

## **Trailer**

### **Transcription**

Welcome to A Dose of the Healthy Truth podcast with Dr. Cecil Bennett. Learn more about this podcast and other episodes at [Cecilbennettmd.com](http://Cecilbennettmd.com) and here's Dr. Bennett.

Did you ever have the feeling something was wrong either mentally physically or spiritually?

Your body and your mind just seemed out of sync. You feel depressed from the time you wake up in the morning to the time you go to bed, you feel anxious and stressed you have pain or a headache that does not go away. You hate your body because you just cannot stop gaining weight. You have tried going to doctors, but he or she wasn't listening. You talked while they typed, most of the time not even looking at you. They give you some pills and tell you to come back in three months: You're unclear of your diagnosis, you are unclear about the medication or the side effects. You leave just as confused as you were when you went in. I'm Doctor Cecil Bennet I've been a family physician for over twenty years and have seen over twenty-five thousand patients. I have a broad understanding of the majority of patient issues and concerns. I have traveled to over twenty-five countries to advise governments and medical schools about clinical and medical education. These experiences have helped me to communicate with my patience of multiple nationalities to include Latino, European Baltic, African, West, Indian, Indian, Pakistani and Arab communities. I could speak of their culture and belief systems because in many cases I've been there. My average patient has been with me for ten to fifteen years. Why? Because I listen, I ask questions. I don't speak down to them, or over their heads. I don't think I'm smarter than them because they're my patients, I just chose a different profession. I want to share my experiences with you via my podcast. I want to connect with you to allow you to be healthier, more confident, and knowledgeable about your mind, body, and spirit. I will tell you the truth, not the spin about what is really going on in this country regarding what comes next. Join me for my weekly episodes of A Dose of the Healthy Truth podcast. Take the journey with me, you will be enlightened.

Thanks for joining us for A Dose of the Healthy Truth Podcast with Dr. Cecil Bennett. Learn more about this podcast and other episodes at [Cecilbennettmd.com](http://Cecilbennettmd.com).