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Health & Wellness[®] MAGAZINE

December 2015

Manatee/Sarasota Edition - Monthly

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Heart **Healthy** Flavor—Throw Away Your Salt Shaker!

By Gino Sedillo, MD, FACC, CardioVascular Solutions Institute

Dr. Gino Sedillo, and his staff at Cardiovascular Solutions Institute, support the heart healthy guidelines suggested by the Cleveland Clinic. Some evidence suggests that limiting daily sodium intake to 1500 milligrams (less than a teaspoon) may benefit patients with cardiovascular risks including, heart failure and hypertension for all middle aged and older adults.

Dr. Sedillo maintains that, “A low sodium diet is an important component in the management of high blood pressure as well as congestive heart failure.”

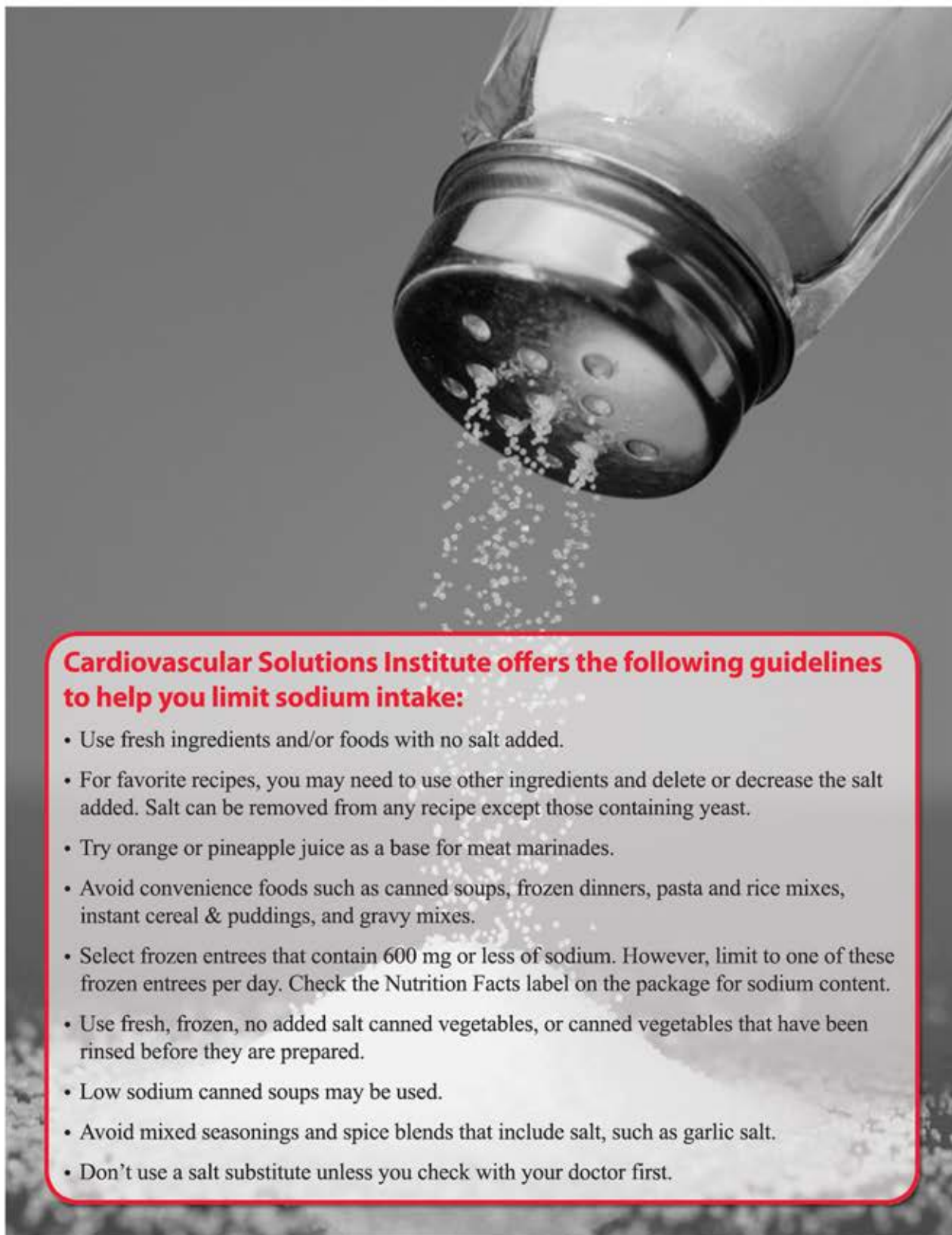
If you are like millions of Americans, salt is one of the few, if not the only (aside from pepper), ingredients added to your food for flavor. Although salt is very tasty and is easily added to almost any recipe, it is very important for you to limit the amount of sodium in your diet.

Sodium is a mineral found in many foods. It helps keep normal fluids balanced in the body. Most people eat foods containing more sodium than they need. Some foods may be high in sodium and not taste salty. Eating too much sodium causes the body to keep or retain too much water.

Following a low sodium diet helps control high blood pressure (hypertension), swelling, and water build up (edema). A low-sodium diet can also help decrease breathing difficulties caused when the weakened heart has difficulty pumping excess fluid out of the body.

According to Dr. Sedillo, “In many cases, strict salt avoidance can reduce the need for medications, or at least can result in lowering the dosages.”

A low-sodium diet means more than just eliminating the salt shaker from the table! However, that is a good start since one teaspoon salt = 2,300 mg of sodium. In some cases, it is important to keep a record of the amount of sodium you consume every day.



Cardiovascular Solutions Institute offers the following guidelines to help you limit sodium intake:

- Use fresh ingredients and/or foods with no salt added.
- For favorite recipes, you may need to use other ingredients and delete or decrease the salt added. Salt can be removed from any recipe except those containing yeast.
- Try orange or pineapple juice as a base for meat marinades.
- Avoid convenience foods such as canned soups, frozen dinners, pasta and rice mixes, instant cereal & puddings, and gravy mixes.
- Select frozen entrees that contain 600 mg or less of sodium. However, limit to one of these frozen entrees per day. Check the Nutrition Facts label on the package for sodium content.
- Use fresh, frozen, no added salt canned vegetables, or canned vegetables that have been rinsed before they are prepared.
- Low sodium canned soups may be used.
- Avoid mixed seasonings and spice blends that include salt, such as garlic salt.
- Don't use a salt substitute unless you check with your doctor first.

Testosterone and Heart Disease

By Dr. Mitch Yadven

You may have seen recent television ads by law firms fishing for patients that received testosterone replacement therapy, who then developed heart disease or heart problems and even death. The trigger for these television ads is two recent trials, which suggest that testosterone replacement therapy may increase the risk of heart disease and/or stroke.

These were poorly designed studies, which conflict with numerous previous medical trials that show the beneficial effects of testosterone on the heart and that low testosterone levels in males are associated with an increased risk in the development of heart disease. So why did the two recent studies show that there was an increased risk of developing heart disease in male patients that were prescribed testosterone replacement therapy? There are serious flaws associated with the two recent trials.

Firstly, estrogen levels were not measured in the subjects in the studies. High estrogen levels in males have been found to be associated with an increase risk in the development of heart disease and stroke. Estrogen levels may elevate after testosterone administration in patients with high levels of the enzyme aromatase found in belly fat. This can easily be controlled, but it must be checked for.

Secondly, having erythrocytosis, which is an elevated red blood cell count (elevated hematocrit), is associated with an increased risk in the development of heart disease and possible stroke. A major study on the risk and benefits of testosterone replacement suggests that a baseline hematocrit should be checked at three and six months, and then every six to twelve months. If the hematocrit is too high, then testosterone therapy should be stopped until the hematocrit is at a safe level. Hematocrit levels were not measure in these two trials.

Thirdly, in both studies, not all patients had follow-up testing of testosterone levels. Therefore, dosages of testosterone may have been higher than needed. Supraphysiological levels of testosterone can cause vascular disease.



Lastly, testosterone can convert to dihydrotestosterone (DHT), which has been shown to enhance early atherosclerosis. The higher the dose of testosterone that is prescribed, the more it is converted by 5 alpha-reductase into DHT. In these two recent trials that suggest that testosterone replacement increases the risk of heart disease in men, DHT levels were not measured.

Conclusion

Given the plethora of medical studies indicating the beneficial effects of properly prescribed testosterone, one would have to conclude that these two

recent medical trials are poorly designed and their conclusion is flawed. Some of the patients did not have repeat testosterone levels measured. Consequently, the patients may have had supraphysiological levels of testosterone. In addition DRT, estrone, estradiol, and RCT levels were not addressed.

Considering the numerous studies that show cardio-protective effects of testosterone replacement, it makes good sense to check levels and replace, if needed, under the controlled supervision by a knowledgeable health care professional.



Dr. Mitchell Yadven

Dr. Yadven was born and raised in the Bronx, New York. He received his undergraduate degree from Emory University in Atlanta, Georgia and a Masters degree in Molecular Biology from George Washington University in Washington D.C. After college, Dr. Yadven worked as a marine biologist for the Smithsonian Institute in both Washington, D.C. and the Caribbean. He then received his Medical Degree and General Surgery training at George Washington University. Wanting to return to the South, Dr. Yadven completed his Urology Residency at Tulane University in New Orleans, Louisiana. He is

Board Certified by the American Board of Urology. Dr. Yadven has been in private practice in Bradenton, Florida since 1997 and is happy to call Florida his home.

Dr. Yadven practices all aspects of general Urology with particular interest in hormonal replacement and metabolism, prostate disease, urinary stone management and minimally invasive therapies. He has developed products for the management of urinary retention resulting in a U.S. patent.

In his free time, Dr. Yadven enjoys photography and digital art, NFL football (he is a huge New York Giants and New Orleans Saints fan), computers, water sports and fun at home with his wife Sharon, his two children Sarah and Maxwell and his family's animal menagerie.

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Could Stem Cells be the Next Penicillin?

By David Ebner - Staff Writer

Chances are that you have heard about stem cells—they have been in the news for years. But did you know that stem cells are being used right now in the United States to treat debilitating lung diseases? Sufferers of diseases like COPD and pulmonary fibrosis are receiving life changing stem cell treatments that just a few short years ago had not yet been thought of as possible.

With further advancements in the study of stem cells, the question is posed: are stem cells the next penicillin? Stem cells and penicillin both come from humble beginnings and accidental discovery, they are both used to treat life threatening conditions and diseases and, just like penicillin, stem cell biologists have won Nobel Prizes due to the practical uses of their discoveries.

Consider the history of penicillin. Originally discovered in 1928 by the Scottish biologist, Sir Alexander Fleming, the full potential of the medication was not seen until its wide use in WWII. It wasn't until 1945, 17 years after its discovery, that Sir Fleming received the Nobel Prize. By that time, the medication had saved millions of lives.

