



Margit M. Winstrom, MD

The Good Old Fashioned Family Doc Clinic

"Modern medicine delivered the old fashioned way . . .with TLC"

THEY MAY BE EARLY BUT BOY THEY ARE SPECTACULAR!

One of the many perks of spring - the awe inspiring **Bluebonnets** of Texas. If you thought the impressionists' exhibit from the Met was incredible, this year's free art show by God in most any field or road side ditch is definitely not to be missed.

We family physicians do a lot of psychotherapy by default and recently the number of cases of depression, generalized anxiety disorder, stress syndrome and lives just plain out of control has been very distressing. "Never before in my life have I not had any idea where to turn or what to do." is no longer an uncommon confession.

An effective psychiatric referral for these lives of quiet desperation is one of my most challenging duties and frequently I am forced to simply stick my finger in the dike to buy some time.

I start with a plea to take some time for yourself, to STOP and smell the **Bluebonnets**. Do not view this time as a luxury, as selfish or something you will get around to, but an absolute necessity! Accept the reality that the best gift you can give others is the gift of a good preventative physical and mental health program for yourself.

You don't always have to turn to drugs or alcohol or comfort food for relief. A healthy dose of attitude adjustment may be as close as the nearest field of royal **Bluebonnets** spattered with **Indian Paint brushes** and delicate pink **Primroses** Go get in your car and play a little hooky. It will do you and those around you a world of good.

Don't forget that Dr. Bing can do wonders for alleviating stress and anxiety by putting his little needles in just the right places, a far better alternative to drugs.

Spring fully yours,

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