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# Health & Wellness<sup>®</sup> MAGAZINE

December 2021

Collier Edition - Monthly

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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.



## 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.

## 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



## 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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# Stress Management

By Neetu Malhotra, MD

**H**ave you ever felt overwhelmed? Are you feeling stressed out? The holidays can sometimes be quite stressful, whether it be making the house ready, making sure you have gotten all the presents for your loved ones/friends, but you might want to take some time for yourself too. In fact, the holidays are known to bring out all sorts of ailments and health problems, more than any time of year. The stress of the holidays is real and not something to be ignored and brushed under the rug. Stress Management is truly something we all have to deal with at one point or another. Not all stress is bad, but when you start to feel overwhelmed and feel a loss of control, that's when stress can wreak havoc in your life.

The first part in managing your stress is to identify the stressor, for example-whether it be certain negative people, going through a divorce, being told of a new diagnosis or fear of losing your job. Whatever that stressor is, it's important to identify it, talk it over with a close friend/relative or perhaps write it in a stress journal. It is crucial to not keep the feelings/emotions bottled up because that in itself is truly, I believe the heart of many health problems. Stress has been linked to heart disease, depression/mental illnesses, inflammatory conditions (ie arthritis, autoimmune illnesses, etc) and even some forms of cancer.

The second part of stress management is coming up with a plan or solution to dealing with the problem that is creating the stress/turmoil in your life. This is where taking a step back for a moment can often help. Sometimes, taking a deep breath and talking out loud is all that may be needed. I also believe it is extremely important to have outlets or hobbies in your life. Some people find getting up early and meditating is a way to relax and recharge your mind. Others may find playing an instrument, listening to a Ted talk, gardening or reading a book keeps them relaxed and content. The point is, you have to find some activity that makes you happy and feel relaxed. This in itself, helps you think of the solution as a third party and coming up with a new perspective on the problem/situation creating the stress in your life.



*I think it is important to have general lifestyle principles and routines embedded in your life such as the 5 steps below:*

1. It is important to stay positive and surround yourself with people that will bring positivity in your life as well.
2. Exercising regularly and maintaining a healthy diet also helps with keeping the stress levels manageable.
3. Staying well hydrated and avoiding excessive consumption of caffeinated and alcoholic beverages also help you manage your stress.
4. Learn also how to say "no" to unnecessary requests. You need to know your limits and stick to them. It is important to know the difference between the "shoulds" and the "musts" and when needed to say "no" to taking on too much, whether

it be in your personal or professional life. Taking on too much is indeed a recipe for disaster and the root of stress for most people.

5. Lastly, getting enough sleep is also vital to stress management. Most of us are not getting the recommended 7 to 8 hours of sleep every night.

In the end, it is always important to ask oneself, "Is this going to make a difference in the grand scheme of things?" "Is it really worth getting upset over?"

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# TAKE STEPS TO STOP THE CLOT

LEARN YOUR RISK FACTORS TO PREVENT LIFE-THREATENING BLOOD CLOTS.

