

S O U T H W E S T F L O R I D A ' S

Health & Wellness[®] MAGAZINE

August 2021

Lee Edition - Monthly

FREE  

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**TIPS TO
PROTECT
FORT MYERS
KIDS IN FALL
SPORTS:**

Back-To-School Sports
Season Linked to
Ankle Injuries

**MAKING A
DIFFERENCE
AS A NURSE**

**EXERCISE,
FLEXIBILITY &
VASCULAR HEALTH**

**HOW LOSING
TEN PERCENT
OF YOUR
BODY
WEIGHT**

Can Make You
Healthier

**A CURE FOR
NEUROPATHY?**

**WHAT DOES GOOD
SLEEP HYGIENE
REALLY MEAN**

And Why Is It So Important?



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By Neetu Malhotra, MD

BACK TO SCHOOL



Most parents after the long summer break cannot wait to send their kids back to school. But, of course things are much different now in 2021 during this pandemic that has turned our world upside down.

President Donald Trump has been urging all state and local officials to reopen schools this fall, despite the coronavirus infections surging nationwide. However, most experts have clearly stated that without in-person classes, many students will either fall behind or fall into depression.

I do not think that online learning works well for children, especially for young children. Children have been having significant social and emotional concerns from online learning over the past several months. Children have been falling behind as well.

It appears that children are not as susceptible as adults to COVID-19, disease caused by coronavirus. In the U.S., children make about 22 percent of the population but kids actually account only for 2 percent of coronavirus cases thus far, according for the Centers of Disease Control and Prevention.

Those that are infected, relatively few require hospitalization or develop serious complications.

However, this does not mean that classrooms should not follow social distancing and other safety precautions. Honestly, it really is imperative for kids to get back to school which can be done safely.

There are certain immunocompromised conditions, which I do think may be exceptions. I do not think that in person school is a good option for of course those children. I would have a honest and open discussion with one's pediatrician to decide what option is the best.

I think it is important for all parents to discuss the importance of hand washing frequently with their kids. I also think kids must learn to wear masks and social distancing must be encouraged as much as possible. I think also schools have to assess the risk by age as well. Elementary school children are at a much lower risk than say high schoolers or even college students. I think schools will have to become creative in laying out classrooms and conduct school safely.

Of course, nothing will ever come back to "normal" until we have a vaccine. These are extremely difficult times we are living in and I think schools can reopen but safely. Life has changed but we must adapt to the times. I think kids must go back to school.

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The Benefits of Patient-Centered Care

By Dr. Arie Dosoretz

In 2020, an estimated 1.8 million people in the U.S. received a cancer diagnosis. This experience can be difficult and naturally comes along with feelings of shock, sadness and fear for the road ahead.

The majority of patients with a cancer diagnosis receive radiation therapy, which uses high-energy beams to target and destroy harmful cancer cells.

Modern radiation therapy techniques offer safe and effective treatment options that are aimed at maximizing treatment efficacy while minimizing side effects. A typical treatment plan is combined with chemotherapy and surgery in order to provide the best chance of controlling the disease.

A well-organized and focused radiation oncology team should work closely with each patient, their caregivers, and the other physicians involved in a patient's fight against cancer.

Putting Patients First

Patients are always the top priority at Advocate Radiation Oncology. Our goal is to develop a highly personalized treatment plan that caters to each individual's needs. This process begins by first learning the important details about each patient and their given circumstances.

A patient-first approach requires that the physician and surrounding staff thoroughly commit themselves to understanding a patient's goals and providing a compassionate and comfortable experience throughout the treatment process.

Patients deserve to feel that their care team is a source of strength and support from the moment they walk through the door.

Patient-Centered Care

Radiation therapy is a proven cancer treatment that has been used for many decades. Radiation technology has continuously evolved and can be deliver efficient treatment that allows you to live your life with minimal disruption.

While outlining a patient's treatment plan, Advocate Radiation Oncology's expert team uses the most



up-to-date data to ensure that every patient receives the most evidence-based cancer care.

Lastly, we review that plan with you so that you and your loved ones know what to expect and are comfortable moving forward together. As your advocates, a devoted team stays by your side throughout your treatment journey, every step of the way.

About the Author

Dr. Arie Dosoretz is a board-certified radiation oncologist and founding partner at Advocate Radiation Oncology, a locally owned and operated practice with offices in Fort Myers, Cape Coral, Port Charlotte, Bonita Springs and Tamarac. For more information, please visit AdvocateRO.com.

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FORGET ME NOT: IS IT TIME FOR AN EYE EXAM?

Elmquist Eye Group recommends annual eye exams for optimal eye health

August is National Eye Exam Month, a timely reminder to schedule your annual eye exam.

Eye exams are essential for maintaining eye health—even if you haven't had a noticeable decline in vision or an eye injury. Yet, according to the National Eye Institute, more than 23 million Americans aged 18 and older have never had an eye exam.

"Eye exams provide an opportunity for your eye doctor to take an in-depth look inside your eye," said Dr. Trevor Elmquist, founder of Elmquist Eye Group. "For optimal eye health, we recommend patients schedule an annual exam to evaluate for subtle forms of vision loss and other serious eye health conditions."

Sharpen your vision

Changes in vision can cause symptoms such as headaches, eye fatigue, squinting and blurry vision.

Our eyes naturally change as we age, and therefore, a year-old prescription is likely not fulfilling your vision needs. A refraction, or vision test, is routinely given during an eye examination to tell your doctor if you need a new or updated prescription.

Refractive errors including farsightedness and nearsightedness can be diminished with corrective lenses. In addition to eyeglasses and contact lenses, several lens options such as bifocals, trifocals and progressive lenses are designed to address age-related vision problems, as well as special lenses for other conditions like astigmatism. An eye exam provides an opportune time to speak with your eye doctor about what type of corrective lenses are best for your lifestyle and vision needs.

Promote healthy vision for a lifetime

Healthy vision should remain a priority from childhood through your senior years. Vision screenings for children are important as the body develops, while exams throughout adulthood provide a baseline for detecting and treating conditions that occur with age.

Vision problems can often be corrected or avoided, yet without proactive care, subtle changes can easily go unnoticed.

There are several eye conditions beyond refractive errors like nearsightedness and farsightedness that affect your vision. Astigmatism, amblyopia or lazy eye, and temporary conditions including dry eye, eye strain,

blurry vision caused by fluctuating blood sugar levels and hormonal changes with pregnancy can all result in vision changes.

Regular exams help ensure you are seeing at your best and allow your eye doctor to review additional healthy lifestyle habits for eye health, such as vitamin-rich foods, dietary supplements, preventing sun overexposure and more.

Early detection is key

Early detection is critical for the timely treatment of many vision-threatening eye conditions. When caught early, symptoms can often be managed with lifestyle changes and medication, while surgery may be required for more advanced cases.

Common vision-threatening eye conditions include:

- **Glaucoma:** A disease of the optic nerve, commonly associated with high eye pressures.
- **Age-related macular degeneration:** The leading cause of irreversible vision loss among the elderly, causing loss of central vision.
- **Cataracts:** Clouding of the normally clear lens of the eye, making things look blurry, hazy or less colorful.
- **Diabetic retinopathy:** Decreased vision when blood-sugar levels damage blood vessels within the retina.
- **Ocular melanoma:** A common cancer that can impact the uvea in the middle layer of the eye, the conjunctiva near the front of the eye or the tissues surrounding the eye.

Types of eye exams

A vision screening alone does not take the place of a comprehensive eye exam. Your exam should include:

- A visual acuity test with an eye chart to test how well you see at various distances.
- A tonometry to measure the pressure inside the eye.



- An eye muscle test to evaluate muscle function.
- A pupil response test to monitor how your pupils respond to light.
- A dilated exam, which places drops in your eyes to widen, or dilate, the pupils. Your eye care professional uses a special magnifying lens to examine your retina and optic nerve for signs of damage and other eye problems.

"Vision impairment and blindness can seriously impact your quality of life," said Dr. Kate Wagner, board-certified optometrist and managing partner at Elmquist Eye Group. "Taking control of your eye health now will help make sure you can see well into the future."

Choose to be proactive in maintaining the overall health of your eyes. To schedule an eye exam, contact Elmquist Eye Group's team of highly skilled associates.

With more than 25 years of service to the Southwest Florida community, Elmquist Eye Group offers experienced doctors who are dedicated to patient care. Dr. E. Trevor Elmquist, Dr. Kate Wagner, Dr. Sarah Eccles-Brown, Dr. Nina Burt and Dr. Yasaira Rodriguez of Elmquist Eye Group are available to answer your questions. With three U.S. military veterans leading the practice, Elmquist Eye Group's team stands ready to serve you right here in Southwest Florida. For more information, visit www.Elmquist.com, call 239-936-2020 or schedule an appointment at an Optical Boutique location in Fort Myers or Cape Coral.



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Dr. E. Trevor Elmquist



Dr. Kate Wagner

Exercise, Flexibility and Vascular Health: What You Need to Know

Vascular health usually begins to decline around the age of 50. A recent study looked at the correlation of flexibility in 526 healthy adult participants that did not smoke and were not considered overweight. The study consisted of a simple test to measure their flexibility and then took vital measurements such as blood pressure, pulse, and cardiorespiratory fitness levels. The 40- to 83-year-old participants that couldn't reach their toes during the flexibility test had overall higher systolic blood pressure. Systolic blood pressure occurs when the heart contracts and can be an indicator of cardiovascular issues.

They concluded that the results indicate that poor flexibility is associated with greater age-related arterial stiffening. The association was independent of cardiorespiratory fitness and muscular strength. These findings suggest the possibility that flexibility may be a predictor of arterial stiffening, independent of other components of fitness.

Exercise and flexibility are highly important when it comes to overall health, particularly to prevent or improve cardiovascular conditions. Incorporating fitness and movement along with stretching is critical, especially as we age. It's never too late. You can walk, swim, play pickleball, or do chair aerobics if you are not able to move freely due to balance issues or other conditions.

Getting 30-minutes of exercise in at least 3 to 5 times per week is essential.

Exercising outdoors

For those who love to be outdoors, please make sure to exercise or do yard work when it's cooler such as early morning or later in the evening. Drink plenty of water to rehydrate yourself before, during, and after your workout. Electrolyte enhanced water is a good idea since it will replenish your system properly.

What type of exercise is best?

It depends on your fitness level, but it's always helpful to do what you love. If you're an avid bicyclist or tennis player, then finding the time to do those activities will keep you more motivated than



if you walk on a treadmill. However, many people love going to the gym and using the machines or working out at home via a YouTube workout channel. Whatever is going to keep you interested in exercising is the key to your commitment level.

Don't forget to add in time for stretching. It's best to stretch after a warmup and then again when finished with your workout routine. Perhaps take up Yoga or Pilates to increase your flexibility as an add-on to your cardiovascular workouts.

Exercise lowers blood pressure, LDL and increases HDL, circulation, and oxygen uptake in the blood.

If you or a loved one has any of the venous symptoms or risk factors discussed above, you must seek medical attention immediately. Making an appointment with a vascular surgeon specializing in venous disease is critical.

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Why Should You Be Concerned About The Type of Diagnostic Breast Cancer Screening You Are Offered

Breast cancer affects both men and women. In Florida, 16,000 new breast cancer cases are diagnosed each year. Early breast cancer diagnosis is what spares lives and offers longevity. Physicians cannot stress the importance of getting regular mammograms as well as doing self-breast examinations enough. The breast cancer survival rates in the U.S. are 80-90% if caught in the first stage due to advanced care. However, the diagnosis in later stages drastically drops the survival rate to 24%. It's essential to schedule your mammogram tests regularly, and if you feel a lump, please contact your physician immediately.

Mammograms have helped diagnose breast cancer early and eliminate metastasizing cancer and deaths; however, not all breast cancer is detected with traditional mammography. Additional breast cancer symptoms are lumps in the breast or underarm, pain, nipple discharge, or a physical change in the appearance of the breast or nipple. If you have any of those symptoms, your doctor will order you an advanced imaging test.

Early diagnosis saves lives, and it is critical for treating any cancer effectively. Regular screenings are imperative, as are self-diagnoses. If you notice any changes, making an appointment with your physician is vital.

2D Breast mammograms are standards, but they often miss the early stages of breast cancer.

Why 3D Mammography is Superior

3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images known as "slices" of the breast are acquired at different angles. With 3D technology, the radiologist can view a mammogram in a way never before possible. This new technology increases breast cancer detection by 38%.

3D mammography helps distinguish harmless abnormalities from real cancers, leading to fewer callbacks for additional mammography and less anxiety for women. With 3D mammography, Radiology Regional radiologists have reduced patient callback rates by 20-30 percent.

3D Biopsy Testing

Radiology Regional offers the latest, advanced testing for their patients when there is an abnormality that calls for biopsy of the breast tissue. With Hologic Affirm® 3D Biopsy testing, the patient is comfortably seated in a comprehensive machine that provides the most precise biopsy procedure. Additionally, this system allows the fusion of both imaging and interventional purposes.

About the 3D Affirm® Breast Biopsy Guidance System

This innovative interventional tool provides advanced breast health via the Affirm breast biopsy guidance system. This system enables 3D™ breast biopsies using the same imaging equipment as for mammography exams. It also includes a lateral arm upright biopsy accessory that allows for even more flexibility to access challenging lesion locations.

Advanced Imaging

With the 3D™ biopsy option, Radiology Regional practitioners can pinpoint subtle, tiny lesions and faint calcifications.

The use of this groundbreaking 3D™ imaging technology to perform breast biopsies offers these key advantages:

- Target lesions, including those visible only in tomosynthesis images.
- Streamlines procedure steps and speeds targeting, resulting in shorter patient procedure time.
- Reduces patient dose, as fewer exposures are required.

Interventional Biopsy

The system transitions from screening to interventional procedures to biopsy a wide spectrum of patients in a comfortable, seated position.

Source:

<https://www.hologic.com/hologic-products/breast-skeletal/affirm-breast-biopsy-guidance-system>



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OCD: PARTICIPANTS NEEDED

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During the past year and a half due to the pandemic, people have become much more obsessed with hygiene. Many have joked about having OCD due to how many times they wash their hands each day, but for a person with OCD, it is no laughing matter. The distress that comes with the anxiety, urges and abnormal compulsions plague the majority of their day.

Obsessive-Compulsive Disorder is a mental health disorder that affects 1 in 100 people and occurs when a person gets caught in a cycle of obsessions and compulsions.

O- Obsession
C-Compulsions
D-Distress

There are different types of OCD

- Checking
- Contamination
- Mental Contamination
- Hoarding
- Ruminations
- Intrusive Thoughts

An example of the symptoms of OCD are checking to make sure the stove is off over and over again and worrying that when you leave the house, you have forgotten. Along with checking throughout the day, it's not uncommon for those suffering with "checking" disorders to have to come back home to check on an issue multiple times, or to get out of bed to check.

OCD can be triggered by stress, abuse, trauma, depression or crisis.

If you are between the ages of 18 and 65, there is a new clinical trial for those that think they may have or have been diagnosed with OCD.

At ARHI (Advanced Research for Health Improvement), they are studying an investigational drug to potentially help treat the symptoms of OCD. Adults with OCD who are not satisfied with their current medication may be eligible to participate in a study with an investigational medication that would be added to their current medication.



What You Should Know About Clinical Trials

Clinical trials or medical research studies offer a way for researchers to bring new therapies, medications, vaccines, and devices quicker to patients that need them. When a trial is held, rigorous protocols are always in place to protect the patient's best outcome. Before phase one of any medical trial is brought to humans, they conduct thorough laboratory testing.

The IRB (Institutional Review Board) monitors all clinical trials to make certain that patients are protected. This independent committee of medical professionals and advocates keep track and make sure that federal regulations, ethics, and patient's rights are upheld throughout the process.