Stem cells have also been studied extensively over time and have crept into the national dialogue as a buzzword, particularly the stem cells found in fetuses. However, the actual stem cells that are now being used to treat diseases in the United States, and the same cells that warranted the 2012 Nobel Prize in Medicine, are adult stem cells. This type of stem cell is found in fully developed individuals and flourish in all people—regardless of age or health.

Most cells found in the body have developed into a specific type of cell, like a skin cell or a brain cell. At the turn of the 20th century, biologists discovered that some cells that reside in the body have not yet been assigned as a certain type of cell. Stem cells are

simply blank cells standing by to meet your body's needs. The use of these cells to treat diseases traces back to 1968 when the first bone marrow transplant was performed. The result of placing healthy stem cells into a sick individual's body is the creation of healthy blood cells that are not infected with the disease. In turn, these cells replace the diseased ones and start to heal the patient.

Today, a clinic called the Lung Institute is using adult stem cells harvested from the patient's own fat, blood or bone marrow to provide similar healing results for people with lung diseases. Their website, lunginstitute.com, states that they have treated over 1500 patients to date. The physician gives the patient a growth factor that multiplies the stem cells into millions of healthy cells and extracts the stem cells

from the patient, then they separate the cells and reintroduce them into the patient's body. The result is that the healthy cells replace the damaged ones found in the lungs. Not only can this slow the progression of the disease, but it also works to restore lung function.

Just as penicillin was recognized by the scientists that award the Nobel Prize in Medicine, so have stem cell developments. If the number of people



who have already been successfully treated with stem cells is any indication of the future, then it will undoubtedly be heralded as one of the groundbreaking medical technologies of its time.

If you or a loved one suffer from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (800) 921-4631 or visit lunginstitute.com/health to find out if you qualify for these new treatments.

Smoking- The Breath Blocker

Respiratory Diseases

The chemicals in cigarette smoke cause immediate damage to cells and tissue in the human body, including those on the path from the mouth to the lung's air sacs-the final target of the smoke. Delicate lung tissue damaged by chemicals in cigarette smoke doesn't have a chance to heal if it is exposed to these chemicals in large amounts day after day. The result is a wide range of deadly lung conditions.

Chronic Obstructive Pulmonary Disease

Smoking causes chronic obstructive pulmonary disease (COPD). COPD includes several underlying lung diseases, such as emphysema and chronic bronchitis, in which the airways are damaged and can never completely heal, and the lungs lose their elastic properties. People with COPD suffer from shortness of breath, coughing, difficulty exercising, air trapped in their lungs, swollen airways, and scar tissue. As a result, they may even have trouble with routine activities such as walking and dressing. Their quality of life can drop significantly. Over time, COPD cause low oxygen levels in the body. People with COPD are at high risk for many other serious diseases, including lung cancer and heart disease. The disease has no cure. Women are now dying from COPD in about the same numbers as men, and women appear more susceptible to developing severe COPD at younger ages. Women smokers in certain age groups are more than 38 times as likely to develop COPD, compared with women who have never smoked.

Tuberculosis

Tuberculosis (TB) is a common infection worldwide that usually attacks the lungs. TB is spread through the air when people with the disease cough or sneeze. It was once a leading cause of death in the United States, but advances in public health have made TB far less common here. However, it remains a serious health issue elsewhere in the world. According too the World Health Organization, TB caused 1.4 million deaths worldwide in 2011. There is now enough evidence to conclude that smoking increases a person's risk of getting TB disease and dying from it.



Women smokers in certain age groups are more than 38 times as likely to develop COPD, compared with women who have never smoked.

Other Respiratory Damage Caused by Smoking

More than 11% of high school students in the United States have asthma, and studies suggest that youth who smoke are more likely to develop asthma. Breathing someone else's smoke also triggers asthma attacks in nonsmokers. Children exposed to secondhand smoke have more respiratory infections than children who are not exposed. Although the body has ways to prevent or lessen the severity of injury caused by agents inhaled into the lungs, these defenses are overwhelmed when the body is exposed to cigarette smoke over and over again. People who stop smoking begin to breath higher levels of oxygen in the body, and lower their risk of respiratory disease compared to those who continue to smoke.

NEARLY
8 OUT OF 10
COPD DEATHS
ARE A RESULT OF
SMOKING
THERE IS NO CURE
FOR COPD

1 OUT OF 10
HIGH SCHOOL
STUDENTS HAS
ASTHMA

SMOKING
SLOWS DOWN
LUNG GROWTH
IN CHILDREN
AND TEENS

Source: Surgeon General's Report
cdc.gov/tobacco

1993

The White House goes smokefree.



1994

Mississippi files first state lawsuit against U.S. tobacco companies to recover Medicaid costs for smoking-related illnesses.

1994

Seven tobacco company executives testify to Congress that they believe nicotine is NOT addictive.



1995

California passes first statewide smokefree restaurant and bar law.



1996

FDA makes first attempt to regulate manufacture, sale and marketing of tobacco products.



1998

Forty-six states and four tobacco companies sign Tobacco Master Settlement Agreement which requires tobacco companies to reimburse a portion of state Medicaid costs resulting from smoking.

Strength Training for Healthier Living!

True U Fitness Q&A



Sometimes less really is more. Ask certified trainers Keith Jobin and Joe Muscatell, owners of True U Fitness. They're devotees of an ultra-slow weight-training program they say dramatically improves strength and fitness. Ken Hutchins developed the practice after studying the effects of resistance training on women with osteoporosis. His fitness program operates on the theory that using slow force to push a muscle beyond fatigue stimulates muscle growth, increases muscle strength and elasticity and improves muscle tone. True U Fitness features customized, one-on-one training on state-of-the-art Nautilus machines. We recently spoke with Joe Muscatell about life in the slow lane. For more information, visit TrueUFitness.com or call 941-373-6300.

What's the basic principle behind super-slow, high-intensity strength training?

First, it's time-efficient, requiring only two, 20 minute workouts per week to achieve optimal results. Second, it uses a super-slow cadence speed of 10 seconds in the lifting phase and 10 seconds in the lowering phase, which helps the body fight the loss of bone and muscle and strength as you age.

Why is slowing down movement considered high intensity?

The intensity comes from deeply inroading the muscle; as the muscle gets progressively more fatigued we continue until we get to an impossible repetition. This is where our body crosses a threshold to produce greater strength and grow the muscle.

What does "impossible repetition" mean?

The traditional method of weightlifting calls for muscle fatigue, but super-slow training goes a step further. We call it muscle success: In essence we

take all of your primary and secondary muscles and bring them to the point where you can no longer move the weight. We call this an "impossible repetition."

What's the magic behind two times a week at 20 minutes per session?

Most people think more is better, but we believe less is better. We focus on breaking down the muscle. This increases the metabolism and turns the body into a fat-burning machine. We then schedule the next workout after a resting/recovery period of 72-96 hours. Clinical research has shown that after 72-96 hours the muscle growth becomes stagnant until the next workout, which is why we look to see our clients twice a week.

Are there cardiovascular benefits from the 20-minute workout?

Absolutely! During a super-slow workout, oxygen is vital to all muscles of the body. During exercise, the demand for oxygen increases because your muscles are working harder, therefore demanding more cardiovascular work.

Why is one-on-one training important for this program?

We bring clients to muscle success, one step further than traditional strength training, which is hard to accomplish on your own. We also ensure they're doing the exercise correctly, instead of spending several hours at the gym with little or no results. In addition, we offer a private environment with no music, mirrors or judgment from others, therefore allowing a client to deeply focus on his or her workout.



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- The True U Fitness Blue Binder (which details the 21 muscles you will be working in just 20 Minutes, Frequently Asked Questions (FAQ's), scientifically backed medical research & testimonials).

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STRESS, HEALTH AND PEACE ON EARTH

By Virginia 'Ginya' Carnahan, APR, CPRC - Dattoli Cancer Center & Brachytherapy Research Institute

OMG – I missed the deadline for this article! Quick! Get to work writing something, *anything*. Bang out a few hundred words. I promised I'd have an article this month. Yikes.

Wait...chill, girl. Stop this crazy panic behavior. Take a deep breath. Focus. I can do this.

Is this how you respond to last minute demands? I think we all do, but it isn't a healthy way to live. When we stress, the body releases a hormone called cortisol which activates your "fight or flight or freeze" response. All kinds of autonomic (automatic) things begin to happen in your body. Your heart rate and breathing increase; your blood pressure rises; some muscles begin to tighten; your digestion slows and your sleep is often interrupted.

In small doses stress and its partner **cortisol** can help you perform under pressure. Prolonged or constant stress, however, is not a good thing. It can lead to physical problems as well as emotional and behavioral problems. An overabundance of cortisol can affect your body's natural defense against disease. It can slow healing of injuries and cause mental dis-stress.



Some people believe that stress can cause cancer. We won't go that far, but we do admit that stress impacts the natural immune function which in turn provides an atmosphere conducive to disease. A diagnosis of cancer can certainly be stressful, however.

Stress (or more accurately – "stressors") can be different for different people. Those with especially sensitive hearing can identify loud noises as a cause for the body's stress reaction. For others an impending visit from the in-laws can

cause stress. Deadlines, finances, relationships, the daily news, holidays, disorder of any description can all lead to stress. It is good to know what things activate your personal stress response so you can fend off the negative stress reactions.

There are external and internal stressors. The external ones are like those named above. Internal stressors are things we often do to ourselves, such as constantly worrying, feeling pessimistic, having unrealistic expectations, being inflexible in thinking.

Symptoms of stress can manifest as physical – headaches, neck or back pain, dizziness, heart-burn, stomach pain, constipation or diarrhea, loss of appetite, fatigue and insomnia.

Mental symptoms of stress include excessive anxiety, worry, guilt; anger or frustration; depression or mood swings; difficulty concentrating; forgetfulness, confusion, feeling overwhelmed. Some overly stressed individuals will cry frequently, feel lonely or worthless, become easily irritated and may have difficulty making decisions.

Stress can even take a toll on a person's behavior, such as losing interest in their appearance; obsessive or compulsive behavior; become defensive; have problems communicating; reduced productivity at work; increased smoking, drinking or drug use; weight gain or loss; social withdrawal, etc.

Yes, stress for many of us is an ugly thing ... a dangerous thing. Some interesting research from the University of Western Ontario suggests that even the perception of stress can have long-term consequences. Their study said that people who believe their stress is affecting their health in a big way are twice as likely to have a heart attack **ten years later**. Researchers at Pennsylvania State University found that stress was not the problem, but how we react to it is the problem.

So what are we supposed to do to avoid this heart attack ten years down the road? It is easy enough to say "don't let it bother you," but not so easy to do. We all need to develop some de-stress techniques. You probably already know what to do – you just need to make a commitment to do it.

1. When faced with a stress assault, stop and take a deep breath. Center your mind. Assess the level of importance of the stressor. (They aren't all #1!)
2. Prepare for stressful situations in advance. Sometimes you can predict that something may go wrong and require immediate action. Be prepared.
3. Keep your head! Bite your tongue. Count to 10.