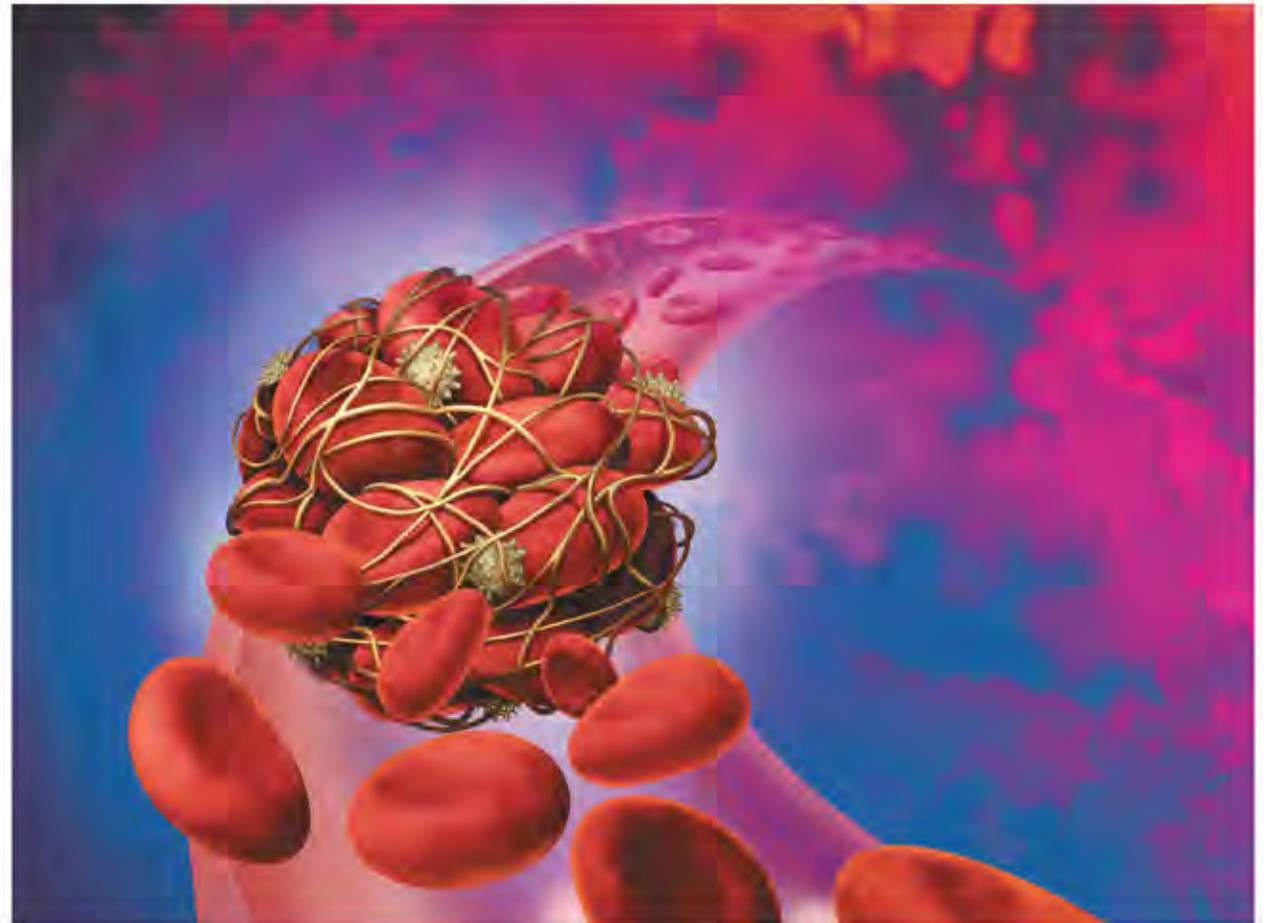
**T**he pandemic has heightened attention to the dangers of blood clots including deep vein thrombosis, pulmonary embolism and clot-provoked stroke. According to the National Blood Clot Alliance (NBCA), blood clots kill 274 Americans each day when they restrict blood flow and cause a medical emergency. While different types of blood clotting are being reported among people affected by COVID-19, particularly those who become severely ill after infection with the virus, everyone is at risk for blood clots regardless of age, gender or race.

Obesity, smoking, hypertension and a personal or family history of blood clots increase your chances of developing clots. Women's risk is increased by birth control pills, pregnancy and hormone replacement therapy. People at the highest risk include those with clotting disorders, atrial fibrillation (a-Fib), cancer, traumatic injury, lengthy immobility and surgery.

Three steps can help with prevention of blood clots – maintain a healthy weight, stay hydrated and move regularly. Drinking plenty of water and fluids helps keep your blood from thickening. Particularly when sitting for long periods such as on flights or car trips, get up and walk every 60 to 90 minutes and stretch your calf muscles frequently to keep the blood flowing in your legs.

Individuals with aFib should talk with their physician about the benefits and risks of taking a blood thinner to reduce the risk of clots and stroke.

Know the symptoms so you can get help quickly, potentially saving your life or the life a friend or family member. The Centers for Disease Control and Prevention documents symptoms for blood clots in deep veins of your leg and thighs include increased leg swelling, skin that is warm to the touch, red or discolored, pain in a leg that feels like a pulled muscle but not caused by injury, tightness, cramping or soreness, or a throbbing sensation. If you experience any of these signs or symptoms, alert your doctor as soon as possible.



“If you suspect you have blood clots please reach out to your medical provider. Timely diagnosis and prompt treatment can save your life,” said Dr. Argyrios Tzillinis, M.D., Vascular Surgeon with Physicians Regional Medical Group.

The most common signs and symptoms of a pulmonary embolism caused by a blood clot that is blocking blood flow in the lungs are difficulty breathing, chest pain that worsens with a deep breath or cough, coughing up blood and a faster-than-normal or irregular heartbeat. Seek medical treatment immediately when you experience any of these signs and symptoms.