How Clinical Trials Help

Disease states, illnesses and disorders are able to launch innovative and the most advanced treatments when clinical trials show positive outcomes. The average clinical trial allows advanced treatment options to be implemented in patient therapy protocols in an advantageous manner. Clinical trials also have helped countless individuals stave off disease states while under medical care during their researched disorder.

At Advanced Research for Health Improvement, they believe that clinical studies will advance medicine and help people live better lives. With this mentality, they strive for greatness in each area of work that they do.

CURRENT STUDIES

Are you interested in participating in a clinical trial? ARHI is currently accepting participants for multiple studies.

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WHAT DOES GOOD SLEEP HYGIENE REALLY MEAN, AND WHY IS IT SO IMPORTANT?

The term “Good Sleep hygiene,” might seem strange; it’s concerning the critical importance of high-quality sleep without disruptions. When we sleep, we promote healing properties throughout the body. A good night’s sleep is critical, especially as we age.

Getting a good night’s sleep is critical for optimal health. The side effects and complications associated with sleep disorders are irritability, fatigue, high blood pressure, cardiovascular disorders, chronic disease, diabetes, depression, behavioral issues, stroke, and brain function impairment. If not rectified, over time, sleep deprivation can lead to heart attacks, stroke, diabetes, and other serious complications.

What Disrupts our Sleep?

Many things can interfere with good quality sleep such as caffeine, alcohol, heavy meals, pain, depression, anxiety, and medications to name a few.

On top of these disturbances, lies the most common issue that interferes with circadian rhythm, which is blue light. Pathways of brainwave activity and wavelengths lie in various regions of the brain, and they can be affected by stimuli and blue light: Delta waves promote deep sleep and regeneration, beta make us sleep lighter with emotional dreaming, alpha promotes faster activity in a relaxed state, and theta causes stress and anxiety.

Blue light emits wavelengths that contribute to sleep disturbances within our brains. Blue light comes from artificial lighting and electronics like fluorescent and LED lightbulbs, laptops, mobile phones, iPad, television, some alarm clocks, fiber-optic cable boxes, and other devices that use blue light. The issue is that blue light makes your brain think that it’s still daytime, which makes it difficult to fall and stay asleep.

Tips for a better night’s sleep

Setting a schedule is helpful. If you plan to go to sleep each night at the same time, this can help to reregulate your circadian rhythm. Winding down with the sun is also essential. Once the sun sets, that is your cue to dim the lights and start to relax. You can increase your relaxation by not watching anything action-packed on television, not eating or



drinking anything three hours before bed, especially sugar or caffeine. It can help to take a relaxing bath, read a book or drink some herbal tea before bedtime.

Exercise is also critical for increasing sleep hygiene. Exercise should be done earlier in the day. This is also known to increase the circadian rhythm and relax the body and mind. In saying this, many people find it helpful to take a leisurely walk in the evening after dinner, but it’s not recommended to do intense exercise. Meditation is also a great way to relax the mind. Today, it’s easy to find free meditation apps or videos online.

Sleep apnea disrupts sleep because of the lack of oxygen to the brain.

If you suspect you have sleep apnea, it’s critical to seek medical attention. If you find yourself gasping for air in the middle of the night or snoring, you may be at risk. Sleep apnea can cause strokes, cognitive decline, and other serious issues.

Campo Felice: When it comes to luxury and service, countless residents and their families agree that Campo Felice is the leader in setting standards and creating senior living spaces that are far above the rest.

Bid your worries good-bye and make carefree your new favorite word at Campo Felice!

Translated to “happy fields” in Italian, our Active 55+ Resort Style Rental Community boasts an incredible location in the Historic River District area of downtown Fort Myers, a fine selection of luxurious amenities, and splendid one and two-bedroom apartments—all in one ultra-modern high-rise building.

Enjoy a resort-inspired living experience unlike anywhere else! Some of our highlights include four uniquely designed dining venues, a sparkling swimming pool with jet spa, a 2,200-square-foot fitness center, a 49-seat movie theater, Bel Fiore Salon & Spa, a dog park, a ballroom, and more. Our dedicated services include 24-hour security and maintenance, housekeeping, complimentary breakfast, valet parking, a SUN Program calendar full of events, to name a few. Each of our open-concept units incorporates premium finishes like granite countertops, stainless steel appliances, washer/dryer sets, ample natural sunlight, porcelain wood grain tile floors, as well as jaw-dropping skyline and river views.

Community Amenities

- Covered Parking
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- Unique Dining Options
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- Private Transportation
- Ballroom
- 49-Seat Movie Theater
- Bel Fiore Salon & Spa
- Dog Park
- Billiard Room

Live the full Campo Felice experience by taking advantage of our luxury amenities! At our Active 55+ resort style community you can do everything, from staying active in our exquisite common areas, to relaxing in the comfort of one of our luxurious one and two-bedroom apartments. Add an excellent location in the Historic River District of downtown Fort Myers, FL to the mix and you’ll feel like on a never-ending vacation.

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5 TIPS TO PROTECT FORT MYERS KIDS IN FALL SPORTS

BACK-TO-SCHOOL SPORTS SEASON LINKED TO ANKLE INJURIES

If your children are playing sports this fall, pay attention to five tips that could protect them from serious ankle injuries.

Every fall, there is an increase in ankle injuries among young athletes. Football, soccer and basketball are the sports most likely to lead to sprains, broken bones and other problems. The top recommendation is for parents is to get ankle injuries treated right away.

What seems like a sprain is not always a sprain; in addition to cartilage injuries, your son or daughter might have injured other bones in the foot without knowing it. Have a qualified doctor examine the injury. The sooner rehabilitation starts, the sooner we can prevent long-term problems like instability or arthritis, and the sooner your child can get back into competition.

Parents should also follow these additional tips:

- **Have old sprains checked by a doctor before the season starts.** A medical check-up can reveal whether your child's previously injured ankle might be vulnerable to sprains and could possibly benefit from wearing a supportive ankle brace during competition.
- **Buy the right shoe for the sport.** Different sports require different shoe gear. Players should not mix baseball cleats with football shoes.

- **Children should start the season with new shoes.** Old shoes can wear down like a car tire and become uneven on the bottom, causing the ankle to tilt because the foot cannot lie flat.

- **Check playing fields for dips, divots, and holes.** Most sports-related ankle sprains are caused by jumping and running on uneven surfaces. That's why some surgeons recommend parents walk the

field, especially when children compete in non-professional settings like public parks, for spots that could catch a player's foot and throw them to the ground. Alert coaching officials to any irregularities.

- **Encourage stretching and warm-up exercises.** Calf stretches and light jogging before competition helps warm up ligaments and blood vessels, reducing the risk for ankle injuries.

Sports may also add stress to growth plates. If your child is complaining of pain in their foot or ankle without injury, there could be damage to their growth plate. Seek medical attention immediately if this is the case.



Sahiba Singh DPM, AACFAS

For more information, you may contact Dr. Sahiba Singh at Family Foot & Leg Center at (239) 430 - 3668 (FOOT). Family Foot & Leg Center has 8 locations throughout Collier, Lee, & Charlotte Counties to quickly resolve all your foot and ankle problems.



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ED is a Systemic Condition: Getting "Real" Treatment is Essential

By Alejandro Miranda-Sousa, M.D.

Although it can be an uncomfortable topic for men, erectile dysfunction is extremely common. This is especially true for men ages 35 to 80-plus. One cause of the disorder is vascular disease, which leads to narrowing of the arteries and decreased blood flow. Other causes include diabetes, heart disease, high cholesterol, physiological effects, and prostate cancer. It's important to see a medical professional if you are experiencing difficulty in getting and maintaining an erection.

Although erectile dysfunction (ED) is deeply related to vascular health, many men who begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start a man on the "little blue pill," but this only masks the symptoms of ED and it definitely doesn't treat the cause.

Any man who is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician who not only understands the disorder but one who also offers the most advanced treatment to address your overall health.

Neowaves in Bonita Springs, focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. In addition to these conditions, Neowaves employs the most advanced groundbreaking technology, which utilizes low-intensity shockwave therapy to break up the plaque in the penis. The method is a scientifically proven, non-invasive procedure that uses focused sound waves to increase blood flow to the penis, optimizing erections, sensitivity, and sexual performance. Neowaves effects are long-term. Multiple studies show at least 75 percent of patients continue to have normal erections three years after treatment. This is due primarily to neurogenesis and angiogenesis, which are the stem cell regeneration of the nervous system and new blood vessel development.



Younger Men Should Seek Treatment Early

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible.

The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that shockwave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

Almost everyone will experience a decline in sexual functioning, but with the advent of regenerative medicine, erectile dysfunction is no longer an inevitable part of aging.

Treatment Details & Outcomes

There are no side effects from the treatment. More importantly, it is completely painless and non-invasive as well. Patients can resume their normal activities, including sexual activity following each treatment session. Neowaves, which follows European protocol and guidelines that are based on a series of clinical studies and trials, recommends a total of six sessions, over the course of six weeks. On average, patients will start noticing results after the third or fourth treatment.

The Neowaves procedure breaks up plaque formation in blood vessels and stimulates the growth of new blood vessels in the penis. This process, called neurogenesis, increases blood flow to the penis,

improves sexual function and enhances sensitivity in the penis. In addition, the procedure activates the growth of new nerve tissue in the penis.

Effects from the treatment have been scientifically proven to last at least three years, although this can vary dependent of individual health and lifestyle habits.

The machine is a multi-purpose device that has been tested and proven to work in several other medical fields, including orthopedic medicine, urology, anti-aging treatments, and wound healing.

SEEK EARLY TREATMENT & DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

It's important to seek treatment. No one has to accept ED as a natural part of aging. Let Neowaves technology get you back to enjoying your life and your loved one!

For more information, please visit our website www.UrologyExperts.com or call Urology Experts today at (239) 226-2727 or email info@UrologyExperts.com to schedule your consultation!

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HORMONAL IMBALANCE

WHAT YOU SHOULD KNOW ABOUT REPLACEMENT THERAPY

Females and men are predisposed to experience an imbalance of hormones. When estrogen, progesterone, and testosterone levels are disrupted, it can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability, and bone deficiency. As men and women age, they tend to produce fewer and fewer hormones each year after the age of thirty.

Hormonal levels can be adjusted through bio-identical hormone therapy, which alleviates or in many cases, eliminates the associated symptoms and life fluctuations surrounding hormones. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

Hormonal Pellet Therapy

Pellet Therapy is a bio-identical estrogen and/or testosterone hormone treatment that is time-released. It's a small pellet the size of a grain of rice, and it is strategically placed in a very tiny incision in the upper buttock's region of the hip. Females need approximately one or two pellets, which lasts for about three to four months. Most men require a higher dosage than females, and many patients have their pellets replaced just four times per year.

Females need a steady level of testosterone and estrogen in their bodies for overall health and well-being on many levels. However, a common misconception is that women need high levels of flowing estrogen. This is not the case. Consequently, female bodies need circulating testosterone, which enables the body to produce and regulate how much estrogen is necessary. In short, testosterone naturally regulates estrogen levels within the cellular structure.

Many women are skeptical of testosterone therapy for menopausal symptoms because they believe it's just for men. But testosterone is vital for females, and your physician will regulate the dosage to custom-suit your specific needs. It is essential for women to have appropriate testosterone levels to naturally control their estrogen because as we age, our testosterone levels are continuously decreasing.



Other Types of BRHT Options include creams, patches, and troches

When hormones are injected into the muscle, you receive a large dose into your body immediately, and many times, that can be overwhelming to your cells. When taking hormones in pill form, troches (lozenges), or transdermal patches the levels are broken down in the liver and never fully reach the bloodstream to make a significant impact.

Bio-Identical Hormones

In the U.S., bio-identical Hormone Therapy (BHT) has been used since the 1930s. And based on hundreds of current medically thorough studies, the results for patient's overall quality of life and dramatic changes in their hormonal symptoms are astounding.

Bio-identical hormones are equal to our body's natural hormones on a molecular level. The difference between synthetic and identical hormones is that synthetic hormones do not match human hormones on a biological level.

Bio-identical hormones are made from plant sources and are readily received by the body as natural and normal. They are much more therapeutic and effective than synthetic hormonal substances.

At NewU Wellness, our compassionate team is dedicated to customizing your treatment plan in helping you look and feel great. We offer a variety of services to help you embrace the aging process and feel empowered. We specialize in hormone replacement for men and women, weight loss, cosmetic injections, and vitamin therapy.

Let us help you feel rejuvenated and feel like your old self again. Say goodbye to the old you and say hello to the NewU.

Male Symptoms

- Lack of energy
- Low libido
- Muscle loss
- Weight gain
- Cognitive decline
- Hair loss
- Low metabolism
- Heart disease
- ED
- Osteoporosis
- Enlarged prostate
- Disturbed sleep

Female Symptoms

- Imbalance of estrogen and testosterone
- Hot flashes
- Night sweats
- Anxiety
- Depression
- Cognitive decline
- Weight gain
- Muscle loss
- Irritability
- Osteoporosis
- Heart disease



NewU Wellness

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239-789-2184

www.newuwellness-swfl.com
contact@newuwellness-swfl.com

A Story of Hope for Adult Children and Their Parents

Before the COVID-19 pandemic hit our lives like a runaway train, you probably worried about your aging parents living alone, wondering, "Are they healthy? Taking care of themselves? Eating enough? Taking their medication on schedule?" What about the guilt of not visiting them as often as you probably should?

Today, with sheltering in place, your parents may be lonelier than you realize. If you felt you didn't visit them enough in the past, the situation is likely worse now because you can't visit them for fear of COVID-19 exposure. Don't be hard on yourself—you can take steps to heighten your parents' sense of purpose and provide them with something to look forward to every day.

Prevent the loneliness of isolation from damaging the already fragile health that comes naturally with age. Consider in-home care from a professional home care agency that practices CDC-recommended safety measures to help prevent exposure to and transmission of COVID-19.

Prevent your isolated parents from succumbing to loneliness

You may live a block away, an hour away or 2,000 miles from your parents. Even if you live near them,

COVID-19 restrictions prevent visiting face-to-face today or in the near future. You're concerned about their well-being, but what can you do?

Consider in-home care

In-home care is a robust and dependable solution to reduce or eliminate loneliness for your parents, providing peace of mind for you. In addition to caring for your parents' daily needs such as dressing, preparing meals, running errands and light housekeeping, in-home caregivers do much more. Our SYNERGY HomeCare caregivers engage older adults in meaningful activities like arts and crafts, reading, listening to music, setting up video calls with friends and writing letters.

In addition to the activities mentioned above, there are scores of things seniors can do with their caregivers to feel more connected to others. With in-home care, each day seniors have something to look forward to doing with their caregiver, and that provides hope while reducing loneliness.

As social creatures who thrive on social connections, the prolonged disconnection from friends and family has been difficult. Professional caregivers understand the relationship between socialization and good health. They focus on activities that deliver interaction with the people your parents care about—video coffee chats with friends, FaceTime with the grandchildren, coordinating window visits and sending little gifts to the family that has special significance.

Connect through a project

Additionally, you can give your parents a project to do while they're physically isolated. Ask them to be the family historian by journaling about the struggles your family, the country and the world are enduring as we navigate the pandemic. Or request they put a photo album together using the old box of prints in the garage. Call them daily to check on their progress, discuss and be a part of a shared project. The idea is to give them a purpose that makes them feel connected to family and special for being the one chosen to manage the project.

In-home care provides peace of mind

As an adult child, the peace of mind you experience from your parents' home care stems from the daily communication provided by the caregiver. Knowing how your parents are doing, how their emotional and physical health is will be what you look forward to each day. It's this level of contentment and the variety of services offered in their home that make a profound impact on the quality of their lives.