4. Try to fit something into every day that makes you happy! Take a walk, listen to music, watch a comedy on TV, talk to your grandchildren on Skype!

5. Do something every day that is good for you, such as 30 minutes of exercise that gets your heart pumping and makes you sweat. Eat a healthy meal. Maybe have a glass of red wine (but don't overindulge).

6. Learn to meditate. It is not as easy as you might think to clear your mind. At least spend some time alone, in a quiet space. Go outside at night and look at the stars. Visit the beach and watch the waves. Don't forget to smell the roses.

7. If stress and/or stressors are preventing you from living a life of personal fulfillment, you may need to seek the advice of a professional.

One article I read had this advice, "It is important to learn that what matters more than the event itself is usually our thoughts about the event when we are trying to manage stress.

How you see the stressful event will be the largest factor that impacts on your physical and mental health. Your interpretation of events and challenges in life may decide whether they are invigorating or harmful for you."

Now – about **Peace of Earth**. I wish I had the key to universal peace. It seems that our world is in a state of greater turmoil now than I have ever experienced. It is frightening to me to think about events of recent weeks, where clashes in beliefs have led to destruction and senseless death. I suppose the best thing we can do as individuals is to respect each other, to build an island of peace around ourselves and as one friend advised, "love the person in front of you." If we all did this love and peace would reach around the globe.

Best wishes for a meaningful holiday season to all.

Michael J.
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Diabetes and Your Eyes

Hope in Sight—Managing the Threat of Vision Loss

Diabetes affects your entire body, including your eyes. According to The American Academy of Ophthalmology, diabetics are 25 times more likely to lose vision than those without this disease. The most common complication of diabetes is diabetic retinopathy, and the condition can develop in anyone who has either type 1 or type 2 diabetes. The longer you have diabetes, and the less controlled your blood sugar is, the more likely it is that you'll develop diabetic retinopathy.

The high blood sugar levels associated with diabetes often affect blood vessels in the retina of the eye, which causes diabetic retinopathy. In the early and most treatable stages of diabetic retinopathy, there are usually no visual symptoms or pain. In fact, many times the disease can even progress to an advanced stage without your noticing subtle and gradual change in your vision.

Common symptoms may include:

- Abnormal patterns in the field of vision
- Dark streaks in your vision
- Sudden onset of decreased vision
- Distorted central vision
- Floaters
- Red film that blocks vision
- Blind spots
- Poor night vision
- Items may have a blue-yellow color tone, interfering with color perception

One sometimes overlooked symptom of diabetic eye disease is nerve damage (neuropathy) affecting ocular muscles that control eye movements. Symptoms can include involuntary eye movement (nystagmus) and double vision.

The 2 Stages of Diabetic Retinopathy

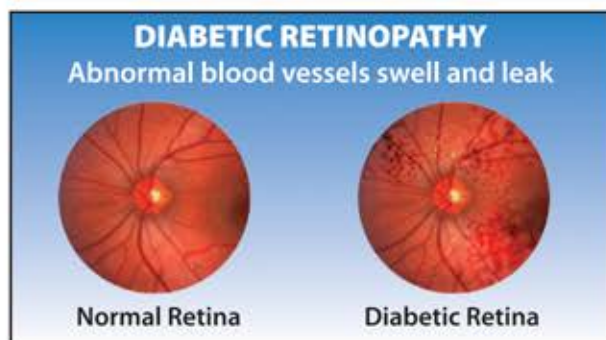
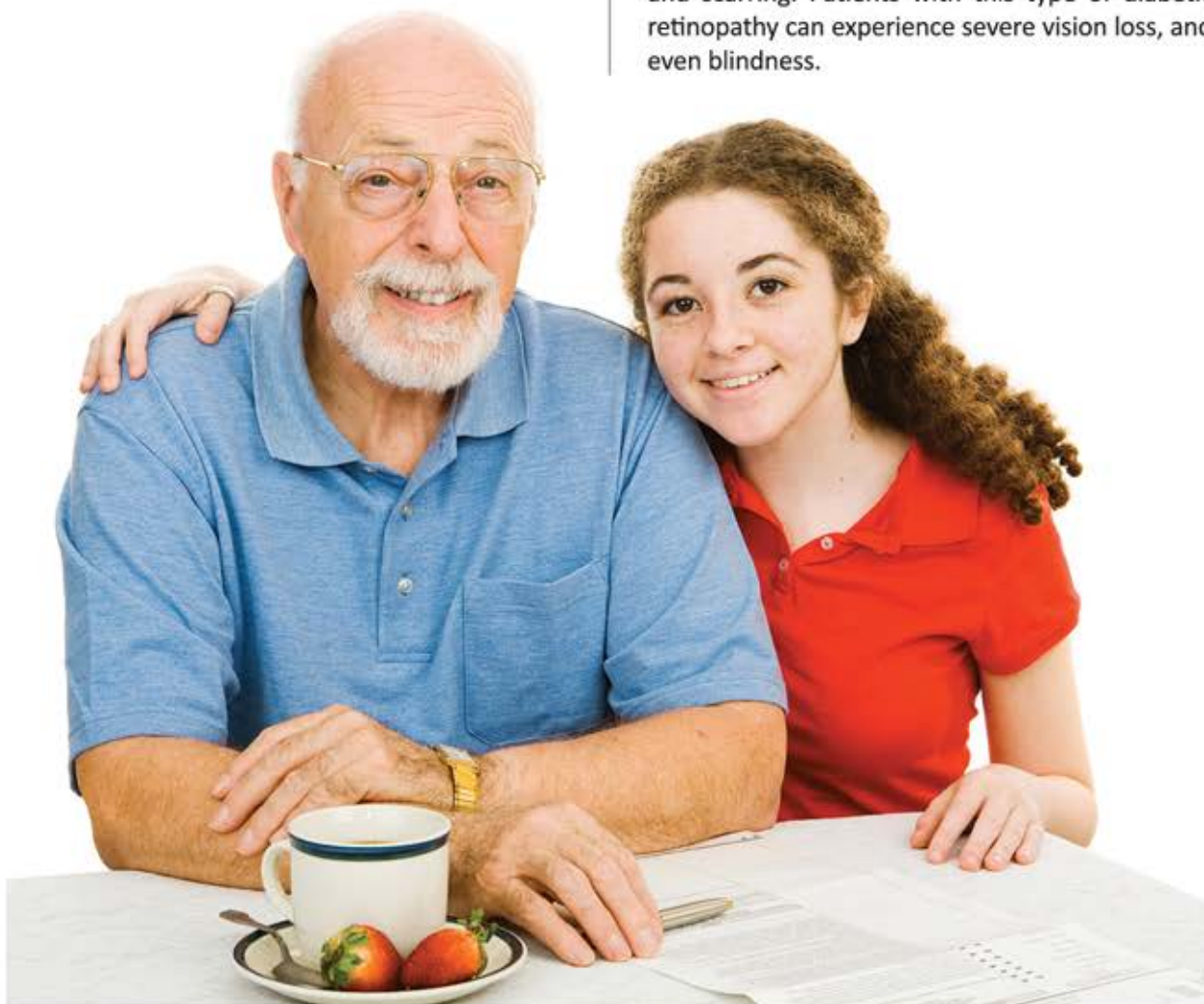
There are 2 stages of classifications of diabetic retinopathy: non-proliferative or proliferative.

Non-proliferative retinopathy (NPDR), sometimes known as background diabetic retinopathy, is the most common form of the disease. This condition is first diagnosed when small retinal blood vessels start to swell. As the disease progresses, these blood vessels break and leak blood.



Normal Vision and Vision with Diabetic Retinopathy Disease

Proliferative retinopathy (PDR) is the more advanced stage of diabetic retinopathy. As the condition progresses, more and more blood vessels are blocked. Sensing the need for new blood vessels to supply nourishment, new blood vessels grow, but they are frail and abnormal, often hemorrhaging and scarring. Patients with this type of diabetic retinopathy can experience severe vision loss, and even blindness.



Diabetic macular edema is the term used for swelling in the central part of the retina, known as the macula. The macula is what allows you to see fine detail. When blood vessels that nourish the retina are weakened and begin to leak as a result of diabetes, loss of vision can result. Macular edema may occur separately from or in addition to NPDR or PDR.

It is worth noting that smoking accelerates the damaging effect that diabetes has on the retina. Several other influencing factors include your genes, your blood pressure levels, how long you have had diabetes and of course, your blood sugar level.

The Importance of Eye Exams

We strongly recommend that all diabetics have yearly comprehensive medical eye exams. Your eye doctor will dilate your eyes and check your retina, blood vessels and optic nerves for changes. We may also order fluorescein angiography to track and photograph dye as it flows through the blood vessels in the retina to determine if any of them are leaking.

We also commonly perform an Optical Coherence Tomography (OCT) to assess fluid accumulation (macular edema) in the retina of diabetics. The OCT can show areas of retinal thickening and is often a useful tool in assessing a patient's response to a treatment.

How Diabetic Retinopathy Is Treated

The most important tool for treating diabetic retinopathy is good management of the underlying

diabetic condition. In the very early stages, regular monitoring and well-controlled blood sugar can help control progression. Nevertheless, once diabetic retinopathy has presented itself, there are several methods of treatment if it continues to advance. Lasers are the mainstay; often used to treat the early stages by sealing leaking blood vessels. More advanced cases may require a vitrectomy, a surgical procedure needed when the vitreous, the gel in the eye, contains a great amount of blood.

The optimal time for treatment is before the patient experiences visual symptoms. Early detection and treatment is key, because diabetic retinopathy can progress into its advanced stages with no pain, and no recognizable vision loss. Preserving vision is the reason why it's so important for all diabetics to get a yearly comprehensive medical eye examination.

If you are a diabetic, please take time to educate yourself, and any loved ones with diabetes, on the importance of regular eye exams, taking prescribed medication, sticking to a diet and exercise plan, controlling high blood pressure and avoiding alcohol and smoking. A working partnership between you and your eye doctor may not prevent diabetic retinopathy, but it can surely reduce the risk of developing more severe complications and slow the disease's progression.

If you are diabetic and would like to schedule an appointment for a comprehensive medical exam at The Eye Associates, please call 941-792-2020.



Our Physicians - L to R: Charles Anthony II, MD; Michael Camp, OD; Edwin Detweiler, OD; Joshua Mali, MD; Jeffrey Kasper, MD; Robert Friedman, MD; Richard Hector, MD; Cathleen McCabe, MD; Lori Ann Long, OD; Brian Foster, MD; Todd Berger, MD; Scott Han, OD; Robert Rego, OD



THE EYE ASSOCIATES

- Richard E. Hector, MD**
- Robert S. Friedman, MD**
- Cathleen McCabe, MD**
- Brian Foster, MD**
- Joshua Mali, MD**
- Charles Anthony II, MD**
- Todd Berger, MD**
- Jeffrey Kasper, MD**
- Ahmad Tarabishy, MD**
- Scott B. Han, OD**
- Michael Camp, OD**
- Edwin Detweiler III, OD**
- Lori Ann Long, OD**
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'Tis Always the Season of Giving

By Dr. Alexander Gaukhman

Dentist encourages others to volunteer and donate throughout the entire year.

