instead of just treating symptoms. We look at this new opportunity as a way to be able to help our community live their best lives Naturally.

I'm sure your success has not come easily. What challenges have you had to overcome along the way?

The biggest challenge in this new endeavor was trying to learn what we didn't know, and finding the guidance, partnership and expertise needed to be able to make positive changes in peoples lives and health. Life is full of challenges, but these challenges are only given to you because God knows your faith is strong enough to get you through them, and God truly had his hands on us through this challenge. He has blessed us with guidance and direction from some of the top Doctors in the United States who have helped us select and train our great staff who truly cares about our clients as much as we do.

Let's talk about the work you do. What do you specialize in and why should someone work with you over the competition?

Anyone who has ever went to a Doctor's office knows how frustrating it can be to find answers & solutions that deal with the issue and not just the symptom. Most of the time it seems like you're being rushed through your appointment so that they can get to the next 20 people waiting, leaving you wondering if the doctor actually heard and understood everything you said. And if they didn't really listen, can you put your full faith in their recommendations for treatment? Our natural health practitioners are going to listen to you and take the time to look at everything they can to find the underlying cause of your unwanted condition and symptoms. At Hydrate and Heal, we don't practice "band-aid" medicine nor do we attempt to "cover-up" your symptoms. We're going to get to the bottom of things and with our Bio-Identical Hormone therapy, IV Infusion therapy along with our Ozone therapies we are going to help you live the

best life Naturally! These powerful, yet gentle holistic treatment plans support your entire body and are designed to help you not only recover from the true underlying causes of your illness but to help you achieve unprecedented levels of health. We also have treatments that help you not only feel better but look better with our state of the art Cryoskin 4.0 we can help you lose unwanted pounds/inches with a pain free non surgical procedure. Come experience what it's like to be truly cared for!



What's your best piece of advice for readers who desire to find success in their life?

I would say try and get healthy, as a healthy body leads to a healthy mind. During my Health and Life coaching sessions I have uncovered that allot of our emotions are determined by the state of our health, once a healthy body and mind are achieved. I would say setting goals and habits are the two main variables in the success equation. While goals provide you with a sense of direction and help you focus, effective habits give you the mental discipline to reach your goals. If either variable is missing, the success equation simply just doesn't add up.

Speaking of success, what does the word mean to you?

Success to me is doing what you love and being authentic while you do it. We all require meaning in our life and I believe you are successful when you have found that purpose and commit your life to it." "The definition of success to me means doing something that makes you happy, and something that you enjoy with the people you love.

What's next for you?

A healthy, long, and successful career committed to helping people live their best lives naturally while getting to spend time with friends and family.

Finally, how can people connect with you if they want to learn more.

Visit us at www.HydrateAndHeal.com (<http://www.HydrateAndHeal.com>), or email us at Office@HydrateAndHeal.com we would love to answer any questions, you can also schedule a consultation by calling 727-335-3113.



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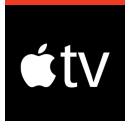
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2 dead, 3 wounded in shooting in western Pennsylvania

Ohio police chief forced out in wake of Andre Hill killing (<https://www.wfmj.com/story/43249762/ohio-police-chief-forced-out-in-wake-of-andre-hill-killing>)

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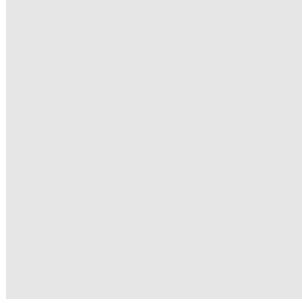
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