To schedule an appointment with Dr. Tzillinis, please call 239-348-4221 or visit [PhysiciansRegionalMedicalGroup.com](http://PhysiciansRegionalMedicalGroup.com).



Dr. Argyrios Tzillinis, M.D. is conveniently located at Physicians Regional-Pine Ridge Medical Office Bldg. 6376 Pine Ridge Rd., Naples, FL 34119, Physicians Regional Collier Medical Arts Building 8340 Collier Blvd and our Walden Center in Bonita Springs at 24231 Walden Center Drive.

# Natural Stress Relief

## Naples Soap Company

Another crazy year has almost come to a close, thank goodness. Just like last year, 2021 was another stressful one for the record books. Between the Delta variant, inflationary pressures, and global inventory shortages, it seems that normalcy continues to be out of everyone's reach.

Although we can't control most of what is happening in the world around us, we can take time to focus on our mental health and wellness. It's time to shut off our televisions, computers and phones, and get back to healthy habits and moments of self-care.

### Controlling Stress

There are various things we can easily do to help control stress such as breathing techniques, meditation, exercise, reading, or journaling. You can even see a therapist online in the privacy of your home through telehealth services.



### Self-Care

Taking time to enjoy mini moments of self-care can do wonders for your health and mental clarity. Soaking in a warm tub, enjoying an aromatic steamy shower, or performing a home pedicure, can help you re-center and refocus your thoughts and divert your attention away from the negative.



### Modify Your Surroundings

Perhaps it's been a while since you went on a vacation, so you may be feeling cooped up with wanderlust. Until you can get out and explore again, try a few small tricks around your home to help relax your mind and make things look or feel different. For example, aromatherapy is a simple, convenient, and non-invasive way to change your mood. Natural oils derived from plants such as lavender, lemongrass, and patchouli have been used for thousands of years to help reduce stress and tension. You may also try rearranging your room or adding houseplants.

### Massage

Some may consider massage an indulgence; However, there are many health benefits to this age-old practice. Massage is an important part of integrative medicine and benefits can include stress reduction, reduced muscle soreness, improved circulation, immune function improvement and increased feelings of relaxation.



To find out more, or to give the gift of beautiful skin, please visit [naplessoap.com](http://naplessoap.com), or stop by one of their stores.



DEANNA WALLIN  
Naples Soap Company  
Founder & CEO

### Self-Care

If the idea of self-care is foreign to you, here are a few pointers.

First, forget the guilt. Self-care is not indulgent – it's imperative. It gives people the chance to rest and recharge so that they can be more productive and present.

Second, know that self-care is different for everyone. Whether it's a walk on the beach, a tough workout, or a 20-minute face mask, self-care can be experienced in many ways.

Third, self-care is something you need to schedule. Block out "me time" on your calendar. If you wait until a spare moment rolls around, it will never happen.

Fourth, put away the Facebook feed, turn off the television, and remove the distractions. Remember, self-care is about focusing on you and nothing else.

If there was ever a time to refocus your energy towards self-care, this is it! "Me time" will nourish your body and mind and the health benefits can be profound.

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# ADVOCATE RADIATION ONCOLOGY EXPANDS FOOTPRINT TO SERVE CANCER PATIENTS ACROSS FLORIDA

By Dr. Arie Dosoretz

A cancer diagnosis is typically a life-changing event for a patient and their family. Naturally, one asks questions around their diagnosis, treatment, and prognosis. Additionally, the everyday logistics of treatment and financial aspects have to be considered as well.

During this challenging time, cancer patients need a care team that is both compassionate and skilled. Every patient deserves physicians who are able to communicate well, listen to their concerns, and use the most advanced technology available to effectively treat their cancer.

That's what led our team of experienced doctors to create Advocate Radiation Oncology. Residents of Southwest Florida needed a radiation oncology practice that offered world-class cancer care close to home and in 2019, we opened our first location in the Port Charlotte. This was followed shortly thereafter by the opening of our locations in Fort Myers and Cape Coral. We have since added a conveniently located office in Bonita Springs as well.

Our internal mantra is that "we put patients first." We hire truly committed staff and work together as a team so that every single patient feels like they are extraordinarily well-taken care of at all times. A critical aspect of our service is that patients can stay at home during their treatment journey. In this context, we are proud and excited to open our sixth and seventh West Coast locations – Naples and Bradenton.

Our mission and motivation remain unwavering. Advocate physicians have trained at the nation's leading institutions including Yale, Michigan, Harvard, Duke, and the Mayo Clinic. They are widely published researchers who continue to contribute towards furthering our knowledge within oncology. More importantly, they have an unparalleled dedication to providing cancer patients with compassionate care.