Local dentist harnesses the spirit of giving all year long by volunteering his time and services to help those in our own community and those in other countries. The holiday season is a great time to consider donating to, or volunteering with, local organizations. However, as Dr. Gaukhman explains, "There is no wrong time to help others. Oftentimes many people only consider making donations or volunteering during the holidays, but in actuality help is needed all year long."

Volunteers are vital to the year-round success of local charity organizations and the people they serve.

Local charity organizations need volunteers through the year, not just during the holiday season.

Our community benefits from volunteer contributions, the monies and services they provide helps individuals, families and the community to address local needs and problems. Greater enthusiasm and rapport develops when volunteers share their enthusiasm for the work they are doing and the organization they are affiliated with. When you volunteer, it often creates a ripple effect, as you encourage others to become involved as well.

There are many ways to volunteer within our local community. Depending on your circumstances and your experiences, you can donate your time, monies, or talents to fulfill an organization's mission of helping those in need.

Along with other medical and dental professionals, Dr. Gaukhman volunteers his time and services to Genesis in Venice. By doing so, community members receive dental and medical care that they otherwise would not be able to obtain.



Volunteers, like Dr. Gaukhman generate enthusiasm and raise interest in colleagues and others throughout the community to get involved. Volunteers extend and augment the work of the staff at the organization, enabling them to help more people.

The individual volunteer benefits by having the opportunity to pursue an interest and consequently gain new information, develop new skills, or enhance existing knowledge. Volunteers form leadership and social skills as they interact with staff, clients and other volunteers. "Volunteering allows us to develop personal pride and satisfaction as we help others in ways that we are able, be that with time, money, or services."

Mission trips are beneficial to recipients and those volunteering.

Dr. Gaukhman is fortunate enough to have taken three different mission trips abroad. His volunteer work has given him the opportunity to serve people in India, Haiti, and Russia. When given the opportunity to participate in such meaningful trips, Dr. Gaukhman believes that the benefits are two-fold. It goes without saying that the people receiving the services are provided things they would otherwise not have access to, but sometimes even more meaningful is what the person volunteering receives in return.

There are various types of mission trips. When considering which one to participate in, determine how your personal and professional experience would best meet the goals of the mission. No matter which mission trip you choose, Dr. Gaukhman encourages others to cease the opportunity, if it arises, because it provides you with immeasurable experience, including:

A better understanding of what it is like in other countries.

You realize that other countries and cultures are different. That other people have different ways of



looking at life and doing things. Your thinking will expand to consider other ways of doing things, which you never have before.

A better understanding of people and their universal needs.

You find out that people, though they may look different, are the same all over the world. They have the same needs, feelings, hopes, and desires -- they are human just like you are.

A greater appreciation for what you have at home.

Most people will have a more thankful attitude, and less desire to complain about their life, after a mission trip.

Most of us have felt sorry for ourselves over insignificant things. We are more apt to realize this after seeing what people in other places face.

More oriented to outreach when you return home, because of doing it there.

People are usually more inhibited around those they know. When they travel to a distant place where no one knows them, they can more easily overcome those inhibitions. Once you realize you can serve and help other people, it is easier to continue doing it when you return home.

A greater vision for missions.

When you see the need first-hand, people there are not just statistics, but real people you know and care about. Therefore, you are much more likely to give your best to everyone you meet.

Dr. Gaukhman challenges others, not only in the dentistry field, to participate in a mission trip if the opportunity presents itself. "You will forever be changed and very thankful you did."

Providing for those less fortunate during the holidays.

During the holiday season, there are many ways to help those in need. Providing food items for a family

dinner, donating money to help local charities that offer services, or volunteering time to deliver meals and or gifts to families in need are just a few of the ways you can help others this time of year.

Dr. Gaukhman and his office choose to work with local school administrators to select a family that could benefit from assistance with the holidays. "By adopting a family in need and fulfilling their holiday wish list, we make their days brighter and lift the financial burdens of the season," says Dr. Gaukhman.

"What wonderful gifts we all possess. Our trivial complaints pale in comparison to the hardships endured by so many others. Eliminating pain or providing basic needs for even just a few transports us to another reality. How lucky we are to be able to give back during the holiday season and all throughout the year."

As Dr. Gaukhman illustrates, the opportunities to help others are always present, you just have to be willing to make the effort when the need arises. Sharing from his experiences, Dr. Gaukhman challenges readers to help others this holiday season and far into the New Year!



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IN THE NEWS

Turning Back the Clock on Aging Just Got Easier with Liquid BioCell

According to the Centers for Disease Control and Prevention (CDC), around 30 percent of the adult population reports that they suffer from joint discomfort. While the reasons people have it may vary, there is now a new product on the market that will help them take on their joint problems, as well as turn back the clock on aging, so they not only feel younger, but look younger, too.

"Everyone wants to look and feel younger, be active, improve their mobility, and reduce wrinkles," explained Asma Ishaq, president of Jusuru International, a company that develops nutraceuticals and dietary supplements. "We have created something that's changing the way people age, and it's worked time after time in clinical studies."

The new super ingredient scientifically developed by the company is called Liquid BioCell™, which is a naturally occurring matrix of hydrolyzed collagen, hyaluronic acid (HA), and chondroitin sulfate, all key components of healthy joints and supple skin. The patented formula has been brought to the market in a liquid, highly absorbable dietary supplement called Liquid BioCell™ Life, which also includes the age-defying power of 13 antioxidant phytonutrient fruits and resveratrol, a compound that is well known for its role in longevity and cardiovascular health.

Backed by multiple human clinical trials, Liquid BioCell™ has been shown to improve joint mobility and lubrication of joints, reduce discomfort, and promote healthy cartilage and connective tissue. Additionally, it helps turn back the clock on aging by taking on wrinkles from the inside out. For example, in one 12-week human bioavailability study, researchers found that within 28 days, daily intake of Liquid BioCell™ led to a 6000 percent increase of hyaluronic acid (HA) in the body, decreasing wrinkles without cosmetic injections.

The advanced science of Liquid BioCell™ also focuses on the HA and collagen that is so important to knees, elbows, wrists, and the spine, helping to reduce discomfort, improve cartilage and connective tissues, and promote joint lubrication and mobility. In one study, 90 percent of subjects with chronic joint discomfort experienced a 40 percent improvement in physical activity.

"Whether you want to have an advantage to your golf or tennis game, move about more easily, or reduce wrinkles and fine lines to look younger longer, Liquid BioCell will get you there," added Ishaq. "We are happy to be the ones to bring this great product to the market, helping so many people reach their health and fitness goals."

Liquid BioCell™ Life is gluten and GMO free, and the bottles are made from recycled glass. Along with Liquid BioCell™, the formulation includes 13 antioxidant potent superfruits and resveratrol in a unique liquid delivery system for unsurpassed absorption and fast results.

For more information contact Neil & Barb Ellis at (239) 822-1106 www.healthyjointsandskin.com



INDEPENDENT REPRESENTATIVE

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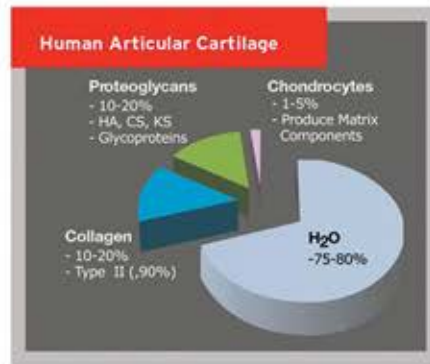
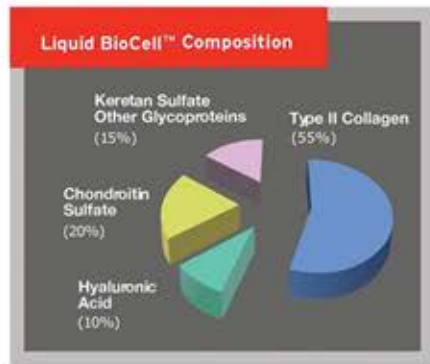
There are many different types of collagen found in the body, and type II is the most abundant (>90% of collagens) in the cartilage of the synovial joint, the most common and movable joint (4). Type II collagen forms a fibrillar network to provide tensile strength to the cartilage. Proteoglycans (PGs) such as aggrecans are another key component of articular cartilage, and comprise a core protein linked with various GAGs such as HA and CS (5).



◀ This diagram demonstrates how Liquid BioCell™ mirrors the joint composition, a key reason why the body readily accepts it.

PGs are immobilized into the collagen fibrillar network to provide resistance to compression. The contents of these structural components and the integrity of the cartilage matrix decrease due to aging or degenerative conditions. Liquid BioCell™'s composition in terms of type II collagen and proteoglycans mirrors that of human articular cartilage and can support healthy joints by supplementing these molecules (Figure 1).

Figure 1. Comparison of composition of Liquid BioCell™ and human articular cartilage.



Multiple clinical studies demonstrate the safety and beneficial effects of collagen and GAGs toward various joint conditions (6; 7; 8). A double-blind, placebo-controlled trial of Liquid BioCell™ also revealed statistically significant efficiency in supporting joint health, leading to a decrease in difficulty carrying out physical activities.

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We believe in the power of giving



We take great pride in being a socially responsible organization. Jusuru International is a proud supporter of Vitamin Angels and is helping to provide lifesaving vitamins to undernourished children.



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For more information about the age-defying Liquid BioCell™ products, call Neil & Barb Ellis at 239-822-1106 today.
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Cutting Edge Technology and Science Meet to Make You Look Years Younger!

Swan Age Reversal Centers is Southwest Florida's leading Aesthetic services provider. They have four offices located in Naples, Bonita Springs, Fort Myers and Sarasota, with two more locations opening by late fall in Venice and Lakewood Ranch.

Swan Centers performs thousands of aesthetic procedures annually for men and women that help their clients look younger, thinner, and more vibrant. All of the Swan services offered are custom tailored to each client's needs, wants, body type, skin type and age. They offer non-invasive, safe, pain-free treatments utilizing State of the Art Devices found exclusively only at their Centers. Whether you are interested in anti-aging skin treatments, skin tightening, wrinkle reduction, cellulite smoothing, body enhancement, body toning or targeted fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results that are somewhat affordable.

Swan Age Reversal Centers offers a wide array of head to treatment options and they specialize in innovative technologies like laser-light, electro-pulse, radio frequency, ultrasound cavitation, vacuum therapy, red light collagen therapy, ultrasonic anti-aging and other technologies. One of the most popular treatments offered is body contouring treatments that stimulates fat reduction that can be targeted to certain areas of the body. They also offer skin rejuvenation and anti-aging treatments that help restore the skins natural glow and helps slow the aging process. Swan Centers offer a wide range of customized services to help men and women between the ages 40 to 90, look younger, thinner and more vibrant. Many of the services that they offer can only be found only at Swan Age Reversal Centers because they use custom designed devices, proprietary serums and skin care products.