Home care is in demand today, particularly by adult children like yourself. Doing whatever it takes to ensure your parents are in a good place emotionally, distanced from potential COVID-19 exposure and well cared for within their own home by compassionate, friendly caregivers is your goal. SYNERGY HomeCare's caregivers are committed to getting your parents through isolation with smiles on their faces, good health and warmth in their hearts.

The peace of mind you will experience is priceless.

"As the coronavirus continues to spread throughout the world, adult children of aging parents worry about their parents' safety as well as the repercussions of isolation. With 16.9 percent of the U.S. population aged 65 and older, it is a concern many face."

COVID-19 Isolation hits senior hard: Lonely, depressed & declining health. Research has linked social isolation and loneliness to higher risks for a variety of physical and mental health conditions, such as high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease and even death.

The coronavirus has left many seniors unusually isolated, separated from friends and family they once depended upon for socialization, rides to the grocery store or trips to the doctor. These are the seniors who are at the highest risk for loneliness, depression and susceptibility to disease and illness.



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PSORIASIS AWARENESS MONTH

Do You Have Itchy Flaky, Red Patches?

By Joseph Onorato, MD, FAAD

Psoriasis is a common skin disorder that affects 125 million people globally; however, what many people don't realize is that it is an autoimmune disease. When the body's immune system is triggered, skin cells become overactive and produce more skin than what can naturally be sloughed off, so the end result is red, irritated skin with dry patches that eventually peel. It can affect the scalp, inner and outer ears, feet, limbs, and everywhere in between.

Psoriasis is an outbreak that causes a "rash" on the skin, but it can also affect the nails, tendons, and joints. Some of the most common symptoms are red rashes or spots, dryness, cracking, flaking, peeling, depression, and joint pain.

Symptoms:

- Red, raised, patches with siler or white scales
- dry skin (flakes, cracks, and bleeds)
- Pain
- Itching
- Burning
- painful, swollen joints
- Pitted finger and toenails

Psoriasis is a lifelong disorder and can, in extreme cases, turn into psoriatic arthritis, which is an inflammatory arthritis (also autoimmune) condition. The typical treatments for this disorder, as well as psoriasis, are topicals, pain medications, steroids, Goeckerman therapy (coal tar and light therapy), immunosuppresants, and in advanced cases of psoriatic arthritis, surgery to replace the affected joints.

In the United States, psoriasis affects around 7.4 million. It's commonly associated other disorders such as the following:

- Type II diabetes
- Heart disease
- Anxiety
- IBS
- Depression



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Whether you want to focus on antiaging and aesthetic procedures or medical dermatology for the health of your skin, or a combination of both, SWFL Dermatology Plastic Surgery & Laser Center has the most comprehensive options. Not only are there numerous services, but you can trust that you are in the best hands with the most experienced practitioners.

SWFL Dermatology Plastic Surgery & Laser Center is a privately owned, all-inclusive dermatology practice specializing in adult and pediatric general dermatology and Mohs surgery for skin cancer.

Services & Treatments Provided:

- General Dermatology
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- Medical Grade Skincare Products

The staff at SWFL Dermatology Plastic Surgery & Laser Center is dedicated to providing the most personalized care by treating their patients like family. Each provider is committed to taking the time to understand the concerns and goals of the patient in order to provide the best-individualized care for that patient.

Adult & Pediatric Dermatology

What's on YOUR Skin?



Founder & Owner

Joseph Onorato, MD, FAAD

Dr. Onorato has over 25 years of experience practicing dermatology and is board certified. He serves as SWFL Dermatology's medical director,

encouraging his team to provide the best skin care services in the area. He focuses on general dermatology and dermatological surgery including laser treatments, chemical peels, and injectable fillers.

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Can a High-Tech Chair Cure Incontinence

By Joseph Gauta, MD, FACOG

Do you wear urinary pads or diapers? Do you leak when you exercise or sneeze? Aging, childbirth, and menopause can all lead to incontinence. There are many treatments such as surgical procedures, pessary devices, and medications to help cure or reduce incontinence.

There is a new device by BTL called Emsella that makes incontinence treatment as simple as sitting in a chair! The Emsella is a unique chair that patients can simply sit and relax in (fully clothed) and have their pelvic floor significantly strengthened during a 28 minute treatment.

The Emsella chair is being touted as the Kegel throne. Each treatment provides the equivalent of doing over 10,000 kegel exercises. It produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder. Results can often be noticed as quickly as the first treatment. Most women and men will undergo just six sessions in a full three-week program to restore their pelvic muscle strength. The best part is, 67% of treated patients totally eliminated or decreased the use of hygienic pads, and 95% of treated patients improved quality of life.

Who Is The Right Candidate For BTL Emsella?

BTL EMSELLA™ is a great option for patients of any age who desire solution for urinary incontinence and improvement in their quality of life.

How Long Is The Treatment?

How Many Sessions Do I Need?

Your provider will tailor a treatment plan for you. A typical treatment takes 28 minutes and you will need about 6 sessions, scheduled twice a week.

What Does The Procedure Feel Like?

Is It Painful?

You will experience tingling and pelvic floor muscle contractions during the procedure. The treatment is painless and you may resume daily activities immediately after the treatment.



The following patients should not seek Emsella treatment.

1. Subject is pregnant, planning to get pregnant or within 3 months postpartum;
2. Subject has a pacemaker;
3. Subject has an implant or IUD containing metal (e.g. copper 7);
4. Subject has piercing between the waist and knees and is not willing to remove it before each treatment

How Fast Will I See Results?

You may observe improvement after a single session. The results will typically continue to improve over the next few weeks.¹

This progressive treatment is helping numerous men and women find their freedom, confidence, and get their life back without having to worry about urinary incontinence. Emsella has been featured on the Doctors and in various news and media outlets.

References:

1. Body by BTL, A Breakthrough Treatment For Incontinence And Confidence, 2019 Btl Industries Inc.



Some comments from local users:

- I don't have to worry about peeing when I sneeze anymore
- My husband definitely notices the difference
- I just feel lighter down there.

To learn more about this technology please go to our website at www.FloridaBladderInstitute.com. Call 239-449-7979 to schedule your Emsella consultation today.



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MAKING A DIFFERENCE AS A NURSE

While we're all glad to have the year 2020 behind us, the challenges it brought continue. One of many bright lights is the role nurses play in the wellbeing of the patients in their care. The demand for nurses, especially those with a bachelor's degree, continues to grow.

At Hodges University, we offer a Bachelor's of Science in Nursing (BSN) program, with its evening and weekend classes, is convenient for our students. It's accredited by the Accreditation Commission for Education in Nursing (ACEN), which means our program is of the highest standard of quality. The program is intense, but what you learn in the classroom and in our new, modern nursing labs will help you prepare for the licensing exam, along with the skills needed to make an immediate, positive impact where you work.

There are three key advantages to our BSN program.

The first is the small class sizes. You receive personal attention from professors who have nursing experience, so they share their first-hand, practical experience. They are there to help you succeed.

The second is the format of the program. Most BSN degree programs take five semesters to complete. Ours is structured so that you can graduate in four semesters. Our graduates are using their new knowledge and skills in the workforce quicker, and our community is the ultimate benefactor.

The third is the environment where our students learn and practice their skills. Our modern nursing labs include a practical skills lab, and a sophisticated simulation suite with "patients" that experience symptoms ranging from coughing, seizures and heart attacks to giving birth to babies, and the many complications that can arise from that. Our "patients" are mannequins controlled by computers, so the instructor, from another room, can have the "patient" talk back to the nurses, experience onset symptoms, and more.



This simulation suite is designed to look and function like a hospital emergency room. Each room is equipped with video and audio recording capabilities so that each time we run a patient simulation, it's recorded. Once the scenarios are completed, the professor and students go to our debriefing room to watch the video. This is a great learning tool because it helps our students see what they did right, and to improve on things that could have been done better.

Our students also play various roles in scenarios. They may be the nurse or a family member. This gives them the added perspective of how others in their patient's lives may be feeling. As a result, our students gain a higher sense of empathy for not only their patient, but their loved ones as well.

The next cohorts begin in September 2021 and again in January 2022.



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- Demand for nurses in Florida projected to grow 21%
- Demand for nurses nationwide project to grow 12%

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IV Therapy for Dormant Viral Infections

Root Causes Holistic Health and Medicine

There are chronic infections and then those that are latent and lie dormant in the body for years, even throughout life. We now from studies and from personal experience with patient feedback and lab test results that IV therapy can help reduce and alleviate the symptoms of, and in some cases, the pathogenic infection route.

DORMANT VIRAL INFECTION STUDIES Shingles

Herpes zoster infection (shingles) results in a painful skin rash which generally lasts 2-4 weeks. It can lie dormant in the body for years and is thought to be related to the chicken pox virus. It's typically stimulated by stress or illness later in life, but also can affect younger people as well.

Some people develop ongoing nerve pain, a condition known as postherpetic neuralgia, which may last for months or years and is due to nerve damage or alterations caused by the virus, and can include sensations of burning pain, itching, oversensitivity, (tingling, numbness or pins and needles. In a study on postherpetic neuralgia, 50% of patients had low vitamin C levels. A number of case studies have indicated that both acute and postherpetic neuralgia can be dramatically decreased following intravenous vitamin C.¹

Epstein Barr (EBV)

Epstein Barr is a very common virus that when tested, most people have antibodies for; nine out of ten adults test positive for the Epstein Barr. EBV is the herpes virus simplex 4. Many young people contract it early in life from kissing or sharing food and drinks with others, as it lives in the fluids of the body including those in the mouth. Often, it begins as a mononucleosis or can go undiagnosed until later in life. As with many viruses, it lies dormant and can be triggered by stress, anxiety or other infections and illnesses.

In a recent study on EBV and IV Vitamin C, data provided evidence that high dose (7.5 to 50 grams) IV vitamin C therapy may have a positive effect on disease duration and may reduce viral antibody levels.²

References:

1. Chen JY, Chu CC, So EC, Hsing CH, Hu ML. Treatment of postherpetic neuralgia with intravenous administration of vitamin C. *Anesth Analg*. 2006;103(6):1616-7.

2. Mikirova N. Effect of high dose vitamin C on Epstein-Barr viral infection 2014; 20: 725-732. [ncbi.nlm.nih.gov/pmc/articles/PMC4015650/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC4015650/)



Toxoplasmosis

Toxoplasmosis is a parasitic infection and one that is very common. Unfortunately, it lies dormant in the body, and many people are unaware that they have it. Toxoplasmosis is a result of undercooked food or contact with the parasite through cat feces. It is thought that almost all cats carry the disease. Symptoms include muscle pain, fever, and headache, all of which can last for weeks. It can also lead to neurodegenerative disorders. High doses of Vitamin C can be anti-parasitic and other therapies can be added to the treatment plan such as anti-parasitic and antiviral drugs or nutrients.

COVID-19 and Respiratory Illness

A recent study lead by researcher, R. Horowitz, purported IV glutathione, glutathione and alpha lipoic acid may represent an innovative treatment approach for blocking and addressing "cytokine storm syndrome" and respiratory distress in patients with COVID-19 pneumonia.

Cytokines are immune system proteins, but when in overdrive, they begin to attack the body's own tissue. This is why people with underlying conditions are having a tough time fighting off COVID-19. They also have challenges fighting the common cold, flu, or noroviruses. Unfortunately, we are not equipped to treat COVID-19 patients in our office.

IV Therapy Can help combat many disorders. When it comes to viral infections these are a few of the top contenders in IV therapeutics.

A few examples of IV treatments are Alpha Lipoic Acid, Chelation, Glutathione, High-Dose Vitamin C,

Meyer's Cocktail, and Magnesium. These IV treatments help with countless issues from asthma, arthritis, diabetes, cholesterol, hormonal disorders, and so much more. Glutathione is one of the most potent antioxidants and is a master at detoxifying and healing the body.

Why IV & Chelation Therapy Rather Than Oral Supplementation?

IV therapy administers high dose vitamins, minerals, amino acids, and other essential nutrients to fight disease, eliminate symptoms, and alleviate associated effects. Many individuals have digestive malfunctions and liver complications that prevent oral medications and supplementations from getting into the bloodstream and to the appropriate cells in the body.

Poor diet, chronic stress, insomnia, disease, illness, environmental stressors, and a sedentary lifestyle can all contribute to disease states and an unhealthy lifestyle. ISN'T IT TIME YOU TOOK STEPS TO LIVE YOUR BEST LIFE?

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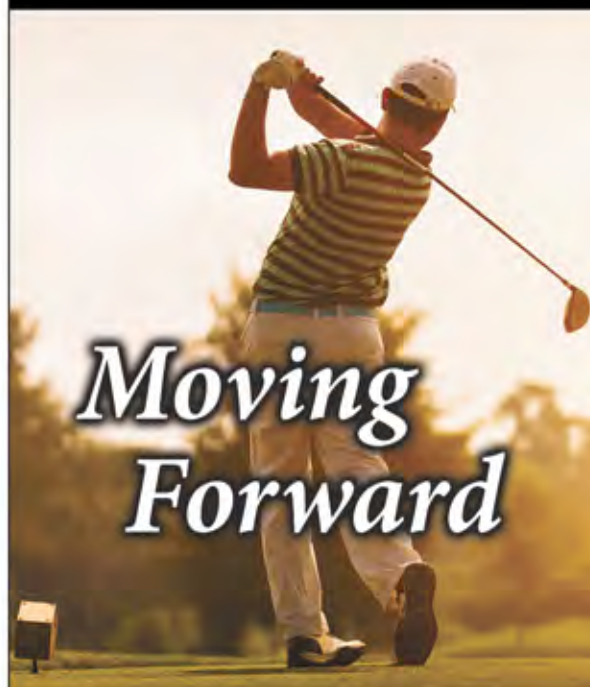
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NON-INVASIVE TREATMENT FOR CHRONIC PAIN, WEIGHT LOSS AND HAIR LOSS RESTORATION

REGENERATIVE MEDICINE

Regenerative Medicine is a growing field of interest because it gives real results that patients can see and feel! It is a proven approach to enhancing your overall health and will greatly eliminate most painful joint and soft tissue disorders.

Sounds impressive but confusing, right? Well in layman's terms it means our bodies were designed to heal themselves! Makes sense ... you cut yourself, it heals.

Imagine if pain medication was no longer needed. Imagine if the need for a surgical procedure was prolonged or no longer necessary. Through new technologies in regenerative medicine, there are now treatments available that may enhance your own body's natural ability to heal.

Regenerative medicine is used for the management of pain, sports injuries, to expedite the healing from surgery, hair loss, sexual health and even to combat the signs of aging.

The regenerative medicine healing process replaces, creates and regenerates human cells and tissues to maintain normal function, meaning these treatments kickstart the body's ability to build diminished tissue, improve damaged tissue and restore function that has otherwise deteriorated. When injured or invaded by disease, our bodies have the innate response to heal and defend. Harnessing and enhancing the body's own healing powers with the utilization of regenerative medicine is the new frontier of medicine, with results that may be miraculous.



We are excited to announce that regenerative medicine has been endorsed as a new field of academic rank at Mayo Clinic - the first addition to academic rank at Mayo in three years.



AESTHETICS NONSURGICAL FACELIFT

When you think of lifting and sculpting the face, does your mind immediately conjure up notions of incisions and sutures via plastic surgery? The truth is, face lifts are not as popular as they used to be, and that's mostly due to the viable alternative options that are readily available.

We can do so many things that are much less invasive and more cost effective that will give us those augmented results that make us look younger and can help to restore our confidence level.

WHAT ARE FACIAL FILLERS?