Advocate is the region's only locally owned and operated radiation oncology practice. This is a critical distinction for patients. We are part of your community and will always be by your side. Each



Advocate patient receives a personalized treatment plan that aims to minimize the impact on his or her daily life while providing innovative treatment options using the newest technology available. This includes Varian's Halcyon, Identify and TrueBeam systems, which are extremely precise in destroying tumors while minimizing the dose to the surrounding healthy tissues.

The patients of Southwest Florida have come to trust the physicians and medical team at Advocate, and we will continue to always put them first.

Cancer can indeed be an overwhelming diagnosis, but Advocate's team is here to guide and make certain that each and every patient is well-taken care of in their own backyard.



#### About the Author

Dr. Arie Dosoretz is a board-certified radiation oncologist and founding partner at Advocate Radiation Oncology. For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).

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# HOW SLEEP DISRUPTIONS DESTROY A HEALTHY BRAIN AND BODY

## How Natural HGH Improves Sleep Patterns & Wellness

**D**uring sleep, our body and brain goes through an intense and critical “house-cleaning” process. This includes memory restoration, muscle repair, and immune system modulation, to name a few.

During the night, we go in and out of sleep stages. Deep sleep, known as REM (rapid eye movement), is the final stage. If we do not get into REM, we are susceptible to cellular degeneration, because during deep sleep, our brain and body repairs itself, blood circulation increases, and our energy levels are replenished.

**DISRUPTIONS IN SLEEP CAN CAUSE SERIOUS CHRONIC DISEASES AND CONDITIONS TO TAKE PLACE SUCH AS STROKE, DEMENTIA, HEART DISEASE, INSULIN RESISTANCE, AND BEHAVIORAL CHANGES, TO NAME A FEW.**

Once you develop bad sleep habits, your cortisol levels rise, which along with adverse reactions in the body, causes an interruption in melatonin, which creates a cyclical poor sleeping pattern that is challenging to overcome.

### MORE ON CORTISOL

The increase in cortisol also drives weight gain. If you are constantly unable to get into REM sleep or properly go through the numerous sleep stages, you’re probably noticing a few extra pounds despite your healthy diet and exercise routine.

### IMPROVING SLEEP WITH GROWTH FACTORS

During the first few hours of sleep, we secrete growth hormone (GH).<sup>1</sup> Sleep-related secretion of GH appears to be primarily dependent on the release of growth hormone. Studies have shown that growth hormone supplementation decreases wakefulness and increase sleep.

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### TECHNOLOGY HELPS KEEP YOU ON TRACK

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**BioPro+ gives you the energy to make lasting memories and improve your daily life. What would it be like to mitigate and reverse some of the major damaging effects of aging? As with any valuable journey, you have to decide if you are ready to take the steps necessary to live a healthier more satisfying life.**

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**Reference:**

1. NIH PubMed, E Cauter, Physiology of growth hormone secretion during sleep, PMID: 8627466 DOI: 10.1016/s0022-3476(96)70008-2, <https://pubmed.ncbi.nlm.nih.gov/8627466/>

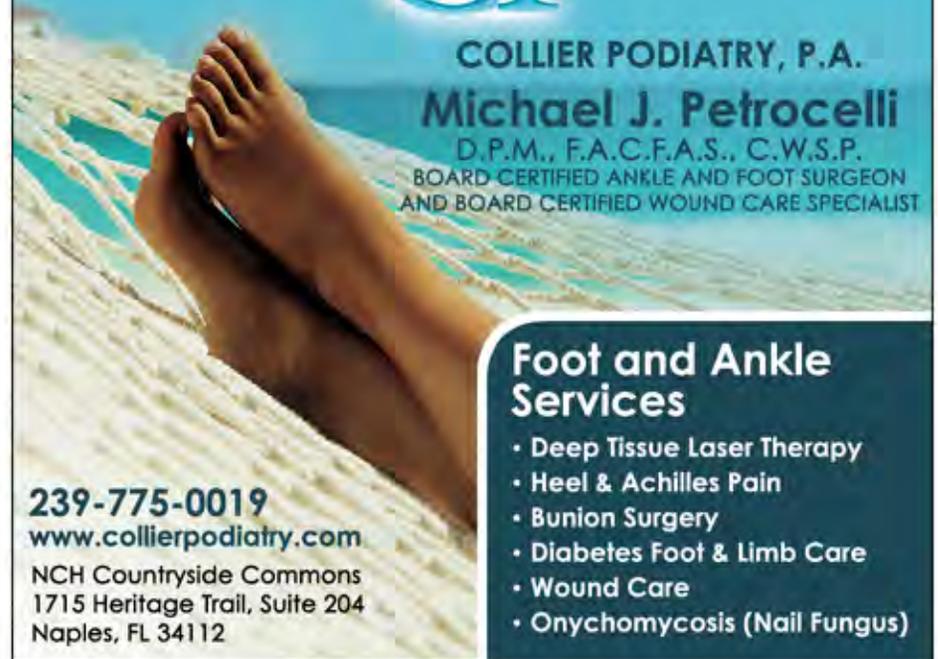
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# CATARACTS: YOUR TREATMENT OPTIONS