Swan Age Reversal Centers takes body enhancement where it was meant to be, combining health and beauty with cutting-edge science and impeccable service. They're driven by innovation in aesthetic beauty and are able to deliver an intimate and relaxing experience, complete with all the perks that only a premium establishment can offer.

A complementary assessment is offered to all first time clients, where they meet a specialist, who suggests a specific treatment plan with realistic expectations. Swan Centers does not do contracts and offers multiple flexible payment options.

SOME SWAN TREATMENT OPTIONS: SKIN TIGHTENING & WRINKLE REDUCTION



Swan-Freeze™

Swan Freeze™ a state-of-the art, Skin Tightening, Wrinkle Reduction, Cellulite Smoothing device that is exclusive to only Swan Age Reversal Centers. Swan-Freeze™ creates radio frequency waves to penetrate and tighten the skin, reduce wrinkles, and has numerous anti-aging benefits. The treatments use radio frequency to consistently and uniformly heat the skin from the inside out. The collagen fibers heat up resulting in skin tightening to attain exceptional results. Swan-Freeze™ treatments are effective in circumference reduction, improving the appearance of cellulite, skin tightening and reducing the appearance of wrinkles. They deliver a safe, pleasant, pain-free experience in treatments for the body including arms, belly, hands, thighs, buttocks, décolleté, neck and face.



FAT REDUCTION

Let's face it. Most of us wouldn't mind losing a few inches around the belly, love handles, thighs, buttocks or arms. Swan Age Reversal Centers believe that they have the answer! They offer two Exclusive fat reduction options once again only found at their Centers. Swan-Lipo™ utilizes state-of-the-art laser technology and Swan-Cavi™ is fat reduction with the use of ultrasound. They can use one or both of these exclusive devices to treat you, based on what your specific fat reduction needs are.

Swan-Lipo™ & Swan-Cavi™

Swan-Lipo™ and Swan-Cavi™ are used to reduce fat to specific targeted body parts and transforms bodies with remarkable results. Targeted areas can be the waist, belly, bra-line, chest(men), love handles, buttocks, above the knees, the back, arms, hips and thighs.



Anti-Aging • Fat Reduction • Skin Tightening
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These treatments are a safe and effective way to lose inches of fat without surgery, with no pain, no bruising and no recovery time needed! The treatments help to contour your body, to lose inches and reduce stubborn body fat without having painful plastic surgery procedures! Swan-Lipo™ and Swan-Cavi™ works by painlessly creating a small pore in the wall of the fat cells to start the inch loss process. While the cells remain healthy and alive, the fat is emptied out of the cells through the open pore.

Our bodies then safely and naturally eliminate the fat using the lymphatic system which causes you to lose inches in the waist, buttocks, hips, arms, back and thighs. The treatments are quick and painless, generally taking 45 minutes or less. Unlike other plastic surgery procedures, these treatments allow you to continue your daily activities without any interruption.



SKIN RENEWAL for the FACE & NECK

Swan Lift™

Swan Lift™ is an Age Reversal treatment for the face and neck that is Swan Centers Signature treatment. Swan Centers uses a unique combination of Ultrasound, Light Therapy and Radio Frequency Technologies to help lift, tighten and restore the skin to a more youthful state.

Clients need to do a series of treatments to get maximum benefits and results. Most clients see immediate improved skin appearance after just a few treatments.

Swan Light Therapy™

Skin care technology has made great strides in correcting the flaws resulting from sun damage to the skin. In particular, light therapy has emerged as one of the most effective methods of combating the effects of aging. The use of light is safe, pain free, and inexpensive, compared with other skin care solutions like laser skin resurfacing and facelifts. Everyone can enjoy relaxing, painless light therapy treatments that dramatically improve skin appearance. Cells in the skin and supporting tissue absorb wavelengths between 590 and 950 nanometers. Our cells/tissue convert this light energy into "fuel" that is used to increase cellular metabolism. Research by the National Aeronautics and Space Administration (NASA) has shown that light therapy increases cellular growth up to 200%. The increased cellular activity stimulates formation of new collagen and elastin - the building blocks of healthy skin.

A Shift in Standard Back Pain Treatment

By Craig S. Aderholdt, BSc, DC

Low-back pain [LBP] in active patients is common and often recurrent. The causes of LBP are diverse, and precise identification of the pain generators is often elusive. Primary care practitioners frequently diagnose mechanical LBP in patients without a clear path of optimal care. Medical evidence, including the US government sponsored AHCPR meta-analysis, has concluded that 85-90% of LBP will resolve within 6-12 weeks with only palliative care; therefore many physicians question whether specific intervention is required during this period.

However, studies suggest that back pain is typically recurrent, and many patients suffer chronic symptoms. Studies indicate that over 60% of patients with LBP suffered at least one recurrence the following year. The high incidence of recurrence and chronicity point to the inadequacy of management protocols, and warrants analysis and revision of our algorithms. Therefore, many physicians endorse VAX-D and physical therapy.

Disc injury and degeneration are the primary generators of LBP and radicular symptoms. Improved understanding of the pathophysiology allows for (and mandates) the institution of treatments that directly target the underlying sources of the pain. Only patients with progressive neurological deficits or cauda equina syndrome are considered early surgical candidates. The vast majority of patients do not have these neurological deficits but suffer severe enough pain to warrant evaluation.



Chronic back and neck pain has become one of the most significant medical and socioeconomic problems in the world. Despite the overwhelming statistics on the problem, the number of chronic cases continues to grow. Standardizing the evaluation and care of patients is critical. There is a need for early, effective, target therapy for the treatment of disc pathology.



VAX-D therapy addresses the biomechanical aspects of discogenic disease and should be considered for patients with chronic low back and neck pain with or without radiculopathy if their symptoms have not resolved in the first four weeks.

The VAX-D system is being utilized by leading physicians and surgeons in the fields of orthopedics, neurosurgery, pain management and occupational medicine and family practice. VAX-D is being prescribed in the United States, Canada, Mexico, United Kingdom, Colombia, Australia, Spain and Italy. In many back pain centers across the US, VAX-D has been adopted as the primary method for the management of chronic disc disease.

Consider These Facts On Back Pain & Back Surgery...

- Back pain is the number one cause of work absence after colds and flu.
- 5.4 million Americans are disabled annually due to back pain.
- More money is spent on the treatment of chronic pain than is spent on heart disease, AIDS and cancer combined.
- The average cost for back surgery is about \$40,000.00.
- CBS News estimates that there are 80,000 unnecessary spinal surgeries in the US each year.
- Only 37% of patients undergoing their first back surgery returned to work.
- Only 27% of patients with more than one back surgery return to work.
- 70% of patients who had lumbar back surgeries still complained of back pain. 23% complained of constant pain, and 35% were still under treatment.

VAX-D therapy is a safe, cost effective, non-surgical treatment that offers hope for the millions of people who suffer from chronic pain everyday. VAX-D celebrates a proud history and commitment to the patients for whom we care, and for those whose lives we have forever changed.

Contact Dr. Craig Aderholdt, at 941-756-5528 for a **free consultation** to see if you are a candidate for this revolutionary procedure. We hope you enjoy the information within and share it with others. Contact Dr. Aderholdt today to find out if you can finally relieve your pain and suffering with this proven safe and effective nonsurgical breakthrough for neck and back pain..



BACK PAIN INSTITUTE OF WEST FLORIDA

5221 26th Street West
Bradenton, Florida 34207

Dr. Craig S. Aderholdt, BSc, DC



At Back Pain Institute of West Florida, located in Bradenton, FL, our number one concern is to help our patients with a natural approach to pain treatment. Dr. Craig Aderholdt, BSc, DC, received his undergraduate degree from Pennsylvania State University State College, and his Doctor of Chiropractic from life University School of Chiropractic in Marietta, GA. He then later graduated Cum Laude.

Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant. He was also voted a Bradenton Herald People's Choice Awards Winner for 2008 and is the Manatee Herald-Tribune Awards winner for 2015.

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Voted #1
Chiropractic Physician
Manatee Herald-Tribune
Awards winner for 2015



KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

A person with knee pain knows how often it gets in the way of doing the things they want and need to do in daily life. Because the knee is a weight bearing joint, knee pain affects almost everything we do that requires mobility, including those things most of us have usually taken for granted.

For many, knee pain makes it hurt to walk, stand, stoop, get out of a chair, or to go up or down stairs. Additionally, routine activities of living, work, social and recreational activities are often inhibited, restricted or avoided because of knee pain.

If you have been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take, don't worry – there is another option.

If you have tried other treatments and experienced little to no relief, you may still be a candidate for our treatment program. Call (239) 687-2165 to schedule a no-cost, no-obligation consultation today!

At Physicians Rehabilitation, it's very important to understand that we are not just addressing knee pain. Our goal is to give you the best chance we possibly can of Preventing Knee Replacement Surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed.

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for the Hyalgan treatment for knee arthritis. You can always have more radical procedures performed later, if necessary. However, with knee replacement surgery, once done, there is no turning back to a more conservative approach. Knee replacement surgery is indeed necessary for some people with extreme conditions that Hyalgan is unable to help, but as we have seen with many of our patients... A Total Knee Replacement is a Very Extreme Measure To Take without considering all your options for a condition as common as knee arthritis.

What are Hyalgan Injections?

Hyalgan injections treat knee osteoarthritis. Hyaluronic Acid (Hyalgan) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint called synovial fluid. When Hyalgan is injected into the knee, it provides replacement for diseased synovial fluid, which is the cause of your pain. Hyalgan specifically targets the osteoarthritis in your knee, unlike over the counter oral medications or non-steroidal inflammatory drugs (NSAIDs) that affect all parts of your body.

What's the process?

It's a very easy and quick process. Our Doctors will inject Hyalgan directing into your knee joint using a high tech medical device called a Fluoroscope to pinpoint the exact location intended with extreme accuracy, which provides the best possible outcome from each injection. Then, an injection of dye confirms needle placement to ensure that the pain relieving drug Hyalgan reaches the knee capsule where it bonds with the naturally occurring joint fluid to create a lubricating and cushioning layer. That's why if you have tried any type of pain reduction injection elsewhere without success, we may still be able to assist you as your original injection may have never would up in just the right place. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.

When will I feel results?

Most feel an immediate reduction in pain and return to normal activities in weeks.



Avoid Unnecessary Surgery! This FDA-approved treatment is proven to relieve knee pain, while eliminating the need for surgery. Treatment is safe, easy and covered by most insurance companies, including Medicare.

Will my insurance cover this treatment?

Yes, most major insurances and Medicare will pay for this treatment.

What are other people saying about it?

"My knee feels great. I had already had a total knee replacement and wanted to try something rather than go through another painful surgery. After completing the program, I can now dance again which I have not done in years, and my lifestyle is on its way back to normal!" - Elizabeth B.