Cheek fillers are injections that raise the volume of the area above and around your cheekbones. This provides the illusion of a more defined bone structure. By injecting volume under your skin layer, cheek fillers can also smooth out wrinkles and fine lines.

HOW LONG THEY LAST

Depending on the type that you choose, cheek fillers can last anywhere from 6 months to 2 years before results are no longer noticeable. The dermal filler material eventually dissolves and metabolizes into your skin tissue.

SANEXAS

A Revolutionary Electronic Cell Signaling Treatment



SANEXAS Electric Cell Signaling Machine uses electrical signals to treat pain and circulatory conditions. This electric cell signaling device is much like a traditional TENS unit, but it is larger in size and penetrates deeper which is more effective in reducing pain. The pharmaceutical strength, frequencies, and associated harmonics are greater than the typical TENS unit, which is why trained medical professionals are present when it is in use.

WHAT IT TREATS

The SANEXAS Electric Cell Signaling Treatment treats (but is not limited to) the following:

- Neuropathy/radiculopathy pain
- Improve nerve health and regeneration
- Neuromuscular reeducation and training
- Creates relief of chronic intractable pain (osteoarthritis)
- Muscle spasms relaxation
- Increased local blood circulation
- Prevents the retardation of disuse atrophy
- Acute/chronic pain conditions
- Post-traumatic pain syndromes
- Aids in treatment in post-surgical pain conditions
- Improved tissue/organ function

HOW MANY TREATMENTS

The average person will start noticing changes after 6-15 treatments. Some may notice changes earlier than later depending on the person and area receiving treatment, but it is necessary to receive a series (multiple) treatments for the SANEXAS treatment to be effective. Not all symptoms will be treated with the same number of treatments or the same amount of time per treatment.

Covered by Medicare and most insurances.



Patient Testimonial:

I cannot say enough about this procedure. It's safe, it's effective, and best of all, IT WORKS! In 12 sessions I lost 10 pounds and an overall total of 12 inches. A huge thank you to Dr. Johnson and his wonderful staff. —Sherry L.

SPOT FAT REDUCTION

Our clinic has treated more than 100 satisfied patients for spot fat reduction for over 3 years. A cutting-edge new Light Therapy made in the United States is the first machine of its kind with a new micro-chip technology that is the latest and most advanced method for immediate fat loss. An alternative to invasive liposuction, the Laser Light Therapy is in the forefront of the aesthetics industry for one simple reason—It Works!

HOW DOES IT WORK?

By using red and near-infrared light therapy, the treatment penetrates the layers of the dermis and is absorbed directly by the fat cells. It immediately **shrinks the fat cells** down in a rapid rate, and the excess fat is distributed into the bloodstream and metabolized by the body's natural detox system and eliminated as waste.

SHOCKWAVE THERAPY FOR CHRONIC JOINT PAIN / ED

With **Shockwave Therapy**, there are no side effects from the treatment. More importantly, it is completely painless, and non-invasive as well. Patients can resume their normal activities, including sexual activity following each treatment session. Shockwave Therapy offers regenerative treatment and on average, patients will start noticing results after the third or fourth treatment.

Erectile Dysfunction

More than half of all men 40 to 70 years of age have experienced erectile dysfunction — "an inability to attain or maintain an erection sufficient for sexual performance" — according to the Massachusetts Male Aging Study.

HAIR LOSS RESTORATION

Hair loss is a quite common condition observed in both men and women. Pattern hair loss is the most common form of hair loss that affects up to 80% of men and up to 40% of women by age of 70, and it can have quite devastating consequences on one's well-being, including lower self-esteem, depression and lower quality of life.

Hair loss occurs when the scalp stops receiving chemical signals that tell it to grow new hair from existing follicles. Up until now, there haven't been many things physicians could do to stop hair loss on a permanent basis, at least, none that looked natural. Hair plugs made their entrance onto the scene decades ago, but even with modern updates to the process, they often still look unnatural — especially on balding men. Other solutions, which include hair restoration products such as Rogaine and others stop producing results shortly after stopping the process. This means it isn't a long-term solution.

There is increasing evidence that stem cells help by re-triggering the growth and reproduction of cells in an area of the body that was formerly too old or damaged to do so on its own. By reintroducing such cells to the scalp, physicians and aestheticians help clients naturally rediscover their formerly thick, lustrous hair. Regenerative Medicine therapies includes PRP, MSC Stem Cells and Wharton's Jelly.



CHIROPRACTIC TREATMENT

The Activator Method Chiropractic Technique is a **gentle, low-force approach** to chiropractic care. Used safely on patients of all ages since the late 1960s, it brings relief for a variety of health concerns.

Because of its effectiveness and gentle nature, the Activator Method has grown to become **the world's most widely used instrument adjusting technique**.

The Activator Method is an **especially good choice for older patients**, or those with arthritis, osteoporosis or other boneweakening conditions. The low-force thrust of the Activator Adjusting Instrument, along with the doctor's **ability to pinpoint the exact location of the problem** can relieve a patient's pain **without added discomfort**.

Patient Testimonial:

Dr. Johnson came highly recommended to me by a friend due to the terrible amount of back pain I was having. I had overworked myself and had a hard time even walking upright. After my very first visit, I was able to stand and walk normally and with much less pain. By the end of week one of treatment with Dr. Johnson, I am virtual back to normal and pain free! I would recommend Dr. Johnson's office to anyone I know. Very professional, and caring people there! Plus his use of The Activator makes the whole process painless. — Rebecca M.



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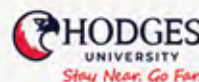
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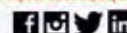
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- ✓ Others

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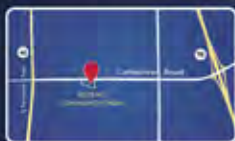
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OCD Clinical Trial

DO YOU SUFFER FROM OCD?

We're studying an investigational drug to potentially help treat the symptoms of OCD.



Adults with OCD who are not satisfied with their current medication may be eligible to participate in a study with an investigational medication that would be added to their current medication.



What is OCD?

Obsessive-Compulsive Disorder is a mental health disorder that affects 1 in 100 people and occurs when a person gets caught in a cycle of obsessions and compulsions

OBSESSIONS

Repetitive and unwanted images, thoughts or urges.

COMPULSIONS

Behavior that you repeatedly perform to reduce distress.

DISTRESS

You feel like the thoughts must be significant, and they bother you.

TEMPORARY RELIEF

The compulsions only make you feel better for a little while.



Why Participate?

Clinical trials represent the latest research about your condition and may offer new treatment options. People participate in clinical trials for a variety of reasons:

- Participants might want to try something new.
- Participants might be interested in receiving investigational medication, and study-related care.
- Some participants feel that by volunteering they are contributing to advancing science by helping researchers find better treatments for individuals who suffer from OCD.

See If You Qualify

You are between the ages of 18 and 65. You think you may have symptoms of OCD or you have been diagnosed with OCD. You are not taking Fluvoxamine (Luvox)

ARHI is conducting a Clinical Research Trial for patients with OCD (Obsessive Compulsive Disorder).

For more information, and to see if you qualify, please call our research team at 239-230-2021.

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A CURE FOR NEUROPATHY?

Regenerative Medicine Can Heal Sick Nerves

Dr. Sebastian Klisiewicz, D.O.

Neuropathy is a painful and disabling condition that affects many Americans. Until recently, many patients have been told there is no cure for their neuropathy and the few treatments that are available are not very effective. Luckily for neuropathy sufferers, there are new natural treatments that are safe and effective. The latest research has shown that Regenerative Medicine treatments such as platelet rich plasma also known as PRP, cold laser therapy and proper nutritional support can heal sick nerves. An integrated approach that includes these cutting-edge treatments can now help patients eliminate neuropathy symptoms, improve their function and regain their quality of life.

Neuropathy is a general medical term for sick or dysfunctional nerves. Nerves are like electrical wires within our body that carry information to and from our brains to sense our environment and move our extremities. In neuropathy, damage occurs to the nerve fibers and blood vessels that support them. This causes a disruption of the electrical signals within the nerves leading to the dreadful symptoms of pain, burning, pins & needles, cramping, numbness, weakness, heaviness and loss of balance.

Neuropathy can be caused by several different mechanisms. Nerves can be damaged by mechanical forces such as compression, friction, or stretch. Nerves can become severed or cut during traumatic injuries or surgeries. Neuropathy can also be caused by metabolic factors such as elevated blood sugar, abnormal thyroid function or lack of nutrients such as B vitamins. Toxins such as alcohol and some medications can also contribute to nerve damage. Often, multiple factors are involved in the development of neuropathy. For example, patients with diabetes, B vitamin deficiencies and chronic alcohol use are more likely to experience nerve damage from mild compression at the wrists, elbow and feet. This is because their nerves are already inflamed, dysfunctional and vulnerable to damage.

The standard treatment for neuropathy involves the use of medications such as gabapentin or Lyrica. Unfortunately, these medications can cause side effects including fatigue, depression, constipation, etc. Opiate pain medications are also used but

these can be dangerous and often ineffective. Steroid injections, another available treatment, can sometimes provide short term pain relief, but do not actually heal the nerves and can have unwanted side effects. Surgery is a last resort for some neuropathy sufferers, but again this comes with significant risks. Luckily, there are new alternatives to these toxic medications, steroid injections and invasive surgeries.



An integrative approach that includes regenerative medicine, physical therapy and nutritional support can often treat neuropathy safely and effectively. Contrary to previous belief, nerves can heal and regenerate when given the right stimulus and a proper healing environment. One of the newest treatments available is ultrasound guided injections of platelet rich plasma (PRP) around sick and injured nerves. PRP is made by spinning the patient's own blood within a centrifuge to concentrate the platelets in a plasma solution. Platelets are packed with growth factors that mobilize the immune system to start the healing process. They are also full of anti-inflammatory and pain reducing compounds. Best of all, they are natural, safe and made by your own body.

PRP has been classically used to treat tendon injuries and arthritis. But recently, research studies have shown that PRP injections around nerves can promote regeneration of the nerves and the protective covering or myelin, increase growth of supporting blood vessels, decrease inflammation, and increase muscle growth through the mobilization of healing stem cells.

The use of cold laser therapy has also been shown to improve nerve function and regeneration. When combined with PRP, cold laser therapy works synergistically to heal sick nerves. With a series of PRP and laser treatments, many nerve conditions can resolve. This often results in the elimination of pain, a gain in strength and improved balance.

Nerve regeneration and healing is best when accompanied with proper nutritional support and nerve specific physical therapy. A diet high in antioxidants, vitamins and minerals along with healthy fats can support the healing process. At times, specific supplements such as turmeric, fish oil and alpha-lipoic acid can aid in this process as well. Specific neuro therapy is utilized to retrain the nervous system as the nerves heal allowing the body to function at its best.

At Integrative Rehab Medicine, we specialize in treating neuropathies with Regenerative Medicine. Dr. Sebastian and our team of highly trained professionals are pioneers in healing nerves. Our Integrative Advantage™ is the most comprehensive neuropathy treatment in Southwest Florida. Neuropathy patients now have a safe and effective option to eliminate symptoms, improve function and regain quality of life.

DR. SEBASTIAN KLISIEWICZ, D.O.

Board Certified in Physical Medicine and Rehabilitation

Dr. Sebastian is a leading physiotherapist in Estero, Fort Myers and Bonita Springs (Southwest Florida). He is the founder and medical director of Integrative Rehab Medicine in Estero, FL. He combines his extensive knowledge in Regenerative Medicine, Osteopathic musculoskeletal medicine, Physical Rehabilitation and Functional & Natural medicine to create personalized and integrated treatment plans for each patient.

Dr. Sebastian completed his medical studies at the Chicago College of Osteopathic Medicine (CCOM) followed by a residency in Physical Medicine & Rehabilitation (PM&R) at the Medical College of Wisconsin in Milwaukee. After residency, he worked as an Assistant Professor for Loyola University Medical Center in Chicago. In 2014, he moved his family to Southwest Florida to work at Lee Health's Spine Center. In August 2019, Dr. Sebastian opened his private clinic, Integrative Rehab Medicine. Dr. Sebastian has extensive training in prolotherapy, PRP injections and Bone Marrow Stem Cells. During his time in Florida, he further advanced his knowledge in Integrative Medicine through course work with the Institute for Functional Medicine. Since, he has educated doctors and the public on the Integrative approach at numerous medical conferences and community events.



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EXCELLENT QUALITY OF LIFE... BEGINS WITH GOOD HEARING!

By Hoglund Family Hearing and Audiology Services

Good communication with others, is critically important to our quality of life. As we age, you should consider setting goals for better hearing healthcare! **Hoglund Family Hearing and Audiology Center** offers **Free Hearing Evaluations and consultations** to determine the current status of your hearing, as well as realistic goals and expectations for improving your communication with your friends and family. We



John and Patricia Hoglund
LHAS, BC-HIS, ACA

will help you understand how the human hearing system works in great detail and give you insights concerning the many treatment options available to you with today's modern hearing technology. We will give you information about balance and dizziness and updates in the treatment of Tinnitus or "Ringing Ears."

Hearing Testing is NOT Offered During Most Annual Physicals

Ever notice how during a physical exam your doctor seems to ask you about virtually every aspect of your health, but never mentions your hearing? You're not alone. According to a survey by the Better Hearing Institute (BHI), fewer than 15 percent of those who received a physical exam in the last year said they received a hearing screening by their physician or nurse during that exam. "More Americans than ever before are suffering with hearing loss," says Sergei Kochkin, executive director of BHI. "Yet we treat hearing loss like a neglected orphan in today's health care system. We still don't have a universal hearing loss screening program for children or adults. And the historical incidence of physician screening for hearing loss has been low—despite the fact that more than 95 percent of those with hearing loss could benefit from hearing aids." There has also been recent research published by Johns Hopkins that shows that untreated hearing loss can greatly increase the instance of memory loss and cognitive problems, which makes it even more important to monitor your hearing acuity on a regular basis!



Find Clinicians with Expertise in All Aspects of Hearing Healthcare!

"When it comes to taking care of hearing loss, experience really matters!" states John Hoglund. "Most people do not fully understand how complicated hearing loss can be. There are so many factors involved, including the type of loss, how long the loss has been present, sensitivity to loud noises, balance and vertigo issues, as well as "ringing ears" and other head noises. Hearing loss has many causes, and impacts Patient's lives in many ways. Clear data to the brain is critical for keeping strong cognitive ability ... and untreated hearing loss dramatically influences the Patient's memory and increases the risk of suffering falls. You need somebody with experience and knowledge that keeps you, the Patient, completely informed of the entire process and will work with you to find the best solution for your lifestyle and budget."

KNOWLEDGE IS POWER when it comes to your health, and you will learn a tremendous amount about Hearing and Memory during these clinical visits so please give us a call.

Artificial Intelligence Has Dramatically Improved Hearing Instruments!

Starkey Hearing Technologies, for example, now offers a device called a "**Hearable**"! The Livio AI actually tracks brain and body health, monitoring

daily functions like your heart rate, the number of steps you take each day and how much you have been engaged in conversation with others. This is done through monitors and sensors in your ear, which is the most accurate location for tracking brain and body activity. They also include a **fall detection system** that will alert up to three family members if a Patient suffers a fall, and a GPS feature will inform them where the fall has occurred.

Schedule a Comprehensive Evaluation without Any Cost or Obligation

We provide all of these services and education completely free of charge to our Patients! "I never wanted expense to be a barrier to education," states Mr. Hoglund. "So we always do our evaluations completely free of charge as a public service to Southwest Florida residents. The only obligation a Patient has is to themselves and to their families, but I want them to know everything they need to know about their hearing issues! Our little slogan we've used for 20 years is... **'All it will COST is a little of your TIME... but the KNOWLEDGE you receive may be PRICELESS!'**"

Please call us today to schedule an evaluation, if you have any questions about any topic concerning your hearing!