By Duane Wiggins, M.D.  
Board Certified Ophthalmologist, Cataract & Refractive Surgeon with Quigley Eye Specialists

**Y**our eyes have a natural lens. The lens bends or refracts light rays that come into your eye to help you see. This lens should be clear. As we age, most of us will develop cataracts, which is when our lens becomes cloudy. Seeing through a cloudy lens is a bit like looking through a frosted or foggy window.

### What are the symptoms?

Most cataracts develop slowly and don't disturb your eyesight early on. You may not even know you have a cataract. But with time, cataracts can interfere with your vision and can negatively affect your quality of life. Symptoms may include:

- Blurry vision
- Light sensitivity
- Bright colors are faded
- Difficulty seeing at night
- Double vision

### How did I get Cataracts?

If you have been diagnosed with cataracts, you're not alone. Cataracts affect more than 24 million Americans aged 40 and older. By age 75, approximately half of all Americans have cataracts.<sup>1</sup>

The most common reason people develop cataracts is age. According to Johns Hopkins Medicine, age-related cataracts may begin to develop as early as 40 years old.

Over time, cataracts become worse and start to interfere with vision. This can affect your overall quality of life in many ways including reading, working, hobbies and sports. If left untreated, cataracts can cause total blindness.

### How do I treat my Cataracts?

If cataracts are impacting your quality of life or you're experiencing symptoms that interfere with daily tasks, your ophthalmologist may recommend treatment.

### About Quigley Eye Specialists

*Dr. Wiggins is a board-certified Ophthalmologist, Cataract and Refractive Surgeon with Quigley Eye Specialists, a world-class eye care practice specializing in cataracts, laser cataract surgery, glaucoma, iLASIK, dry eye, eyelid surgery, retinal issues, corneal conditions, facial plastic surgery and routine eye care. Quigley Eye Specialists has served the region for more than 30 years with locations throughout Florida including Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.*



The only way to treat cataracts is to remove the cloudy lens and replace it with a clear, artificial lens, called an intraocular lens or IOL.

The procedure is about 15 to 20 minutes. It's very safe and painless with little downtime. Although you're awake, you're given a "twilight" anesthesia so you're comfortable.

### What is an IOL?

An intraocular lens or IOL is a tiny, artificial lens for the eye. It replaces the eye's natural lens that is removed during cataract surgery.

IOLs come in different focusing powers, just like prescription eyeglasses or contact lenses. For example, a basic IOL has only one focusing power, which means you will need glasses for all tasks. On the other hand, a multifocal IOL gives you focusing powers at various focal points, so you may not need glasses after your procedure.

Many patients with multifocal IOL implants enjoy reading again or playing golf without worrying about glasses or contacts. Many of them also report seeing more clearly with brighter colors.

### Which IOL is Best for Me?

Based on your lifestyle and the health of your eyes, your ophthalmologist will recommend a cataract vision package customized for you. For example, if you have cataracts with astigmatism, your ophthalmologist may recommend a Toric lens with laser cataract surgery.

### Cataracts with Astigmatism

Astigmatism is an imperfection in the curvature of your eye's cornea or lens and can impact your vision. When combined with cataracts, your vision may be even more impacted. During your evaluation, your eye specialist will let you know if you have cataracts with astigmatism. If so, your eye surgeon can correct your astigmatism during your cataract procedure to help you achieve your best possible vision.

### Laser Cataract Surgery

Technology Leaders in Eye Care, Quigley Eye Specialists offers patients the Catalys® Laser System. Compared to another leading laser, the Catalys was found to use less energy and demonstrated superior patient outcomes (Khodabakhsh & Hobauer, 2018).<sup>2</sup> Built specifically for cataract surgery, the Catalys is more gentle on the eye and opens the door to laser cataract surgery for patients with glaucoma.