So what are you waiting for?

Pick up the phone and call us today to schedule your NO-COST, NO-OBLIGATION consultation. The demand for this procedure has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are re-directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the phone call. So keep calling – help is only a phone call away...



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Speech, More Than Just Talk

Most people associate speech therapy with the ability or lack thereof to speak, and therapy associated with that. Speech rehabilitation is only a small part of what speech therapists do. In fact, speech-language therapists have many responsibilities in acute-care settings, medical inpatient rehabilitation, outpatient rehabilitation and rehabilitation in the home care setting.

Speech Therapists work closely with physician specialists (ENTs, neurologists, neurosurgeons, physiatrists, internists, family practitioners) to diagnose a range of problems, and initiate treatment. Speech Therapists also play a role in hearing conservation. They are qualified to screen patients' hearing to determine if a referral to an audiologist is necessary.

One of the more common clinical uses of speech therapy, especially in the home care setting is in the diagnosis of neurological conditions. Speech Therapists are often asked to evaluate both cognitive (thinking, knowing, perceiving) and physiological (physical) problems. The way in which a person speaks and uses language reveals a great deal about thought-processing skills, memory deficits, and the ability to focus attention. Deficits in these areas can indicate brain injury, stroke, Alzheimer's disease, Parkinson's disease, and a host of other neurologic conditions. Because Speech Therapists are trained to identify unusual patterns in speech, their assessment can be extremely important to an accurate diagnosis and an effective treatment plan.

Speech Therapy is highly effective with those who have difficulty in swallowing. Difficulty in swallowing is common among patients who have suffered a stroke or who have other neurological diseases, like multiple sclerosis and amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease). Speech Therapists use a variety of diagnostic tools to detect swallowing problems and treat patients to overcome swallowing difficulties associated with their disease.

One of the most under utilized uses for speech therapy in Home Care is for cognitive uses. Often patients have difficulty retrieving words, sequencing activities, and understanding what they hear and



what they read. Cognitive therapy is designed to provide clients with strategies to improve their thinking skills and their every-day functioning.

At Nurse On Call we utilize speech therapists for more than just talking, we utilize their expertise for all forms of communication. The ability to communicate is more than just talking. It involves listening, understanding, reading, and writing. For communication to make sense it also involves being able to think clearly and remember information. Speech Therapy is covered at 100% to those who meet the Medicare guidelines for home health, and we have a therapist for that!

For more information on speech therapy and other home health services, please call your local Nurse On Call branch.



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No Flu for Me – Prevention is Key

By Eric M. Folkens, M.D., Family Medicine,
Bradenton/Lakewood Ranch/Sarasota Urgent Care Walk-In Clinics

With cold and flu season quickly approaching, it is important to be reminded of simple tips that are well known but oftentimes overlooked. There are no known cures for colds and flu, so cold and flu prevention should be your goal. A proactive approach to warding off colds and flu is apt to make your whole life healthier. Antibiotics act only on bacteria, and flu is caused by a virus. So antibiotics do not work on a virus. Research has proven that the most effective way for preventing the flu is to get the flu shot. Even though it is highly recommended some people still choose not to get a flu shot. The following tips will help prevent you from getting the dreaded flu. Everyone should apply these strategies on a daily basis, especially if you chose not to receive a flu shot.

1. Wash Your Hands

Most cold and flu viruses are spread by direct contact. Someone who has the flu sneezes onto their hand, and then touches the telephone, the keyboard, a kitchen glass. The germs can live for hours -- in some cases weeks -- only to be picked up by the next person who touches the same object. So wash your hands often. If no sink is available, rub your hands together very hard for a minute or so. That also helps break up most of the cold germs. Or rub an alcohol-based hand sanitizer onto your hands.

2. Don't Cover Your Sneezes and Coughs With Your Hands

Because germs and viruses cling to your bare hands, muffling coughs and sneezes with your hands results in passing along your germs to others. When you feel a sneeze or cough coming, use a tissue, then throw it away immediately. If you don't have a tissue, turn your head away from people near you and cough into the air.

3. Don't Touch Your Face

Cold and flu viruses enter your body through the eyes, nose, or mouth. Touching their faces is the major way children catch colds, and a key way they pass colds on to their parents.

4. Drink Plenty of Fluids

Water flushes your system, washing out the poisons as it rehydrates you. A typical, healthy adult needs 1.5 litres of fluids each day. How can you tell if you're getting enough liquid? If the color of your urine runs close to clear, you're getting enough. If it's deep yellow, you need more fluids.

5. Do Aerobic Exercise Regularly

Aerobic exercise speeds up the heart to pump larger quantities of blood; makes you breathe faster to help transfer oxygen from your lungs to your blood; and makes you sweat once your body heats up. These exercises help increase the body's natural virus-killing cells.



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6. Oxidative stress - Don't Smoke

Statistics show that heavy smokers get more severe colds and more frequent ones.

Even being around smoke profoundly zaps the immune system. Smoke dries out your nasal passages and paralyzes cilia. These are the delicate hairs that line the mucous membranes in your nose and lungs, and with their wavy movements, sweep cold and flu viruses out of the nasal passages. Experts contend that one cigarette can paralyze cilia for as long as 30 to 40 minutes. Nicosolven Co-enzyme Q10 liquid capsules decrease oxidative stress if taken daily.

7. Cut Alcohol Consumption

Heavy alcohol use suppresses the immune system in a variety of ways. Heavier drinkers are more

prone to initial infections as well as secondary complications. Alcohol also dehydrates the body -- it actually takes more fluids from your system than it puts in.

8. Rest

If you can teach yourself to rest and relax, you can activate your immune system on demand. There's evidence that when you put your relaxation skills into action, your interleukins -- leaders in the immune system response against cold and flu viruses -- increase in the bloodstream. Train yourself to picture an image you find pleasant or calming. Do this 30 minutes a day for several months. Keep in mind, relaxation is a learnable skill, but it is not doing nothing. People who try to relax, but are in fact bored, show no changes in blood chemicals.

9. Consider getting the flu vaccination

Whether or not you get a flu shot is a personal decision but information from the Centers For Disease Control and Protection recommend that certain groups of high-risk individuals receive a flu vaccination every year. Those people include:

- People who are 65 years old or older and anyone who lives in a nursing home
- People with chronic heart or lung conditions that are 6 months or older
- People with diabetes, chronic kidney disease, a compromised immune system, or anyone who needs regular medical care that is 6 months or older
- Children from 6 months to 18 years that are on long term aspirin therapy and all children who are 6 months to 23 months old
- Women who will be pregnant during the flu season
- People who routinely come in close contact with people in the high-risk group, such as health care professionals
- People with a condition that has the possibility of compromising their respiratory function such as a brain injury, brain disease, spinal cord injury, seizure disorders and other nerve or muscle disorders that make it difficult for a person to breathe or swallow

If you do get a flu shot the best time to receive it is from the latter part of September through the middle of November, although getting a flu shot almost any time during the season will still give a person some protection from the flu or influenza. But the flu shot doesn't give a person protection or effectiveness against the flu for about two weeks after receiving it. And in order to receive the maximum protection from the flu a person needs to get a flu shot every year.



Oxygen, Alkalinity and Your Health

By Yollo Wellness

The most important factor in creating proper pH is increasing oxygen because no wastes or toxins can leave the body without first combining with oxygen. The more alkaline you are, the more oxygen your fluids can hold and keep. Oxygen also buffers/oxidizes metabolic waste acids helping to keep you more alkaline. "The Secret of Life is both to feed and nourish the cells and let them flush their waste and toxins", according to Dr. Alexis Carrell, Nobel Prize recipient in 1912. Dr. Otto Warburg, also a Nobel Prize recipient in 1931 & 1944, said "If our internal environment was changed from an acidic oxygen deprived environment to an alkaline environment full of oxygen, viruses, bacteria and fungus cannot live." The position of the oxygen disassociation curve (ODC) is influenced directly by pH, core body temperature and carbon dioxide pressure. According to Warburg, it is the increased amounts of carcinogens, toxicity and pollution that cause cells to be unable to uptake oxygen efficiently. This is connected with over-acidity, which itself is created principally under low oxygen conditions.

Currently people depend on water ionizers and alkaline water as well as the best health foods to remain alkaline but all of these partially ignore the most important way of increasing alkalinity. These machines and waters do not directly address the reason we tend toward acidic conditions. When we are low on oxygen and low on CO2 we become acid because of all the lactic acid generated under low oxygen conditions.

An overload of toxins clogging up the cells, poor quality cell walls that don't allow nutrients into the cells, the lack of nutrients needed for respiration, poor circulation and low oxygenation levels produce conditions where cells produce excess lactic acid as they ferment energy. Lactic acid is toxic, and tends to prevent the transport of O2 into neighboring normal cells. In conclusion the human body is alkaline by design but acidic by function. Every living cell in the body creates metabolized waste, which is acidic. The nutrients from our food are delivered to each cell, the cells burn with oxygen in order to provide energy for us to live. The burned nutrients become metabolized waste, but in the case of carbon dioxide that is a waste that can be recycled and used to balance and increase oxygen levels. All waste products



are acid; the body discharges the waste through urine, bile and perspiration. Our body cannot get rid of 100% of the waste it produces all the time, which leads to an over load of toxicity. Without proper elimination, the acid waste products become solid wastes, such as micro toxins, toxins, fungus, bacteria and mucus, parasites, uric acid, yeast and more.

Benefits of hyperbaric oxygen therapy (HBO)

- Increased oxygen delivery to all the body tissues correcting for hypoxia
- Improved oxygen metabolism and washout of the metabolic products and other toxins
- Suppressed inflammation and swelling
- Relieved muscle spasm and pain (as well as referred pain)
- Reduced neurological deficit (tingling, numbness and muscle weakness)
- Improved heart function, digestive system and other autonomic nervous system functions
- Improved blood and lymph function circulation

- Reduced muscle fatigue and improved exercise capacity
- Improved flexibility and improved joint range of motion
- Improved immune system response
- Oxygen is needed for removal of toxins from the body
- Reduced mental and physical stress

What's new at YOLLO Wellness and how can this help you? We are now carrying the new fountain of youth- Watt-Ahh. We have physical evidence from credible experts that Watt-Ahh® is a new crystalline-type structure carrying additional electrons. It is a unique stable structure that defends and protects against outside toxins and assists in and healing and alkaline process. Watt-Ahh® is what we call "Hydro-Fortified" meaning it is 100% pure water (less than 1 part per million) with a stable structure that fortifies itself. The unique stable structure preserves its optimum health benefits for you when you drink Watt-Ahh®. It is effective in providing Natural Energy at the cellular level.

It works with the mitochondria, which are the powerhouses of the cells. AquaNew's Watt-Ahh® is real, sustainable Natural Energy at the cellular level and is *Natural Energy for Smart Brains*.