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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

Walking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but they are also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

What is Osteoarthritis (OA) of the Knee?

Positioned between the three bones of the knee (the femur, tibia, and patella) the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop and often the cartilage breaks down completely and wears away. This can cause soreness, swelling, and stiffness, and it is the beginning stages of osteoarthritis, or bone rubbing against bone, which in turn causes bone spurs and a great deal of discomfort.

Articular cartilage has no blood supply. The cells that make the cartilage are nourished by the synovial fluid, and hydrostatic pressure of the joint influences the health and pathological condition of arthritis. The wear and tear process can be slowed often by weight reduction, strengthening the muscles surrounding the joints, and by minimizing or reducing activities that put excessive weight on the knee joints. However, there are well-known non-invasive treatments that have helped numerous people regenerate knee joint function and tissue.

Osteoarthritis develops slowly, and the often the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease, because it is often associated with the aging process. But occasionally, this process can also affect younger people too. The pain can be debilitating and interfere with daily activities, affect your ability to work and create limited range of motion in your life.

MANY PHYSICIANS WILL RECOMMEND SURGERY, BUT DO YOU REALLY NEED IT?



Knee Replacement Surgery is Permanent

Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis. Physicians Rehabilitation has an effective knee program that entails several non-invasive treatments that can alleviate pain, increase weight bearing and strength, and regenerate tissue.

Physicians Rehabilitation's Knee Therapy Program Includes:

- PRP (Platelet Rich Plasma)
- Physical therapy
- Bracing
- Rehabilitation
- Supplementation and more



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Viscosupplementation

Viscosupplementation is an FDA approved, guided, hyaluronic acid injection. It is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis.

Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, and is covered by Medicare and most insurances.

PRP (Platelet-Rich Plasma)

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating degeneration and injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing.

Research studies and clinical practice have shown PRP therapy is very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

Physicians Rehabilitation

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your non-surgical treatment options – even if other doctors have told you that surgery is the only answer.

The Amethyst BioMat is The World's Foremost Technology in Infrared and Negative Ion Therapies

Bathe your body in the warm energy of the sun and the cool cleansing energetics of ocean waves all projected through a matrix of Amethyst Crystals.

If it is an Infrared Sauna that is your prescription for detox, the BioMat will provide the environment you are looking for at a fraction of the cost and space.



The Amethyst BioMat is an FDA Approved Durable Medical Device. The BioMat is a 17 layer "pad" which lies on top of a massage table, your home mattress or even the floor. Using non-invasive thermo-therapy, it converts electricity through a computerized control panel produced by Texas Instruments, through Kurare super fabrics and Amethyst Quartz Crystals to produce Far Infrared Rays (FIR) & Negatively Charged Ions.

The BioMat delivers the highest vibrational resonance deep into all tissues of the human body. The combination of far infrared light, negative ions and amethyst quartz opens the channels for intelligent cellular communication leading to DNA repair and total body wellness.

Science and medicine have come together to develop this medically approved device for home and professional use. The BioMat's state-of-the-art light technology reverses degenerative disease cycles and speeds cellular renewal. This allows post traumatic and surgical healing processes to occur much faster. The BioMat provides negative ion therapy, which stimulates serotonin, allowing the body and mind to go into a state of deep relaxation, assisting in therapeutic sleep. Negative ions are generated within the BioMat and enter the body through conduction.

The BioMat also provides the benefits of amethyst crystal healing. During a BioMat session you are lying on a bed of gemstone quality amethyst crystals in addition to the FIR & Negative Ion Therapy. The BioMat is a unique delivery system for infrared therapy because the FIR is modulated by the amethyst crystals which optimizes and increases the bioavailability of the infrared.

A unique feature of the BioMat is that it produces a 100 milligauss magnetic field to assist circulation in the body.

The BioMat is also designed to shield your body from harmful EMFs whereas a FIR sauna has no such protection; these saunas surround you in harmful EMF's.

Benefits of the BioMat
Enhances Mental Well-Being
Stimulates Calorie Burning
Provides Gentle Detoxification
Improves the Cardiovascular System
Nutrition Is More Fully Absorbed
Wastes Are More Easily Expelled
Speeds Cellular Renewal
Low Electrical Usage
NON-INVASIVE thermo-therapy
Increases Vitality
Reduces Stress and Fatigue
Strengthens Immune Function
Relieves Pain & Soreness
Improves Lymphatic Flow
Regulates pH & Enzyme Activity
Induces Delta States of Rest
Blocks harmful EMF's

Technical Info

The BioMat is a state-of-the art FDA-approved Durable Medical Device (U.F.D.A Medical Device No. 2954299) Created over 15 years ago by a highly skilled group of scientist, medical professionals and engineers, it is continually improved & updated as research evolves. Much of the research and development of the technologies used in the BioMat are originally from NASA. Texas Instruments makes many of the layers contained within the BioMat including the control unit. Low electrical consumption:

This unique combination of components is what allows the Amethyst Quartz BioMat to deliver professional therapeutic results. The BioMat combines ancient traditional therapies with modern space-age technologies to promote regeneration at the cellular level

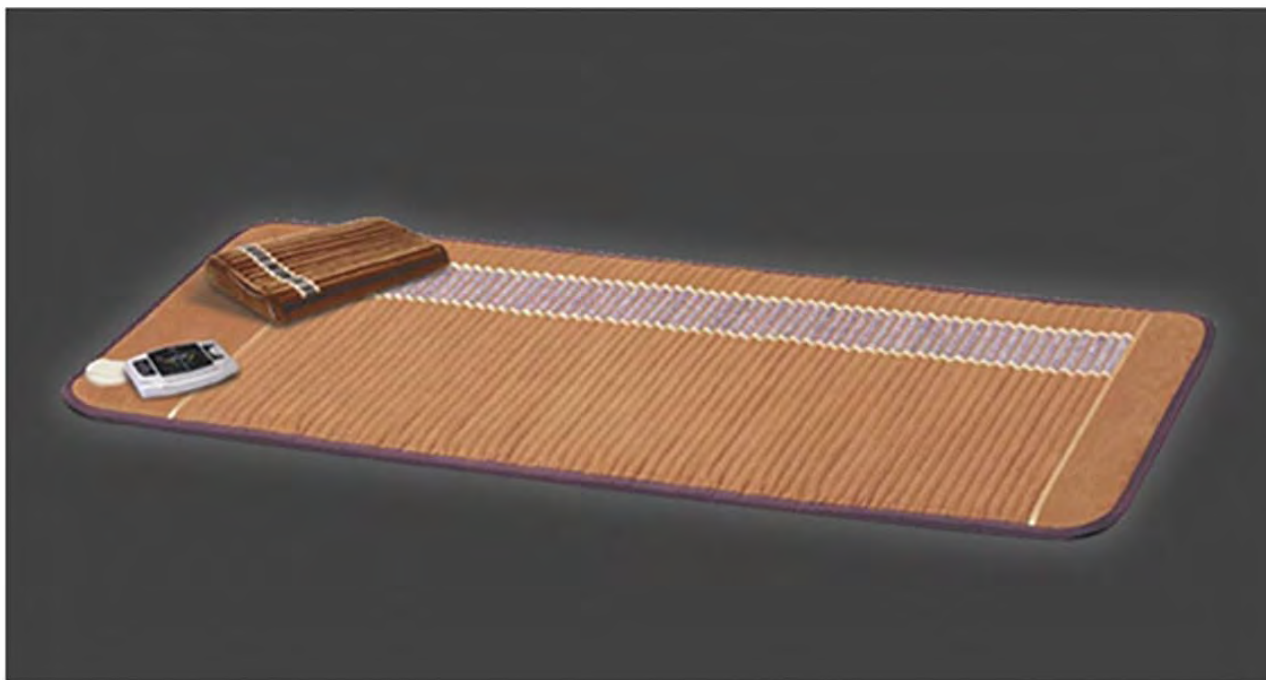
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Beauty Ritual Skincare

We are SWFL's premier skincare spa. At Beauty Ritual Skincare, we specialize in transformative skincare, lashes and brows. We are also the area's only Face Reality Acne Specialists. Come in and experience life-changing results!

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Interested in smoother more youthful skin that glows from within? The VI Peel is the answer many people have been waiting for.

VI Peel

The VI Peel contains a synergistic blend of powerful ingredients suitable for all skin types.



This peel provides dramatic results with virtually no pain, no skin preparation and little downtime. It will improve the tone, texture and clarity of the skin; reduce or eliminate age spots, freckles, and hyper-pigmentation, including melasma; soften lines and wrinkles; clear acne skin conditions; reduce or eliminate acne scars; and stimulate the production of collagen, for firmer, more youthful skin. Vi Peel also works well in conjunction with lasers, injectables and post procedure.

The VI peel ingredients are comprised of several high-powered regenerating. These include Salicylic Acid, Phenol, TCA, Retin-A, and Vitamin C. The VI Peel is powerful, but gentle and has little downtime. Patients will see results immediately, but the primary results take about one week.

Due to the effectiveness of the VI Peel Formula-tion, it is only available to professional practitioners. Beauty Ritual Skincare is one of only a few professionals in the area to offer this procedure.

Patient Testimonials

"I've gotten several services done with Rachel and every visit has been relaxing, positive, professional, informative and a self confidence boost. The office is incredibly clean and stylish with a warm atmosphere. Rachel takes her time to go over best options and plan for your goals and your skin. I highly recommend!"—Leslie

"Such a rare, cute find! Beautiful, cute spa! My facial with Rachel was fantastic. I got home and I looked in the mirror and wished my skin looked like it did everyday with no makeup! It was absolutely an amazing place. I can't wait to visit again this Friday to get my brows done! This is my new go to spa!"—Gina

"Beauty ritual changed my life. I struggled with adult acne for many years and tried many different products and esthetician's to help me clear it. Nothing worked until I met Rachel. She is so knowledgeable, professional, and I feel like she truly cares about my skin. Her spa is beautiful, and her team of esthetician's are wonderful as well. I 1000% recommend."—Veronica

With so many services and expert estheticians to choose from, discover what Beauty Ritual Skincare has to offer you.

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How Losing Ten Percent of Your Body Weight Can Make You Healthier

By Debra Florio

Obesity and being overweight have been the headliner in America for many years. There have been many diets and professionals that push every diet imaginable. Low fat, high fat, Atkins, Vegan, Mediterranean, Intermittent Fasting, and so on. So why do these diets work for some and not for others?

I have tried several of those diets over the past 30 years and did lose weight but gained it back over time, especially during menopause. Some people lose a significant amount of weight and gain all that weight back plus an additional 10 to 20 pounds. How discouraging is that? That type of Yo-Yo dieting is so unhealthy. Excessive weight plays havoc on your body and can affect your mind, body, and soul. Losing just 10% of your body weight can lower and benefit:

- cholesterol
- blood pressure
- improved sleep
- decrease body aches and pains
- increase mobility
- improve immune system
- decrease depression
- release toxins
- and so much more

Losing just ten percent of your body weight can help your mobility, so your desire to get out and walk and exercise will increase and help with heart health, bone health, detoxification, manage blood sugar levels, decrease depression, increase immune system and so much more. This information is not new to you, however, why do we quit trying to get healthy and eat properly?

We have always been told to lose weight, eat less. **WRONG!** As we age our metabolism slows down, mine came to an abrupt halt. No matter what I ate, I could not lose weight. I could maintain, but not lose. I have my "WHY" to lose, but not the right information.

So, I teamed up with my daughter who is a Certified Yoga instructor and Nutrition Coach, find her on Facebook as ZENJEN. Let me share how my eyes were opened.

I was not eating enough, (I knew that! I was starving most of the time), I did not have the right tools and the right plan. My daughter, Jennifer and I started our journey, and I would like to share this with you.

First: write down why you want to lose weight and get healthy? Be specific and detailed. How will losing weight help your health?

Second: download an app called Eat Wise, this will remind you to fuel your body every 2.5 hours, six times per day. Small low fat, low sugar, and low carb foods. This one healthy step alone will get your metabolism to fire up and help you lose weight.

Third: find an accountability partner who will support you and make you accountable. Sometimes our partners or loved ones are not the right choice to be this person, as they will not be upfront and make you accountable when you really need it.

Start making healthy habits, not only with nutrition, but in everything you do. For example: did you know that hitting your snooze button in the morning is a habit that will lead to disease and sets a negative precedent to start your day. We all need to break unhealthy habits. This also applies to our food. Stop and take a minute to ask: Does it look appealing? Do I really want it? How will this affect my health and my goal? I have learned to **NOT** be impulsive and think before I consume something I really do not want and something that is not healthy for me. However, I am human and sometimes the answer is **YES**, I want that slice of pizza and adjust for my choice.

I have learned to cut my day into quarters. If I decide to eat a slice of pizza, I stop there and the next quarter stay on track. After 10 months my choices have mostly been healthy, I have learned to love and enjoy my meals and I am down 22 pounds and the women and men that have joined me with this simple program have lost a significant amount of inches and feel wonderful. It is not always about the scale; you want to burn FAT and fire up your metabolism.



As you continue your journey to optimal health and wellness, there are a few more tools that can help you optimize your current state and keep you in the best possible condition at any age. We would like to offer a Complimentary Assessment ([link to Assessment: https://form.jotform.com/211757121795156](https://form.jotform.com/211757121795156)) and tips for instantly increasing your metabolism. We also, offer Vitamin infused IV therapy and MIC injections to help support your nutrition, remove toxins, cleanse the liver, help regeneration of all your 75 trillion cells, help burn fat, and support your immune system.



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Tips For Living With Arthritis

Anyone with osteoarthritis or who has a loved one with the disease knows that it can get progressively more painful and disabling over time. Eventually, the smooth cartilage covering joints in the shoulders, knees, hips, wrist or fingers may begin to wear away and no longer serve as a cushion for the bones.

While surgery to replace the joint may ultimately be the best solution, there are many steps you can take before then to reduce the pain and stiffness, improve range of motion and improve your quality of life.

Here are tips from various medical experts, including the American Occupational Therapy Association, the Arthritis Foundation and Harvard Medical School, to help make living with arthritis more manageable day to day.

1) Apply a heat pack or cold pack to the painful joint before and after performing activities.

2) Use a pillow to elevate the painful joint and provide support while you sleep.

3) Don't lift heavy items. Use a cart with wheels to move laundry, garbage cans, grocery bags and other items. If you are trying to lift something heavy, use proper technique, flex at your knees to use your core body area.

4) Use adaptive aids such as long-handled shoe-horns and sock grippers to avoid unnecessary bending, stooping or reaching that might put too much strain on joints.

5) Modify your home with these simple ideas:

- Install a raised toilet seat and grab bars in the bathroom. Similarly, sit in a chair with arms to help you stand up.
- Remove throw rugs to prevent tripping. Wear secure fitting shoes, avoid flip flops.
- Replace doorknobs and faucets in your house with lever-style handles that are easier to turn.

6) Follow good body mechanics, such as:

- Take frequent breaks and pace yourself when doing activities that strain the joint.
- Avoid staying in one position for too long, which could put stress on joints. For example, get up and stretch every so often while reading, watching television or working at the computer.
- In the kitchen, use a rolling office chair to help you do chores like cooking or washing the dishes.
- Use the handrail when climbing stairs. Lead with your unaffected leg while going up and your affected leg while going down stairs.

7) Maintain a healthy weight and control blood sugar. Extra weight puts added stress on weight-bearing joints, such as the knees and hips. In addition, new studies show that high blood sugar levels, which increase the risk for diabetes, may trigger inflammation, which can damage cartilage.