If you suffer from cataracts or any other eye condition, Quigley Eye Specialists can help you see the life you love.

If you have blurry vision, double vision, floaters, eye pain, headaches, trouble seeing up close or far away, you absolutely need to be seeing an ophthalmologist on a regular basis. Eye disorders can escalate quickly, and many times, eye problems are overlooked but can be debilitating or even cause blindness. Keep in mind that many eye diseases do not have any initial symptoms.

### References:

1. National Institute of Health, 2021
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and phacoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>



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Quigley Eye Specialists, founded in 1988, consists of more than 100 medical professionals, including surgeons, optometrists, retina specialists and technicians. Offices are conveniently located throughout Southwest Florida in Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.

**For more information, call (239) 466-2020 or visit [www.QuigleyEye.com](http://www.QuigleyEye.com).**

# STROKE CARE AND YOU:

## PHYSICIANS REGIONAL STROKE PROGRAM IS JOINT COMMISSION CERTIFIED

**D**id you know stroke accounts for about 1 out of every 19 deaths, ranking No. 5 among all causes of death in the United States? According to the American Heart Association/American Stroke Association, on average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.

Most recently, Physicians Regional Pine Ridge was awarded with the Joint Commission Disease Specific Certified Thrombectomy Capable Stroke Center and the Physicians Regional Collier Blvd campus was awarded with the Joint Commission Disease Specific Certified Primary Stroke Center.

Physicians Regional Pine Ridge has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award. The award recognizes the hospital's commitment to guaranteeing stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

In addition to the aforementioned award, Physicians Regional Pine Ridge's Comprehensive Stroke Center also received the Association's Target: Stroke Honor Roll Elite and Target: Type 2 Honor Roll awards. To qualify for these recognitions, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke. The hospital must also meet quality measures developed with more than 90 % of compliance for 12 consecutive months for the "Overall Diabetes Cardiovascular Initiative Composite Score." The latter makes Physicians Regional Pine Ridge the only Comprehensive Stroke Center in the county with this designation.

Physicians Regional's Neurointerventional services consist of minimally invasive, image guided techniques to treat complex vascular disorders of the brain, neck and spine. One of the primary objectives is optimal stroke care, which is achieved by understanding each stroke patient has unique and specific needs. In addition, PRHS offers education to their community, staff and emergency medical service personnel (EMS). To this end, they have partnered with EMS to develop a unique pre-hospital large vessel occlusion acute ischemic stroke screening tool termed "MANGO" that allows EMS to identify potential patients within 30 seconds or less.



### (M) Motor Weakness

**(A) Aphasia** – Does the patient have the ability to understand or express speech? Can they name two objects (Expressive)? Can they follow two commands (Receptive)?

**(N) Neglect** – Is the patient unable to feel both sides at the same time, or unable to identify their own arm, or ignoring on one side?

**(G) Gaze Preference** – Does the patient have the inability to track an object or are they experiencing double vision?

**(O) Optic Field** – Is the patient's optic field cut or are they experiencing any new blindness?



NASSER RAZACK, M.D.

*Nasser Razack, M.D.*, Neurointerventional Radiologist says, "Since time optimization is critical for the effective treatment of ischemic stroke, this also allows EMS personnel to bring severe stroke patients to the correct facility the first time, reducing treatment time, transfer rates and increasing diagnostic and treatment efficiency. Physicians Regional Healthcare System is pleased to have one of the most experienced Neurointerventional teams in the region."

*Dr. Mazen AbuAwad*, Neurointerventional Radiologist and Medical Director of Stroke for Physicians Regional Healthcare System, and Dr. Nasser Razack have more than 40 years of combined experience in treating neurovascular disease. By integrating with neurosurgery, neurology and critical care specialists, they offer a unique multi-disciplinary approach that makes Physicians Regional Healthcare System a community leader in the field of neurointerventional services.

**For more information on Physicians Regional Healthcare System's Stroke Care please visit [PhysiciansRegional.com](http://PhysiciansRegional.com) or call 855-85-GREAT to schedule an appointment with one of our neurointerventionalists today.**

 **PHYSICIANS REGIONAL**  
MEDICAL GROUP

# The Florida Pain Center Treats Their Patients With Whole-Body Care



If you suffer from chronic pain from an injury, illness, trauma, or disease, the unbearable discomfort can disrupt your entire life. Over 116 million people suffer from various types of chronic pain disorders. Chronic pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality of life you deserve.