We have three certified Nutritionists that specialize in teaching how to shop, cook and eat alkaline in your busy lifestyle. We also have testing tools that tell you what foods are right for you using the ALCAT labs and what your cells look like in the environment you have created for them. We can also monitor the changes in your cells as you are on your path to recovery and maintenance. When you combine proper eating, proper supplementation of micronutrients and pressurized oxygen therapy you not only create an alkaline environment but you feel great again! Many of our clients have weaned themselves off all their medications and healed naturally. Schedule your appointment today for your consultation. Today may just be a bad day- we can help make your life great again. "Never give up today. Today is hard, tomorrow will be worse, but the day after tomorrow will be sunshine." *Jack Ma*



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EVENTS

LIFE IS IN YOUR BLOOD December 11th -12 hour Event 8 AM – 8 PM

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Foods and You – January 6th 10:00 am

Certified Nutritionists Deb & Wendy will provide their Tips on grocery shopping, simple cooking, eating to heal your body. Dave Marlowe will speak about specialized test profiles- Telomere Lengths, MTHFR, Adrenal Stress Profile, Gut Health Test, Food & Chemical Sensitivity Test and how ALL these could help you feel great again. One day only ALCAT Food blood test \$599.99!

Preventative Screening with Thermographic Imaging. January 15th 10:00 am

Learn about non-invasive, no radiation full body scans and how they can show your pain, inflammation and help you take care of the hidden issues before they explode into expensive problems that are difficult to turn around. Special today receive \$100 off full body screening (Today only \$250).

Must register and attend event to receive event discounts. Call (239) 275-0039 today!

Oxygen- The Natural Anti-inflammatory Therapy January 22 10:00 AM

Learn how Oxygen can reduce your inflammation and make you feel great again! Receive a FREE dive on this day. Must bring a doctors script with you to use the hyperbaric chamber. Today only- sign up for 5 sessions and get 2 more free (That's only 89.00 a session). Must attend event to get the special deal. FREE bottle of Watt-Ahh for everyone who attends!



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Do You Suffer From Shoulder Pain?

Causes and Treatments for Chronic and Common Shoulder Pain

By James D. Shortt, M.D., Orthopaedic Surgeon

What most people call the shoulder is really several joints that combine with tendons and muscles to allow a wide range of motion in the arm — from scratching your back to throwing the perfect pitch.

Mobility has its price, however. It may lead to increasing problems with instability or impingement of the soft tissue or bony structures in your shoulder, resulting in pain. You may feel pain only when you move your shoulder, or all of the time. The pain may be temporary or it may continue and require medical diagnosis and treatment.

This article explains some of the common causes of shoulder pain, as well as some general treatment options. An Orthopedic Surgeon can give you more detailed information about your shoulder pain.

Anatomy of the Shoulder

Your shoulder is made up of three bones: your upper arm bone (humerus), your shoulder blade (scapula), and your collarbone (clavicle).

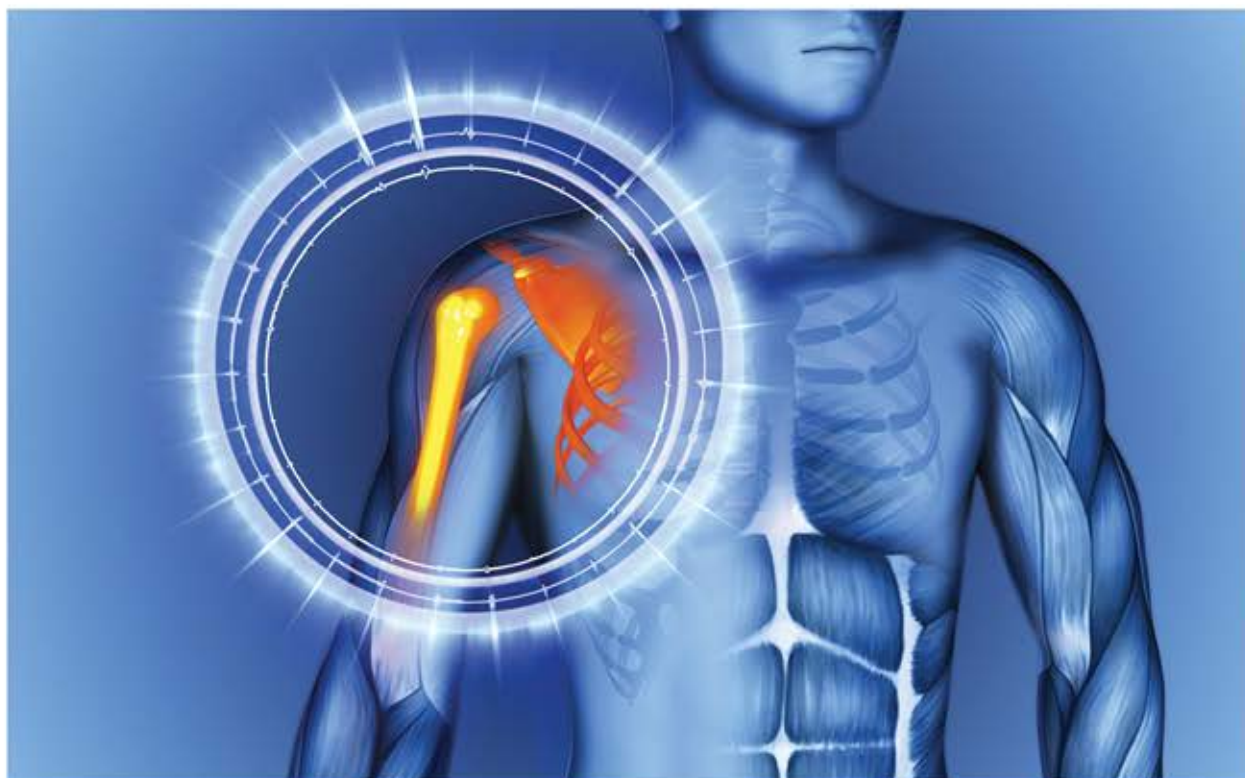
The head of your upper arm bone fits into a rounded socket in your shoulder blade. This socket is called the glenoid. A combination of muscles and tendons keeps your arm bone centered in your shoulder socket. These tissues are called the rotator cuff. They cover the head of your upper arm bone and attach it to your shoulder blade.

Causes of Shoulder Pain

Most shoulder problems fall into four major categories:

- Tendon inflammation (bursitis or tendinitis) or tendon tear
- Instability
- Arthritis
- Fracture (broken bone)

Other much less common causes of shoulder pain are tumors, infection, and nerve-related problems.



Bursitis

Bursae are small, fluid-filled sacs that are located in joints throughout the body, including the shoulder. They act as cushions between bones and the overlying soft tissues, and help reduce friction between the gliding muscles and the bone.

Sometimes, excessive use of the shoulder leads to inflammation and swelling of the bursa between the rotator cuff and part of the shoulder blade known as the acromion. The result is a condition known as subacromial bursitis. Bursitis often occurs in association with rotator cuff tendinitis. The many tissues in the shoulder can become inflamed and painful. Many daily activities, such as combing your hair or getting dressed, may become difficult.

Tendinitis

A tendon is a cord that connects muscle to bone. Most tendinitis is a result of a wearing down of the tendon that occurs slowly over time, much like the wearing process on the sole of a shoe that eventually splits from overuse.

Generally, tendinitis is one of two types:

Acute. Excessive ball throwing or other overhead activities during work or sport can lead to acute tendinitis.

Chronic. Degenerative diseases like arthritis or repetitive wear and tear due to age, can lead to chronic tendinitis.

The most commonly affected tendons in the shoulder are the four rotator cuff tendons and one of the biceps tendons. The rotator cuff is made up of four small muscles and their tendons that cover the head of your upper arm bone and keep it in the shoulder socket. Your rotator cuff helps provide shoulder motion and stability.

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Tendon Tears

Splitting and tearing of tendons may result from acute injury or degenerative changes in the tendons due to advancing age, long-term overuse and wear and tear, or a sudden injury. These tears may be partial or may completely split the tendon into two pieces. In most cases of complete tears, the tendon is pulled away from its attachment to the bone. Rotator cuff and biceps tendon injuries are among the most common of these injuries.

Impingement

Shoulder impingement occurs when the top of the shoulder blade (acromion) puts pressure on the underlying soft tissues when the arm is lifted away from the body. As the arm is lifted, the acromion rubs, or "impinges" on, the rotator cuff tendons and bursa. This can lead to bursitis and tendinitis, causing pain and limiting movement. Over time, severe impingement can even lead to a rotator cuff tear.

Instability

Shoulder instability occurs when the head of the upper arm bone is forced out of the shoulder socket. This can happen as a result of a sudden injury or from overuse.

Shoulder dislocations can be partial, with the ball of the upper arm coming just partially out of the socket. This is called a subluxation. A complete dislocation means the ball comes all the way out of the socket.

Once the ligaments, tendons, and muscles around the shoulder become loose or torn, dislocations can occur repeatedly. Recurring dislocations,

which may be partial or complete, cause pain and unsteadiness when you raise your arm or move it away from your body. Repeated episodes of subluxations or dislocations lead to an increased risk of developing arthritis in the joint.

Arthritis

Shoulder pain can also result from arthritis. There are many types of arthritis. The most common type of arthritis in the shoulder is osteoarthritis, also known as "wear and tear" arthritis. Symptoms, such as swelling, pain, and stiffness, typically begin during middle age. Osteoarthritis develops slowly and the pain it causes worsens over time.

Osteoarthritis, may be related to sports or work injuries and chronic wear and tear. Other types of arthritis can be related to rotator cuff tears, infection, or an inflammation of the joint lining.

Often people will avoid shoulder movements in an attempt to lessen arthritis pain. This sometimes leads to a tightening or stiffening of the soft tissue parts of the joint, resulting in a painful restriction of motion.

Fracture

Fractures are broken bones. Shoulder fractures commonly involve the clavicle (collarbone), humerus (upper arm bone), and scapula (shoulder blade).

Shoulder fractures in older patients are often the result of a fall from standing height. In younger patients, shoulder fractures are often caused by a high energy injury, such as a motor vehicle accident or contact sports injury.

Fractures often cause severe pain, swelling, and bruising about the shoulder.

Treatment Options for Shoulder Pain

Activity Changes. Treatment generally involves rest, altering your activities, and physical therapy to help you improve shoulder strength and flexibility. Common sense solutions such as avoiding overexertion or overdoing activities in which you normally do not participate can help to prevent shoulder pain.

Medications. Your doctor may prescribe medication to reduce inflammation and pain. If medication is prescribed to relieve pain, it should be taken only as directed. Your doctor may also recommend injections of numbing medicines or steroids to relieve pain.

Surgery. Surgery may be required to resolve some shoulder problems; however, 90 percent of patients with shoulder pain will respond to simple treatment methods such as altering activities, rest, exercise, and medication.

Certain types of shoulder problems, such as recurring dislocations and some rotator cuff tears, may not benefit from exercise. In these cases, surgery may be recommended fairly early.