8) Stay physical. It's the best non-drug treatment for improving pain and function." Exercise stretches the joints and keeps them more flexible, while also strengthening the muscles surrounding the joint. You

do not have to join a gym; just take a walk. Some form of exercise should be a normal daily activity, like bathing and brushing your teeth.

9) Play it safe if you play sports. Straight line exercising avoids stressing joints from a symmetric load to a joint. If you do play a sport requiring twisting activity, take extra time to warm up and make sure your shoes are the proper type of shoes for that sport. Incorporate days of rest between days when you are playing your favorite sports. On days of rest, you can still find time to do exercise in a straight line like swimming, cycling, or walking.

If you are experiencing pain from arthritis, it is important speak with a doctor to discuss your options for pain relief. Dr. Edward R. Dupay, Jr. and his staff are ready to answer your questions.



Edward R. Dupay, Jr, DO
Board Certified

Dr. Dupay graduated from Xavier University in Cincinnati, Ohio. He received his Doctor of Osteopathy at the University of Health Sciences, College of Osteopathic Medicine in Kansas City, Missouri.

Dr. Dupay completed his Internship and Orthopedic Surgery Residency at Flint Osteopathic Hospital in Flint, Michigan. Dr. Dupay has been in the Fort Myers / Cape Coral area since 1987. Dr. Dupay enjoys seeing the "Weekend Warrior" athlete, as well as all patients suffering from crippling osteoarthritis.

To schedule your appointment, please call Orthopedic Associates of Southwest Florida at 239-768-2272, visit our website at www.ifxbones.com, or ask your physician for a referral.



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Swollen Legs and Feet Could be a Sign of Heart Failure

By Dr. Joseph Freedman MD, MBA

While there are several types of heart failure, the primary concern is that the heart cannot pump blood and oxygen efficiently throughout the body. Due to this over-compensation, the heart becomes enlarged. The muscle mass of the heart thickens, and the heart tries to beat as fast as possible to keep up with its demand. Because the blood vessels narrow to try and compensate for the heart lack of ability to supply blood, the narrowing causes severe swelling in the legs and feet.

When fluid builds up around the heart, it causes the heart to pump inefficiently. This is known as Congestive heart failure (CHF). Congestive heart failure is a progressive condition that's chronic, and it affects the heart muscles along with the entire systemic system. Heart failure affects nearly 6 million adults in the United States.

The American Heart Association describes the various types of heart failure as the following:

Left-sided Heart Failure: The heart's pumping action moves oxygen-rich blood as it travels from the lungs to the left atrium, then on to the left ventricle, which pumps it to the rest of the body. The left ventricle supplies most of the heart's pumping power, so it's larger than the other chambers and essential for normal function. In left-sided or left ventricular (LV) heart failure, the left side of the heart must work harder to pump the same amount of blood.

There are two types of left-sided heart failure. Drug treatments are different for the two types.

- **Heart failure with reduced ejection fraction (HFrEF), also called systolic failure:** The left ventricle loses its ability to contract normally. The heart can't pump with enough force to push enough blood into circulation.

- **Heart failure with preserved ejection fraction (HFpEF), also called diastolic failure (or diastolic dysfunction):** The left ventricle loses its ability to relax normally (because the muscle has become stiff). The heart can't properly fill with blood during the resting period between each beat.



- A. Right-sided heart failure**
(Back-ups in the area that collects "used" blood)
- B. Left-sided heart failure**
(Failure to properly pump out blood to the body)
- C. Congestive heart failure**
(Fluid backs up into the lungs and tissues)

Right-sided heart failure

The heart's pumping action moves "used" blood that returns to the heart through the veins through the right atrium into the right ventricle. The right ventricle then pumps the blood back out of the heart into the lungs to be replenished with oxygen.

Right-sided or right ventricular (RV) heart failure usually occurs as a result of left-sided failure. When the left ventricle fails, increased fluid pressure is, in effect, transferred back through the lungs, ultimately damaging the heart's right side. When the right side loses pumping power, blood backs up in the body's veins. This usually causes swelling or congestion in the legs, ankles and swelling within the abdomen such as the GI tract and liver (causing ascites).

Congestive heart failure.

Congestive heart failure (CHF) is a type of heart failure which requires seeking timely medical attention, although sometimes the two terms are used interchangeably.

As blood flow out of the heart slows, blood returning to the heart through the veins backs up, causing congestion in the body's tissues. Often swelling (edema) results. Most often there's swelling in the legs and ankles, but it can happen in other parts of the body, too.

Reference:

1. The American Heart Association, "Types of Heart Failure," AHA.org, Dallas, TX, May 2017

Sometimes fluid collects in the lungs and interferes with breathing, causing shortness of breath, especially when a person is lying down. This is called pulmonary edema and if left untreated can cause respiratory distress.

Heart failure also affects the kidneys' ability to dispose of sodium and water. This retained water also increases swelling in the body's tissues (edema).¹

Treatment

Heart failure is a life-long chronic condition; however, multiple treatment modalities are available depending on the stage of the disease. Typically, cardiologists will use several combined medications like beta blockers, diuretics, and Ace inhibitors to name a few. There are also surgical procedures like heart valve replacements, implantable defibrillators, and coronary bypass surgery. In end-stage cases, inotropic medications can be given to keep a patient's heart pumping adequately and to maintain an even blood pressure.

At the Cardiac Care Group in Cape Coral, they provide a wide range of services that focus on the prevention, prompt diagnosis, and state-of-the-art treatment of cardiovascular disease. They pride themselves on being an exceptional practice where patients come first. All of their physicians and medical staff are highly trained professionals, maintaining the highest level of accreditation in cardiology to address the special needs of those they are privileged to serve.

Joseph Freedman, M.D.

Dr. Freedman brings many years of experience as a cutting edge cardiologist specializing in the prevention, diagnosis, and treatment of all cardiac disease. He trained at the prestigious Cleveland Clinic, continually ranked #1 in Cardiovascular Care, where he focused on cardiac imaging. He achieved five board certifications in Internal Medicine, Cardiology, Comprehensive Adult ECHO, Nuclear Cardiology and Cardiac CT. During his tenure as the lead noninvasive cardiologist at Florida Medical Center in Ft. Lauderdale, he helped lead the hospital to achieve Level 5 chest pain certification, the highest designation of cardiac excellence.

This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

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Ricardo S. Bocanegra, D.D.S.

Back-to-School & Oral Health: A Window to Your Overall Health

Your oral health is more important than you may realize. Get the facts about how the health of your mouth, teeth and gums may affect your general health.

Did you know that your oral health can offer clues about your overall health? Or that problems in your mouth can affect the rest of your body? Understand the intimate connection between oral health and overall health and what you can do to protect yourself.

What's the connection between oral health and overall health?

Your mouth is teeming with bacteria — most of them harmless. Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, can keep these bacteria under control. However, harmful bacteria can sometimes grow out of control and cause oral infections, such as tooth decay and gum disease. In addition, dental procedures, medications, or treatments that reduce saliva flow, disrupt the normal balance of bacteria in your mouth or breach the mouth's normal protective barriers may make it easier for bacteria to enter your bloodstream.

What conditions may be linked to oral health?

Your oral health may affect, be affected by or contribute to various diseases and conditions, including:

- **Endocarditis.** Gum disease and dental procedures that cut your gums may allow bacteria to enter your bloodstream. If you have a weak immune system or a damaged heart valve, this can cause infection in other parts of the body — such as an infection of the inner lining of the heart (endocarditis).

- **Cardiovascular disease.** Some research suggests that heart disease, clogged arteries and stroke may be linked to oral bacteria, possibly due to chronic inflammation from periodontitis — a severe form of gum disease.

- **Pregnancy and birth.** Gum disease has been linked to premature birth and low birth weight.

- **Diabetes.** Diabetes reduces the body's resistance to infection — putting the gums at risk. In addition, people who have inadequate blood sugar control may develop more-frequent and severe infections of the gums and the bone that holds teeth in place, and they may lose more teeth than do people who have good blood sugar control.

- **HIV/AIDS.** Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS.

- **Osteoporosis.** Osteoporosis — which causes bones to become weak and brittle — may be associated with periodontal bone loss and tooth loss.

- **Alzheimer's disease.** Tooth loss before age 35 may be a risk factor for Alzheimer's disease.

- **Other conditions.** Other conditions that may be linked to oral health include Sjogren's syndrome — an immune system disorder — and eating disorders.

Be sure to tell your dentist if you're taking any medications or have had any changes in your overall health — especially if you've had any recent illnesses or you have a chronic condition.



How can I protect my oral health?

To protect your oral health, resolve to practice good oral hygiene every day. For example:

- Brush your teeth at least twice a day.
- Replace your toothbrush every three to four months.
- Floss daily.
- Eat a healthy diet and limit between-meal snacks.
- Schedule regular dental checkups.

Also, watch for signs and symptoms of oral disease and contact your dentist as soon as a problem arises. Remember, taking care of your oral health is an investment in your overall health.

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Health Insurance Important Dates!

By Ulla-Undine Merritt (Dee) National Producer Number (NPN) 8853366

Obama Care/Affordable Care Act – August 15, 2021 deadline for new policies issued. The Government extended your ability to enroll in health insurance on the Market Place due to COVID. This special enrollment period will end this month! The website is HealthCare.gov, your local insurance agent can help you through the maze and there is no charge generally for their services. The government also increased how much money you can earn and qualify for subsidy to help lower your cost for insurance. Many people are not aware that they do not need to forgo having health insurance and there are affordable options for them. Insurance is not just about the price of the premium but very important the network of doctors, hospital, etc. that you can have access to. This year a carrier can on board in Lee County and folks that enrolled were not aware that Lee Memorial was NOT in that carrier's network. This is a big deal! So, in their case to be treated as in network they would need to call the carrier and get approval to have the charges covered as a Medical Emergency out of Network.

Individual/Family Health Insurance – Being young and healthy does not mean you do not need health insurance. Do you know anyone that knew when they were going to be diagnosed with cancer, or when they were going to have a heart attack or even a serious accident? I do not, it happens, and insurance is there to help you get the care you need and limit your financial exposure. What are your insurance options, and what is best for you? Employer Group Coverage, Individual Medically Underwritten Health Insurance, Medicaid, or the Government Market Place Guaranteed Issue Health Insurance. There is a lot to know about the differences, as well as the cost. The monthly premium should not be your only consideration. You do not know what you do not know so ask the experts that do know about all of them and can help educate and guide you thru the enrollment process. When it comes to medically underwritten plans most of them you can enroll all year long, but you can also be denied based on underwriting.



Medicare – Annual Enrollment Period October 15-December 7th, 2021, for January 1st, 2022, effective. Generally, when you turn 65 you are eligible for Medicare, once you have worked 40 quarters roughly 10 years there is no cost for Medicare Part "A". Part A covers Hospitals, Skilled Nursing, Home Health & Hospice. Medicare Part B you can choose to take at 65 or you can hold off if you are still working and have credible coverage. Also, if you then want Part B later there is a special enrollment Period (Jan-Mar), and the earliest effective date is July (if you did not have group coverage). If you did not have group health insurance that is considered qualified, you would have a late enrollment penalty for each month you did not have Part B & Part D and that penalty will last monthly for the rest of your life. Part B covers, doctors, imaging, blood work, ambulance, durable medical equipment, etc. Part D is a Medicare Drug Plan and covers medications. During your initial enrollment period it is very important to understand your options! Medicare Supplements are NOT guaranteed. You can purchase them during your 1st 6-month of Medicare Part B being effective without medical underwriting. There are a lot of things you need to know. Again, work with an agent you can trust! **Very important:** when you *move* you need to know your options. Can you keep the same plan? Do you need to make a change and what does that look like in your situation?

We offer Free Medicare Seminars both online and in person, please e-mail info@logicalinsurance.com to register. Classes include Applying for Medicare; Special Enrollment Periods; Late Enrollment Penalties; Low income/Medicaid.

Life Insurance – Is the only life insurance you have through your employer? Most employer group life coverage is not portable, what that means when you leave your employment you will lose your coverage. Apply for life insurance as young as possible while you still do not have health issues. Life insurance has many great benefits. Did you know that some policies grow in cash value that you can use when you need it? So, no you do not need to die to use your life insurance. There are many different types, and we can probably find an option that would work for you!

Whole Life Policies for children make wonderful gifts and leaves a legacy. As an example, I buy my grandchildren each a \$100,000 life insurance policy that will be paid in full in 10 years. The policy grows in cash value, the premium is set for 10 years and then it is Paid in Full. My 5-month-old granddaughter's policy cost me \$748.00 for the year and I could have chosen to make monthly payments. Whole Life policies have so many wonderful benefits.

Logical Insurance Solutions is a SWFL Insurance Broker that works with most of the carriers, we are happy to help you through the maze. This is what we do daily, it is second nature to us. We offer virtual seminars, one on one WebEx, phone and in person appointments.

To learn more about your options call to schedule an appointment:

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If You Need Physical Therapy, You Have a Choice Who You See

While the fact that you need physical therapy is nothing to celebrate, if you live in or near Cape Coral, there is some excellent news! Physical Therapy Now offers the best in physical therapy treatment options, and what's more... it's located nearby, at the intersection of Pine Island Road and Nicholas Parkway!

What Types of Conditions Does Physical Therapy Now Treat?

A our beautiful, state-of-the-art Physical Therapy Now facility in Cape Coral, our skilled therapists can help with all types of conditions, including pain, weakness, limited mobility, stiffness, balance issues, pre and post surgery, injuries such as those sustained on the job (workers compensation), in car accidents, on the playing field, and others. Some of these injuries include:

- Spinal injuries
- Fractures
- Soft tissue injuries such as whiplash
- Other head and neck injuries, including concussions (TBI)
- Muscle strains and sprains
- Ligament and tendon injuries
- Knee and Ankle injuries
- Back and Shoulder injuries

Whether you tore an ACL on the football field, strained your lower back at work, obtained an injury on the golf course, suffered a neck injury and

concussion in an auto accident, or simply strained your forearm throwing a ball in the backyard with the kids, Physical Therapy Now has you covered. Your healing is our priority.

How Does Physical Therapy Now Treat Injuries?

That all depends on the type and severity of your injury. But regardless of your injury, we'll take great and wonderful care of you. We're ready to serve you and get you feeling your best with the following services:

- Ultrasound therapy
- Electrical Stimulation therapy
- Stretch therapy
- Exercise therapy
- Manual therapy
- Muscle strain/sprain therapy
- Functional capacity evaluations
- Lumbar and Cervical Traction
- Graston Technique therapy
- Balance therapy
- Vertigo therapy
- Iontophoresis therapy
- And much more!

With all of these options, you'll walk out of our facility knowing that you got the right care for your particular pain, injury or condition.



Why Physical Therapy?

A common misconception is that PT is just for rehabbing injuries. But physical therapy is also great for the body in many ways. Besides providing rehab for injuries and surgeries, physical therapy can also:

- Help you avoid surgery for an injury
- Manage pain from your injuries
- Prevent long-term damage to your body
- Increase flexibility where you might be experiencing tightness, stiffness or soreness
- Build or rebuilds strength
- Help expedite your recovery

So, really, the question should be...why NOT get physical therapy? Especially at Physical Therapy Now, where our amazing therapists and staff will take great care of you and get you back on your feet.

Physical Therapy Now

If you need physical therapy, you're in luck! Physical Therapy Now offers two convenient locations within 10 miles of Cape Coral. But convenience only matters if the service is worth it, and we deliver high-quality physical therapy care that's second to none. Call us today to set up your first appointment. *We know how to TREAT you.*

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HOW CBD CAN REDUCE INFLAMMATION

When we think of inflammation, we often conjure up ideas of red, swollen cuts, bruises, or injuries that we've endured. Inflammation is the body's natural response to injury in order to heal. For example, if you get a tiny paper cut, the skin will start to bleed a bit, and may become puffy or red during the healing process. In this instance, inflammation is good, but that's not the case with chronic inflammation.