**T**he Florida Pain Institute treats the whole person comprehensively. We don't just try and mask your pain; we get to the root cause of it and find ways to treat the source of your pain effectively. The body works synergistically, so even though a patient may have hip pain, it can stem from the spine or even the way they walk. Pain also affects a patient's mood, and it is essential to get treatment for any psychological effects that a person may be experiencing. We work directly with other providers to offer our patients full thorough, whole-body care.

#### Pain Conditions We Treat:

- Discogenic Pain
- Reflex Sympathetic Dystrophy
- Neuropathic Pain
- Post Laminectomy Syndrome
- Sacroiliac Joint Pain
- Myofascial Pain
- Spinal Stenosis
- Postherpetic Neuralgia
- Neuroma Pain
- Causalgia
- Radicular Pain
- Facet Pain
- Cancer Pain
- Physiological Aspects of Pain



#### Pain Management Treatments

Along with traditional pain management, we provide alternative measures to get our patients out of pain. Depending on the diagnosis, we offer IntraDiscal ElectroThermal Therapy (IDET), Radiofrequency Neuro-Ablation, Discography, Indwelling Drug Delivery Systems, Botox Injections, Epidural Steroid Injections, Facet, and Sacroiliac Blocks, and Spinal Cord Stimulation are available for the treatment of chronic pain. These procedures have significantly greater success utilizing the approach of The Florida Pain Center.

#### The Florida Pain Center

Personalized patient care is what sets The Florida Pain Center apart. When you visit our Naples campus, you can expect to receive professional care. Expert physician specialists and caring clinical staff provide you with an exceptional health care experience. We are a referral-only clinic. Florida Pain Center utilizes modern equipment and state of the art facilities to assist in your pain management and treatment.

We are a group of pain management physicians offering full-time interventional pain management. We believe that chronic pain is a uniquely human condition that requires us to respond with the utmost compassion and perseverance. Our treatments include non-surgical and surgical methods, as well as more non-traditional techniques, from exercise protocols to the insertion of spinal cord stimulators and spinal infusion catheters for pain and spasticity. When difficult pain problems are referred to us, we know that the physicians and patients see us as a last resort. We accept that responsibility and will work as the patient's partner to improve his or her condition.

The Goal of the physicians and staff of The Florida Pain Center is to improve the quality of life by helping patients restore function and manage chronic pain. This is accomplished by addressing medical, physical, and psychological aspects of pain. The staff of pain management physicians have specialty training to address the complexity of chronic pain conditions. With the advanced training and knowledge of the latest research in treatment and technology of chronic pain, our team works together to tailor a personal program to help you significantly increase your quality of life.



**Florida Pain Center**

NAPLES

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# One Dozen Holistic Hacks for Managing Common Winter Viruses

By Svetlana Kogan, M.D.

If you are afflicted with a viral cold or even a flu – the illness is going to run its course, and the best you can do is to allow your body to eliminate the virus naturally and efficiently (i.e. poop it out, pee it out and sweat it out). This means that you should create ideal conditions for your organ systems to function. Here are some things I commonly recommend:

1. Eliminate alcohol while you are sick.
2. Get a good night sleep and allow yourself to curl up in bed in the middle of the day if you feel like it.
3. Hydrate generously
4. Make fresh organic chicken soup. Sip on this warm soup throughout the day, here and there.
5. If you have a sore throat – try this traditional Eastern European herbal gargling solution. The ingredients are: 1 tablespoon of eucalyptus, 1 tablespoon of calendula, 1 tablespoon of sage, 1/2 tablespoon of chamomile and 1/2 tablespoon of licorice – all dried herbs from a reputable herbal apothecary. To do: use any glass, ceramic or enamel-coated container which has a lid/cover. Pre-mix all the ingredients in a small cup. Take one tablespoon of this mix, place it in the above-mentioned container, and pour one cup of boiling water over it. After stirring well, cover tightly and wrap with a thick towel to preserve the heat. Steep for 40 minutes. Cover small strainer with a gauze, place it over a container with herbal infusion, and strain the gargle mixture into a mug. Gargle and spit 4 times/day. Note: you must make a new gargle mix every time you gargle. I find this to be an effective natural remedy, which you can alternate with sipping on organic chicken soup.
6. Another great gargle has ¼ teaspoon of sea salt and ¼ teaspoon of baking soda – both dissolved in a glass of lukewarm water – just gargle and spit. Try alternating this with the herbal gargle #5.