Surgery can involve arthroscopy to remove scar tissue or repair torn tissues, or traditional, open procedures for larger reconstructions or shoulder replacement.

For more information on causes and treatments of shoulder pain, or to schedule a consultation to discuss your symptoms with an Orthopedic Surgeon, call the office of Dr. Shortt and Associates at 941-955-1231.

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HOLIDAY TRAVEL AND LIMB SWELLING

By Alyssa Parker

The holidays are right around the corner, which means many will be traveling to visit their loved ones, or for those of you who are snow birds you're heading home to the warm weather down south. Many individuals choose air travel to reach their destination. For those who suffer from venous insufficiency or lymphedema this can be a painful process. Your lymphatic system endures an extreme amount of pressure when flying at high altitudes. Also, the risk of getting chronic edema rises for those who have already undergone an invasive procedure or radical cancer surgery.

Keep Circulation Flowing

Trying to get home for the holidays isn't always easy when you have a painful swelling in your limbs, and flying may worsen symptoms after enduring extreme pressure. The Lymphatic system is a major player in the body's immune process, it's important to keep your circulation flowing with good health. After going under the knife for various surgeries, having joints replaced, or lymph nodes removed your bodies lymphatic system isn't going to be working at its top performance.

Some of the most common conditions where edema is a symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Some physicians may overlook the cause of your swelling and treat it with a diuretic. Swelling in a limb is due to the excessive amount of fluid in your cells tissues or organs. Finding the origin of the edema is vital to getting the proper medical care. Diuretics may be useless and harmful over time if your edema is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial



fluid is not present because you are taking a diuretic this will only aggravate your lymphatic system which may lead to additional fluid retention.

Deep vein thrombosis is another medical condition that may develop from cramping that air travelers endure under high altitudes. Some individuals may develop blood clots in their legs over time from flying. Those who develop small blood clots may not experience any complications, leaving them untreated. This is a life-threatening medical problem that can be prevented through compression therapy. The sequential compression pump sleeves squeeze the muscles of the legs or arm as they inflate. Then in a sequential pattern they deflate and the muscles are able to relax. This pumping action promotes the circulation of the blood preventing blood clots from occurring.

A Noninvasive Treatment Option

With a compression pump, your lymphatic system gets assistance through a massaging action that gently moves the fluid naturally from your limbs back into the rhythm at which the lymph system circulates. Each chamber of the sleeve moves the fluid underneath the skin in the direction of the lymphatic flow enabling the body to get rid of the fluid and waste build up.

Main Purposes of Lymph Nodes

The lymphatic system is the anatomical underpinnings of the immune system, through a complex network of the lymphoid organs, tissues, and lymph nodes. Your lymph nodes have two main purposes which are to filter lymph then transport it back to the blood stream, and activate the immune system. The lymph nodes are found strategically placed throughout the whole body, so when a site encounters antigens or something foreign a red flag is drawn, and an attack is mounted. This means when your lymphatic system isn't functioning properly it becomes a gateway for infections to attack the body without defense. Any swelling is an indicator for lymphedema.



Different Stages of Lymphedema

There are different stages of edema that correspond with the severity of the condition. Pitting edema is also known as Stage I. Stage I lymphedema is characterized by swollen soft tissue. You can determine this by pressing on the area where your skin is experiencing swelling. If an indentation still appears after pressing on the particular area on the limb than this is an indication that the lymphedema has progressed to Stage II or Stage III. Stage II lymphedema the issues are no longer soft and they have become fibrotic (hardened). Stage III lymphedema the damage has been done and the tissues have hardened. At Stage III lymphedema treatment can reduce swelling but the damage is irreversible. It's important to receive treatment before progressing to the later stages of lymphedema.

Benefits of a Compression Pump

The compression pump is a Medicare approved treatment option, along with many other private insurance companies. The compression pump is an in home device that enables individuals to use at their convenience without having to leave the home for costly and time consuming appointments. The compression pump will improve scar formation for those who are experiencing difficulty healing after surgery by increasing the circulation that brings all of the main components in the healing process to the incision site or infected area.

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- Swelling in your legs or arms
- A feeling of heaviness or tightness
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- Aching or discomfort
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The Gift Of Joyful Thought

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

My Uncle Mutt always smiled. His real first name was Eugene, but everyone called him Mutt. Late at night, sitting around a pot of Maxwell House coffee, my Dad and Uncle Mutt would tell jokes and “side splitting” hunting and fishing stories until around 2:00 am. Glued to every word and facial expression these two giant storytellers would dish out, I would fight as long as a ten year old could, at the kitchen table to stay awake.

These men loved coffee and each other. For gifts, they would buy for each other the most ridiculous coffee cups they could find. Then when together, they would fill these goofy cups with boiling black coffee.

I remember one Friday night around 10:00 pm as my dad was pouring himself yet another cup he said, “Well Mutt, it looks like we have ran out of coffee.” I jumped to my feet to make a pot so they could keep the stories rolling. When the coffee was finished I poured some for Uncle Mutt and as he looked into the cup with a hairy wrinkled unibrow, he paused, then looked back at me and said, “Is this suppose to be coffee?” I said, “Yes sir” proudly and he said, “It can’t be.” I was deflated and asked, “Why not Uncle Mutt?” He said, “Cause I can see the bottom of the cup.” And he smiled his famous Cheshire Cat grin.

Back at the stove, and very determined, I dumped about ¼ lb. of Maxwell House Coffee grounds in the same pot while they turned back and continued laughing and chuckling. When the pot boiled I flooded my uncle’s cup again, held my breath and waited. He peered into the cup then poured a little of the scalding aromatic brew into a saucer. He gave it a fan with his hand then he raised the saucer to his lips and slowly sucked the coffee from the edge. Only after downing a couple of saucers did he then turn to me, cocked his head slightly, winked and said, “Now that my boy, is a cup of coffee.” I grinned from ear to ear. I loved my Uncle Mutt.

That memory is over 43 years old. I remember it like it was yesterday. I have many wonderful memories and many depressing ones. But I have



chosen to become the curator of this amazing library of my yester-years. I have learned to find the good and the cheerful. I have turned villains into heroes and monsters into saints.

Why would I do such a thing? Wouldn’t it make a lot of sense to be “real?” Well actually, I am being real. I have chosen to galvanize my mind to the thoughts that create true and admirable movies in my heart. Using my memories, I am the producer, the director and the screenwriter. Granted it’s been as tough as nails at times and I’ve wanted to send the heroes and saints back to the evil place I found them in my past. It also took a lot of hunting and pecking around my memories, but I found enough to create my version of *It’s A Wonderful Life*.

After I realized that I had the power, not the villains and monsters, to create my own blockbuster movies in my heart, I could choose to make a Jimmy Stewart, Oscar-Winner or a trashy “C” movie that’s a waste of time, with no life-giving value.

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.
~Philippians 4:8 NLT

It’s also to my advantage to nose around my memories and find something, even if it is small, to “fix my thoughts on.” I’ve known some pretty mean rascals, and yet every one of them had something admirable that I could pull off the shelf of my heart and put into my basket to create my Oscar winner. See ‘I become’ like the movies I watch over and over in my heart. Over time they shape my actions and I become either bitter or better.

Guard your heart above all else, for it determines the course of your life. ~Proverbs 4:23 NLT

The movies I play in my mind affect how I feel. If I want to be depressed and unmotivated then I play the C movies of pain and shame. If I want to feel motivated and full of joy, I play my version of Jimmy Stewart’s, *It’s A Wonderful life*.

A cheerful heart is good medicine, but a broken spirit saps a person’s strength ~Proverbs 17:22
New Living Translation

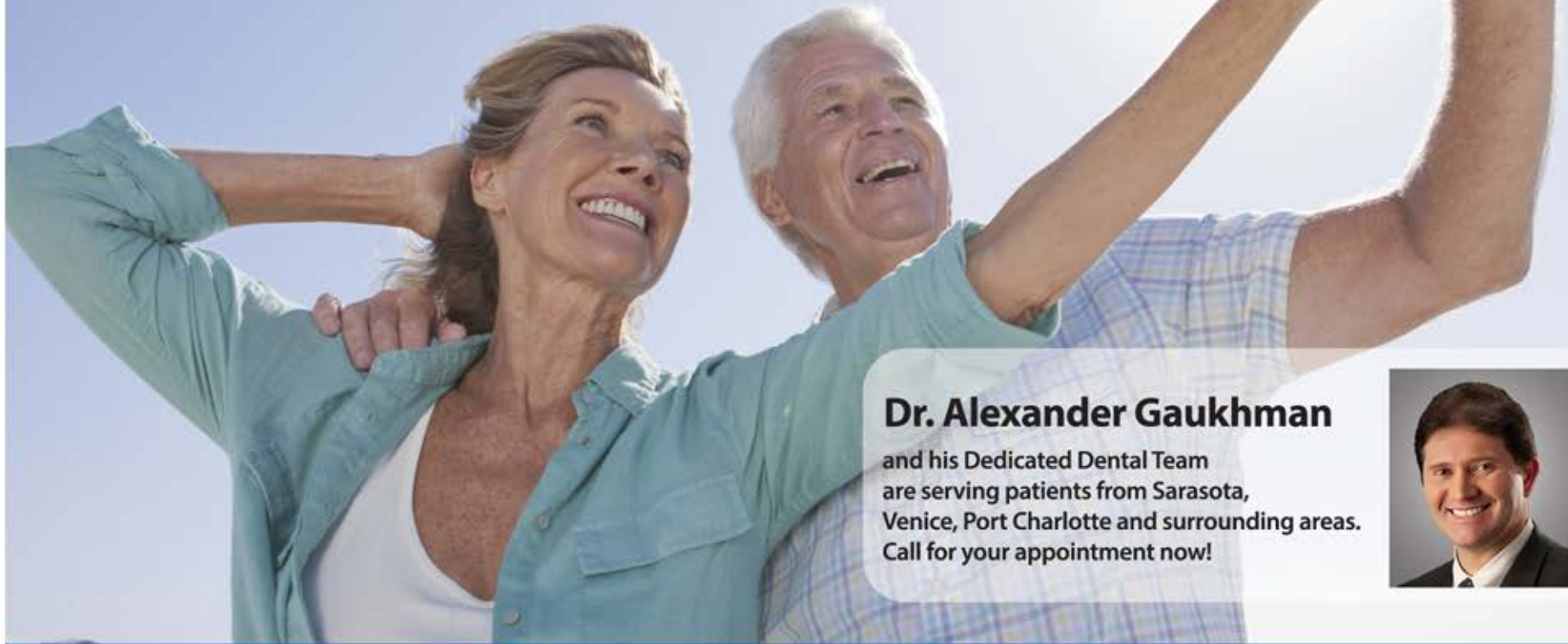
This holiday season give yourself “*The Gift of Joyful Thought*.” If you do, you’ll feel awesome and will have a Merry Christmas.

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