If someone is suffering from an illness or chronic condition, they will almost always have high inflammatory markers, which can be linked as the root cause of almost any ailment, including high blood pressure, atherosclerosis, heart disease, and even heart attack and stroke.

Inflammation contributes to health conditions that worsen heart problems, including diabetes, metabolic syndrome, sleep apnea, and obesity.

Chronic Inflammation

Chronic inflammation is a long-term response to something wrong in the body. Inflammation is the body's immune system trying to correct the problem or disease within the body. However, if you have ongoing inflammation, the body is not designed to be in a state of constant inflammatory response. This is the underlying issue and root cause of most disease.

How do you get rid of inflammation?

Many things can help lessen inflammation like diet, cutting out sugar and refined carbohydrates, reducing stress, getting better sleep, exercise and limiting toxins and chemical exposure inside and outside of the body.

There is also valid evidence that suggests CBD can help to tamp down inflammation. Research suggests that the effect the CBD has on the body's endocannabinoid system is what reduces inflammation. CBD binds to our endocannabinoid receptors and is thought to help regenerate cells.

Cannabis has multiple strains, one of which is Delta 8, which is popular due to its potency and effectiveness without the intense psychoactive effects of Delta 9 or THC. Both CBD and Delta 8 have anti-inflammatory properties and work well for both acute and chronic inflammation for numerous people.

These are great alternatives or add on therapies for arthritis, migraines, trauma, and long-term, chronic inflammatory issues as well.

More on Delta-8-Tetrahydrocannabinol

According to the National Cancer Institute, Delta 8 is described in the following way:

An analogue of tetrahydrocannabinol (THC) with antiemetic, anxiolytic, appetite-stimulating, analgesic, and neuroprotective properties. Delta-8-tetrahydrocannabinol (delta-8-THC) binds to the cannabinoid G-protein coupled receptor CB1, located in the central nervous system; CB1 receptor activation inhibits adenylyl cyclase, increases mitogen-activated protein kinase activities, modulates several potassium channel conductances and inhibits N- and P/Q-type Ca²⁺ channels. This agent exhibits a lower psychotropic potency than delta-9-tetrahydrocannabinol (delta-9-THC), the primary form of THC found in cannabis.

CBD derived from Hemp Oil is becoming a trusted source by many individuals for its multiple benefits.

The Quality of Hemp Products is Critical

Strict analysis and product quality through highly regarded labs such as Kaycha. This process and certification make certain that your hemp products are clean, free of mycotoxins, heavy metals and other harmful substances.

Hemp Joi offers multiple varieties of products from gummies to tinctures and salves. Hemp Joi is also a carrier of the highly sought out Delta 8 products.

About Hemp Joi

It all started back in 2019, we set out to change the way the world deals with chronic aches and pains. Having a background in functional medicine and a passion for entrepreneurship, we set out to bring quality products to the greater SW Florida area and beyond.

We were inspired by family members, in the massage therapy industry, that kept getting requests from clients to use CBD oils because of their natural healing properties.

We felt this was a great and underserved need, so we began our search for the most natural most authentic CBD oils and lotions.

Please visit us at hempjoi.com, stop by, or call us to find out more at (239) 676-0915.



Back to School & The Office Could Spell Trouble for Your Pet

5 Tips to Help Them Cope

Our pets have gotten quite used to us working from home and they also absolutely enjoy having the kids home for the summer, or in some cases, since the pandemic hit. Why? They are no longer alone all day for hours on end. This is especially true for dogs, as they are typically much more needy and attached to their owners than other animals.

If your kids are preparing to go back the classroom, or you are heading back to the office and waving so long to remote work, Animal Oasis has a few tips to help your pets transition into long periods of being alone.

Tip #1 Get Their Energy Out Before You Leave

If you have a healthy pet that can benefit from some daily activity, get them moving. Taking them for extra long walks (be careful they are not overheated) or playing fetch or even playing with them in the house for a while before you leave for the day will help them tolerate being alone better. They will enjoy the bonding time with you and, they will be tired and probably find it easy to sleep during most of the day.

If you or your kids are gone for long hours, having a pet sitter, dog walker, or friend stop by and visit with them or exercise them again mid-day is very helpful, especially for animals with separation anxiety or those that need extra exercise.



If you and your family do not return until it's dark outside, make sure to leave a night light or some form of light on for your pets. Most pets can see in the dark, but light will make them more comfortable and may make them think that it is still daylight and that you haven't been gone so long.

Tip #2 Background Noise

It can be helpful to leave the television on low or a music channel. There is even music made especially for animals to relieve anxiety. You can search for those online or on your smart TV.

Tip #3 Water and a Comfortable Resting Area

Make sure your pets have plenty of fresh water, food, and toys available to provide nutrients for their bodies and adequate hydration. It's also critical to provide a comfortable bed, mat, or soft area for them to sleep and rest. Leaving a few toys out for them to play with is also helpful. Many toys are interactive nowadays and keep pets occupied for longer periods.

Tip #4 Security Cameras

If you are using a webcam to keep an eye on your pets, please remember not to use the microphone to speak to them if they are not used to this. Otherwise, it will confuse them and cause distress. You can try and get your pet used to you speaking to them through the microphone while you are in another area of your home and for short periods of time at first.

Tip #5 Calming Pills and Treats

Calming supplements can ease your pet's anxiety. Before you leave the house, give your pet the recommended dosage of these all-natural, anti-anxiety medications, as this can help your pet feel more at ease during times alone.

Animal Oasis Hospital also offers stronger anti-anxiety medications by prescription, depending on the severity of your pet's disorder. It's important to speak to your veterinarian about these medications before hurricane season gets into full swing.

Animal Oasis Veterinary Hospital in Naples offers the most up to date and progressive veterinary services for your pets. Ranging from laser surgery, ultrasound, dental X-rays, radiology, full pharmacy, and in house diagnostics, Animal Oasis Veterinary Hospital provides your pets with the necessary options for treatment.

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THE SECURE ACT AND YOUR FLORIDA ESTATE PLAN

By Steven J. Gibbs, Esq.  GIBBS LAW OFFICE, PLLC

In 2019, the U.S. Congress significantly overhauled the laws affecting retirement planning when it passed the Setting Every Community Up for Retirement Enhancement Act (better known as the “SECURE Act”). The SECURE Act’s primary objectives are to expand access to tax-advantaged retirement accounts like IRAs and 401ks and to allow more retirees’ savings to last throughout their entire retirement. What you may not be aware of, is that the Secure Act and your Florida estate plan go hand in hand concerning the rights and options for your heirs and beneficiaries.

Implementation of the SECURE Act only started in 2020, so it’s too early to say whether the law will achieve its goals. But we can say this: the SECURE Act will have a considerable impact on estate planning in Florida—especially planning for inheritance of retirement accounts in Florida (and elsewhere). If you’re developing a plan for an estate that includes an IRA or 401k, you’ll need to account for the revised rules. And, if you already have a plan in place, you may need to make some adjustments.

So, let’s take a look at the new law, its Florida estate-planning ramifications, and potential strategies for adapting to the changes.

What Does the Secure Act Do?

The SECURE Act has some pretty attractive features if you’re using an IRA or 401k in Florida to save for retirement. For one, the law does away with the former maximum contribution age of 70.5. Now, you can contribute to a retirement account at any age. And the new rules make it easier for part-time employees to participate in 401k plans and for small businesses to offer the plans. Congress wants as many Americans as possible saving for retirement, and the SECURE Act is undeniably calculated to increase participation.

For people retiring soon, the SECURE Act’s most significant changes are probably the new standards for how retirement account funds are withdrawn. Previously, IRA and 401k owners were compelled to start taking “required minimum distributions” (RMD), beginning at age 70.5. The SECURE Act bumps the mandatory RMD starting age back to 72. It might not sound like much at first glance, but that extra year and a half could have a big impact on how long your retirement savings lasts and on how much is left over on the back end.

The change is an acknowledgement that life expectancies have increased in recent decades and that more people are working later into their lives. By letting account holders wait a little longer to start tapping retirement account assets, the SECURE Act facilitates additional tax-deferred growth. More growth will hopefully allow retirement savings to hold up for more people. And, for retirees who want to pass along IRA or 401k wealth to their heirs, delayed RMDs could make it easier to maintain higher balances longer into retirement.



The Secure Act Limits on “Stretch” IRAs

So far, the SECURE Act sounds like it’s all up-side for taxpayers. Higher retirement account balances that last longer into retirement—what’s not to like? However the story is different when it comes to the Secure Act and you Florida estate plan.

As it turns out, Congress recognized that the longer tax-deferred growth and later withdrawals enabled by the SECURE Act would likely reduce federal tax revenue. And, so the law also includes a major provision intended to recapture some of that lost revenue, leading Forbes writer James Lange to describe the SECURE Act as the “Extreme Death-Tax for IRA and Retirement Plan Owners Act.”

Under new tax rules, a beneficiary of a retirement account who inherits an IRA or 401k upon the original owner’s death can no longer use a Stretch IRA to gradually distribute the account balance over the heir’s lifetime. It sounds simple, but the impact is potentially monumental.

What are Stretch IRAs?

Prior to the SECURE Act, Stretch IRAs were widely considered the most tax-efficient option for managing distributions from an inherited 401k or IRA. If you inherited a retirement account, a Stretch IRA let you “stretch” withdrawals of account funds over the rest of your life expectancy. For many beneficiaries, this translated into a reliable source of steady income for decades, and tax-deferred growth throughout the entire span.

A related approach prior to the Secure Act and related to your Florida Estate Plan, was to form a conduit trust in Florida and name it as the IRA’s beneficiary. Then, IRA funds would be distributed to the ultimate heir through the trust. Under the old rules, distributions could still be stretched out over the heir’s lifetime (if properly structured), but the trust let the original account owner exercise more long-term control over the wealth.

Under the SECURE Act, the entire balance of an inherited IRA or 401k now must be withdrawn within ten years of the original owner’s death.

The big tax advantage of a Stretch IRA was that it allowed the beneficiary to extend income tax liability attached to the inherited funds over his or her entire life expectancy. Remember, IRA and 401k contributions are pre-tax, so the wealth in the account is taxable income when distributed—even if distributions are going to the beneficiary and not the original account owner.

Because a Stretch IRA spaces out withdrawals over the longest possible time period, each individual distribution can be smaller. The result is reduced short-term tax bills and a potentially lower effective rate taxed to the entire

inherited amount. And, perhaps more importantly, Stretch IRAs let the inherited wealth continue growing tax-deferred for a much longer time. Money that would otherwise be paid to the IRS instead continues compounding in the account.

The SECURE ACT Ten-Year Rule and Your Florida Estate Plan

Sadly (at least for those of us who are fans of tax-efficient financial planning), under the SECURE Act, the multi-generational deferred growth enabled by Stretch IRAs and some conduit trusts has gone the way of the dodo. Beginning in 2020, heirs are required to withdraw all funds from an inherited retirement account within ten years of the original owner's death. You can still withdraw the entire balance immediately if you want to, and pay the big tax bill all at once. But the longest you can space out distributions (and therefore tax liability) is ten years.

The new ten-year rule comes with a few exceptions. First and foremost, inheriting spouses in Florida can still elect to stretch withdrawal of a spouse's IRA funds over the remainder of the inheriting spouse's life. Or, if the heir is a minor child in Florida, the clock does not start ticking on the ten-year period until the heir reaches the age of majority. And the ten-year distribution rule also does not apply to an heir who is disabled, chronically ill, or less than ten years younger than the original account owner.

Overall, the SECURE Act has some pretty valuable features likely to lead to real tax savings for retirees. But, the succeeding generation—the heirs who inherit retirement accounts—will likely see bigger tax bills and considerably less long-term growth potential for the inherited wealth.

Potential Stretch IRA Alternatives

Stretch IRAs allowed retirement-account beneficiaries to minimize total tax liability for the inherited funds while also maximizing deferred growth. Under optimum conditions, the result was exponentially increased wealth in the hands of the heir. Since the SECURE Act became law, estate-planning attorneys have been hard at work developing alternative strategies to approximate similar results.

An effective but somewhat limited approach is to convert a traditional IRA into a Roth IRA while the original owner is still alive. Roth distributions are not taxable income, so, even though the inherited account will still need to be emptied within ten years, the funds won't be eroded by taxes during the ten-year period. In theory, each tax-free distribution is immediately reinvested in another tax-friendly investment to allow the wealth to continue growing.

The big disadvantage of converting to a Roth is that, when you make the conversion, you have to pay the income tax due for the account funds (ideally after you're retired and your marginal tax rate is lower). And the money used to pay the taxes is no longer growing tax-deferred in the account.

A more complex, but potentially more rewarding, approach is to replace a future Stretch IRA in Florida with permanent life insurance. Because RMDs and whole life premiums are both based in part on life expectancy, it's often possible to purchase a policy with a death benefit similar to the IRA's starting value and premiums that can be fully paid-for with IRA distributions.

Upon retiring, the account owner begins taking RMDs and putting the IRA funds toward whole life insurance premiums. Taxes are owed for each distribution when made, and the corresponding premium payments decrease the IRA's balance and increase the insurance policy's cash value. If the retiree lives longer than anticipated, the policy's cash value can be tapped to help fund later years of retirement.

When the policy's death benefit is ultimately triggered, the payout goes to the beneficiary tax-free (life insurance proceeds are not taxable income). Or, policy proceeds can be paid into a Florida dynasty trust set up to spread out distributions over the beneficiary's lifetime like with a Stretch IRA (or for whatever other period you prefer). A trust can have the added benefits of protecting the wealth from squandering and shielding it from claims of a beneficiary's creditors.

Any funds remaining in the IRA can be inherited as normal and must still be distributed within ten years. However, because the balance has been reduced to pay policy premiums, the tax hit should be mitigated. Because life insurance proceeds are tax-free, they can be invested in full into another tax-deferred investment and continue growing with no tax liability until distribution.

While the SECURE Act undoubtedly makes it more difficult to maximize long-term, tax-deferred growth in an inherited IRA, a thoughtful estate plan can at least partially compensate for the changes. An experienced Florida estate-planning attorney can help you develop a tax-efficient strategy that accounts for the new rules and provides the greatest benefit to your heirs.

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How to Enjoy Having Your Home Professionally Cleaned

Your house is a mess. You have no free time. You hate to clean. If this sounds familiar, you're not alone. Over 100 million people in the US and Canada feel the same way. As you plan to hire house cleaning services, here are some tips that will make your experience even better.

Remember that you're hiring human beings

If you plan on every speck of dust being gone after your clean, you're most likely setting yourself up for disappointment. You'll enjoy your service more if you are realistic about what you're getting. While professional house cleaners are exceptional at what they do, they are not super human. They can't clean your master bathroom in 5 minutes. Humans also make mistakes. If something isn't done well, relax, call the house cleaning service at the office, and let them know. Depending on the type of issue, most professional house cleaning companies will send someone out to re-clean the area and make sure to correct the situation.

Leave your home while it's being cleaned

Do you like when someone looks over your shoulder while you work? Neither do housecleaners. Relax. Professional house cleaning services screen their employees, conduct background checks, and are bonded and insured. Get the most out of your cleaning service by getting out of your house during the cleaning process. Not only will you enjoy the great feeling of walking into a clean

home, but the cleaning staff will be better able to focus on their job. While leaving isn't a requirement, you just might find out how great it feels to abandon all thoughts of cleaning!

Leave a tip

Tipping service professionals is nothing new. Everyone tips their server at a restaurant, the bellboy, the valet. Tipping your cleaning professional is a good thing. Think about this; a professional cleaner is in your home, touching virtually all of your possessions. Cleaning is a physically demanding job. House cleaners are constantly bending down, scrubbing, walking up and down stairs, reaching up high, and moving heavy things around. And if hard work isn't enough, remember that they're dealing with all your dirty stuff! It's well worth a few extra dollars to say thank you. And who doesn't love a tip? Remember, a happy cleaner is a great cleaner.

To clean or not to clean

It's a question most people grapple with. Should I clean my house before the cleaning person comes? This is really up to you and there is no right answer. If you have hired a cleaning person for a set amount of time, the cleaner will be able to provide a deeper clean if your home is very tidy before their arrival. But, some people don't like even tidying up. If that's you, then letting the house cleaner do that might be well worth it. In the end, you have to decide how you want the house cleaner spending their time.

I clean my home in 1 hour... they should too

People always think a professional house cleaner should be able to clean their home faster than they clean it themselves. This is a misconception. When most homeowners clean their homes, they clean very differently than someone they hire. Homeowners know what areas they can skip and usually don't clean all the areas that professionals do. For example, many homeowners may skip the toilet when cleaning the bathrooms, only wiping down the counter and mirror. And even if they do tackle the toilet, they usually don't get the floor behind it. Professional home cleaners must clean everything, which, in the end, usually takes longer.

If you're realistic about your house cleaning service, you'll be much happier. And if there is something you're not happy with, simply call the office. You'll be much better off working through a few small issues than constantly jumping from one cleaning service to the next. Once you and the professional company get it right, having your home professionally cleaned is on.



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DISCOVER THE NEW ERA OF MENTAL HEALTH AT MY SELF WELLNESS CENTER

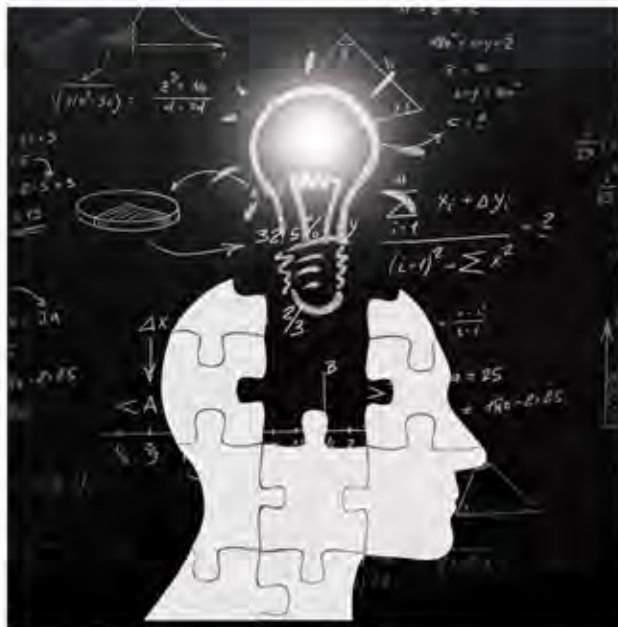
Do you ever feel overwhelmed, overworked, or overstimulated? Perhaps you want to break a negative cycle, or need professional help with depression, anxiety, OCD, or even addiction. The world today is fast paced and, lately, very isolating. It is estimated by the National Institute of Mental Health that 1 in 5 adults live with a mental illness. The CDC has even launched a mental health initiative to combat the negative mental and emotional side effects of the pandemic. Luckily there is a safe, easy way to treat these very real issues right in the SWFL community.

MY Self Wellness Center, a new and alternative medical treatment center, in Bonita Springs, FL, offers Ketamine as a groundbreaking way to treat many of the aforementioned conditions. Clients have said the treatments are life changing, offer a renewed sense of happiness and help achieve inner peace.



Led by Dr. Andrew Ferber, aka Bodhicitta, patients will first schedule a consultation, followed by a psychiatric evaluation. The MY Self Wellness Center team works with clients to ensure they are mentally and physically prepared for treatment.

With over 60 years' experience as a psychiatrist and holistic doctor, and 50 years as a meditator and meditation teacher, Dr. Ferber has healed people on five continents, and is the current Director of The Osho Institute for the Art of Living and Dying.



Ketamine therapy is a practical treatment alternative for assisting in psychological healing and mental health issues, as well as chronic pain symptoms, and may be particularly effective for individuals who have come to be resistant to narcotics and various other pain-relieving treatment methods.

"The Ketamine allows us to unblock the natural flow of healing energy, often called love that we are actively blocking, which then allows us to open up and blossom like a flower," commented Dr. Andrew Ferber, AKA Bodhicitta, MY Self Wellness Center.

Research shows Ketamine increases expression of brain- derived neurotrophic factor (BDNF), which is the brain's own repair inducer. This protein promotes the survival of neurons by playing a role in the growth, maturation (differentiation), and maintenance of these cells. Not only does Ketamine increase BDNF, but it also increases the number of receptors that BDNF binds to. With time, there is more repair factor and more receptors available to be activated by the repair factor.

The outcome is that over a period of weeks, neuroplasticity and repair occur in the brain. Ketamine also binds to NMDA receptors creating a glutamate surge and releasing growth factors. This allows your brain

to make new synaptic connections. When paired with new healthy habits, it paves the way for healthier thought patterns while increasing your resilience to chronic stress with lasting effectiveness.

At MY Self Wellness Center, we believe that we have the power to create change in our brain which facilitates change in our lives.

In short, MY Self Wellness Center is a premier Ketamine treatment facility that exists to assist and empower you on your health and wellness journey with the healing benefits of Ketamine and other alternative treatment routes.

In addition to paving the way for psychedelic-assisted therapy, MY Self Wellness Center also offers medical marijuana cards, NAD+ therapy, meditation classes, group Ketamine assisted psychotherapy, and IV nutritional bags.

For more information about MY Self Wellness Center, please call 239-908-9958, or visit www.myselfwellness.center.



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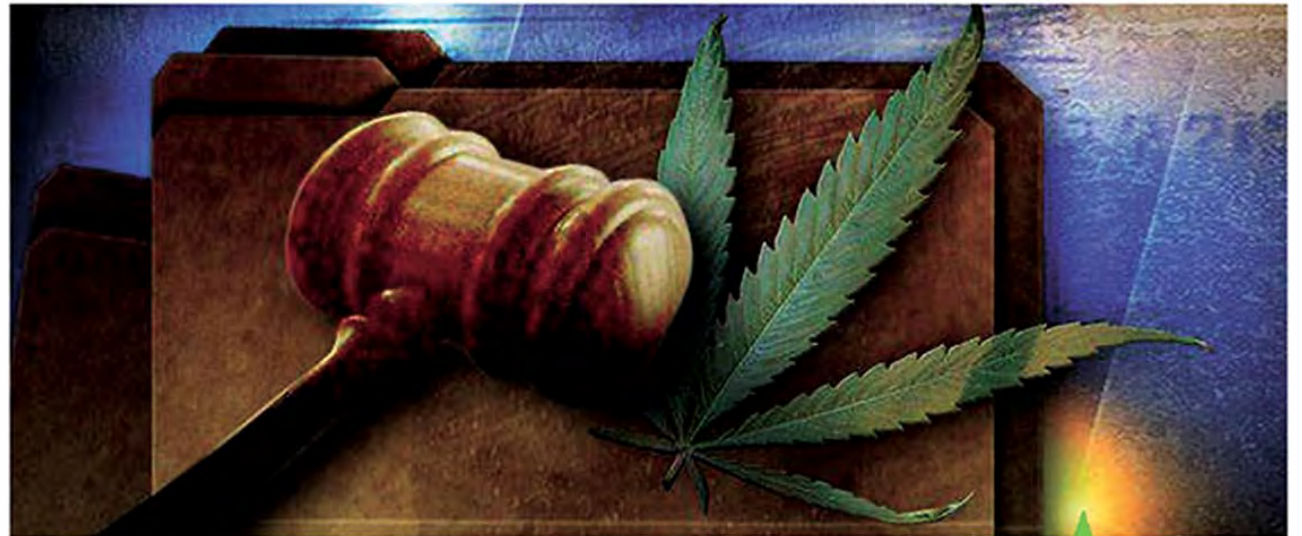
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New Bill to Protect Medical Marijuana Patients from Employers

With SB 962 and HB 595 having been filed back in early November, this bill could change the outlook for those afraid to make the jump towards becoming a licensed medical marijuana patient by further protecting them from being discriminated against by their employers. Unfortunately, this issue has become all too common with Florida's medical marijuana patients. As our current law stands, patients have zero protections against their rights as MMJ patients. Having a pool of over a quarter million people exposed like this has also let a new wave of attorney's flood in to prospect the early stages of MMJ patient protection.

The bill will introduce a new set of procedures for employers to follow shall an employee test positive for marijuana. This is a huge step in the right direction for the State as it prohibits employers from taking action against employees who are also qualified medical marijuana patients (in most situations). Many Floridians are not open to medical marijuana solely due to the reality of possibly losing their main source of income due to speed bumps such as corporate policies or random drug testing.



Thankfully this mindset is slowly shifting in favor of Cannabis advocates and with new bills on the horizon, us Floridians have an optimistic future as far as patient rights goes. If other states and their marijuana laws are to go by, we should have no problem introducing safety nets to those still being discriminated against.

Come this election we will see a shift in focus on these specific issues as more and more people join the already massive 300,000 card holders in Florida. Join the movement and help shift our states policies in the right direction and become a cardholder today!



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ALTHOUGH MEDICAL MARIJUANA IS LEGAL IN FLORIDA, IT REMAINS ILLEGAL UNDER FEDERAL LAW

TOP 4 Reasons Chefs for Seniors Might Be The Right Choice For You

#1 Shopping is Challenging

In light of our global pandemic, shopping has proven to be challenging for all ages, but if you have an underlying medical condition or are over 65, the risk of infection has become a significant concern. Along with COVID-19, shopping at the grocery store heightens the risk of other communicable illnesses such as the flu or the common cold.

In addition to these concerns, many seniors find it taxing or may not be able to drive themselves safely to the store due to mobility issues, diminished eyesight, cognitive issues, or other aspects that might make driving, parking, shopping, walking, or calculating a genuine challenge.

#2 Cooking is Becoming Difficult or Dangerous

Perhaps you used to love cooking, or maybe you've never been keen on whipping up a meal. Some individuals find that following a recipe and cooking can be difficult, time-consuming, or in some cases, dangerous.

If you'd prefer to have someone else make your meals out of convenience, or you'd rather not unintentionally burn or overcook your food, many people feel the same way. This is especially true for seniors who no longer need to cook for an entire family and those that have issues with getting around easily or are developing neurodegenerative disorders.

#3 You or Your Loved one Need Special Meals (Low Sodium, Low Fat, etc.)

Have you or your loved one undergone a heart procedure, stroke, or been diagnosed with diabetes? If so, you know the importance of following a strict diet that will help manage and sustain your disease and longevity.

Many people find it challenging to understand which foods are best and how to prepare those foods so that they are delicious and appetizing.

#4 You Want Nutritious Food Without the Hassle

Combining all of the reasons that so many seniors could benefit from a chef-prepared meal is easily identified in the previously mentioned issues and

conditions. You want to eat the healthiest meals possible, meals that are good for your body, and that taste amazing so that it's easy to stick to eating the way you know you should. That's where Chefs for Seniors can help.

Chefs for Seniors

Chefs For Seniors is a welcomed answer for many that want nutritious, flavorful foods custom-prepared right in the comfort of your home by a licensed chef that not only provides gourmet-style meals, but also compassionate companionship. They also have specialty meals for low sodium, low fat, and other dietary needs.

- Find peace of mind knowing personal chefs will handle the shopping and cooking
- Feel healthy and rejuvenated with meals for seniors that fit your diet
- Truly affordable and much less expensive than eating out
- All personal chefs are servsafe licensed, undergo background checks, and are fully insured

The company's local professional chefs prepare affordable meals for the week in the home using the freshest ingredients, while offering a fun interactive experience. Chefs for Seniors is a private meal preparation service which specializes in providing companionship with the chefs preparing the meals in the home of the client. Clients select meals from a regional menu which can be customized to the client's dietary preferences and needs. The process aims to be an affordable option for seniors who may want fresh home-cooked meals, but who may be physically unable to cook the meals for themselves.

Professionally Prepared Meals and Clean Up!

Chefs for Seniors offers rotating menu options, which includes select Chef creations inspired by the region. Clients select their desired meal in advance, allowing the chef to shop and prepare the meals on the designated cooking day. Chefs prepare the meals between two to two and a half

hours. And an added benefit is that after the meal is prepared and stored according to the client's preferences, the chefs clean before leaving the house.

Your chef will bring their own "toolbox" with pots, pans, knives, and utensils into the home. You don't need to have anything on hand except an appetite and working appliances!

Cost and Insurance Coverage

The price of our services are region-specific and depends on your individual needs. Our goal is to provide an affordable solution that seniors can use long-term. We offer three different service packages to meet a variety of needs: Standard, Custom, and Non-Standard.

Some Long Term Health Insurance Policies may cover certain in-home services like Chefs For Seniors.

Multiple Meals During Visit

During a 2-hour home visit, your personal chef will prepare 4 different entrées and 10-12 individually-packaged servings of meals. The exact number of servings depending on your appetite and the types of meals ordered and serving sizes can be adjusted with your chef.

Most clients have their personal chef visit their home every week, although some choose to schedule services every 2 weeks or 2x per week. We can work within your budget, appetite, and needs.

Special Diets

We can accommodate most dietary concerns and diets. Our chefs and menus are particularly well-suited for low-sodium, diabetic friendly, gluten-free, Kosher, and renal diet meals. We also take inspiration from the DASH Diet (Dietary Approach To Stopping Hypertension), when designing our weekly menu rotations. Our Custom Package is well suited for clients with less common diets or dietary concerns.

For any questions, please contact Chefs For Seniors at 239-776-1758.



CHEFS FOR SENIORS

chefsforseiors.com

Phone: **239-776-1758**

Email: bill.springer@chefsforseiors.com

Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸ *The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.



David went on to say in Psalm 142:3 that ³ *"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit www.venturenaples.com or call (239) 775-5323.



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TESTIMONY:

Over the last several years I noticed my weight kept creeping up slowly until I was 20 lbs heavier than I should be. I knew this was common with most of my patients at my age, but I was never happy with the fad diets being promoted daily on TV. When I saw the "before" picture that was taken by my daughter a couple of years ago, I really felt I had to do something about the belly fat. Fortunately, a colleague from North Carolina told me about the Ultimate Light Therapy procedure. I had already started to exercise and cut back on the late night snacks, but wasn't making the progress that I wanted with getting rid of the belly roll and saddlebags. My wife and I used this therapy and within one month, I noticed a significant change in inches around my waist and hips. My wife liked the change in her upper back and the face lift reduced a slight double chin and wrinkles beside her eyes. I went from a tight size 38 waist to my present comfortable 34 inches! Once I saw the difference it made for my wife and myself, I started to mention it to my patients. I will not endorse any procedure until I have experienced it personally. It has now been over 2 years that I have remained at this weight and size. I did put a couple of pounds on during the last Christmas holidays, so I used the therapy twice to get me back on track.

We have now used the Ultimate Light Therapy on over 120 people with great results. If you are serious about getting rid of extra weight and problem areas like your belly, saddlebags, thighs, arms and facial wrinkles and double chin, give me a call to schedule a free consultation and I can show you how you can get similar results and feel good about your shape! ~ Dr. Larry Johnson

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- Mid Back Pain
- Neck Pain
- Sports Injuries
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- Plantar Fasciitis
- Tendonitis
- Shoulder/Hip/Knee Pain
- Erectile Dysfunction