7. If you have a cold without a fever but with a nasal congestion and a sinus pain – try this ancient Eastern European foot bath. To do: fill up a medium to a large foot bassinet with hot water. Make sure not to burn yourself but make it sufficiently hot, yet still comfortable. Dissolve one heaping tablespoon of dry mustard in the water and slowly lower your feet in – make sure your ankles are fully submerged. Close your eyes and relax for 15 minutes. Rinse your feet under warm/hot running water, dry them thoroughly, put warm cotton or wool socks on, and get a good night sleep.
8. For any cold or flu-related cough or sore throat, try Gogol-Mogol – a popular folk remedy in Eastern Europe. To do: Bring eight ounces of whole organic milk to a boil in a ceramic or a glass container. Stir in one uncooked egg yolk. Add 1/3 teaspoon of organic ghee and 1 teaspoon of organic honey. Stir vigorously. Swallow one teaspoon of Gogol-Mogol at a time, slowly, over several minutes. This concoction coats the back of the throat, calms the cough, and improves the hoarseness.
9. If you have a fever and do not feel like taking acetaminophen or ibuprofen, try this ancient remedy first: Add one teaspoon of raspberry preserves to a cup of hot black tea. Let it cool slightly to a comfortable temperature. Sip slowly. This provides a great fever-lowering effect for many people.

10. If you have an upper respiratory infection with a cough, you can ask a friend or a family member to paint a traditional Eastern European therapeutic iodine grid on your upper back (between the scapulae). Iodine grid can be painted by dipping a Q-tip into any iodine solution and painting a crisscross grid on the upper back, with 20 horizontal lines running in parallel ¼ inch from each other and 10-15 vertical lines crossing over them at a ¼ inch distance from each other. The iodine grid is painted once at the onset of the respiratory virus and can soak into the skin over the course of several days.
11. Additionally, there are some good homeopathic remedies I recommend keeping at home: Hevert Cough, Hevert Cold and Flu, and Hevert Sinusitis. These can be combined with any and all the above-mentioned home remedies, as necessary. Hevert homeopathic remedies are available at <https://us.fullscript.com/welcome/skogan>
12. Finally, do not underestimate the benefits of a sense of humor and positive attitude. Good mood and laughter are huge immune boosters. On the other hand, people who are depressed have much higher rates of seasonal infections. Keep in mind that you should always discuss your health with your doctor and let him or her examine and diagnose you properly. Have a healthy and joyful winter season!



*Svetlana Kogan, M.D. is a Board Certified Medical Doctor with 20 years of experience. She has appeared as a health expert on FOX, ABC, CBS, and NBC prime time TV, and has authored hundreds of publications for internet and print. She moved her Concierge Internal Medicine practice from Manhattan NYC to Naples, where her focus is on fusing traditional medicine with holistic approach to illness and prevention.*

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## Navigating Grief During the Holidays

By Bob Johnson, RN, General Manager of  
VITAS® Healthcare in Collier County

The holidays are a period of joy and togetherness for many. For those coping with the loss of a loved one, traditional seasonal expectations can seem out of reach. While the first year following a death is reputed to be the hardest, lingering memories of the deceased can shade the holidays for years to come.

Those in the throes of holiday grief may feel alone, misunderstood, out of place, or frustrated. Successfully navigating grief begins with acknowledging the loss and then creating space for change. Once you have given yourself permission to grieve, you can confidently choose whether and how to make holiday plans.

### Accept and accommodate your unique grief

Grief is personal, unpredictable, and doesn't adhere to a set schedule. Everyone grieves differently, but one experience is common: healing hurts.

Start on the road to healing by accepting your grief as an individual experience. This year's holidays may be unlike previous years; permit yourself to adopt new traditions based on your energy and schedule.

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VITAS can help you, too. Sign up for a free support group or learn more at [VITAS.com/grief](https://www.vitas.com/grief)    

Establish new boundaries around your comfort zone, and closely watch your emotions. The presence of loved ones will likely be a great source of comfort, but be persistent in letting them know how you need to be treated.

Don't hesitate to ask for assistance from others. A strong support network can do wonders for grief, but you must be willing to invite and accept help.

When you're ready, invite friends and family to share stories and photos of your loved one. Don't be afraid to laugh through the sadness—a funny photo or home video is its own sort of medicine.

### Embrace healthy habits

It's always better to cope with pain than to temporarily numb it with alcohol or illicit drugs. Instead, build a healthy routine around physical activity, a nutritious diet, normal sleep hours, and soul-nourishing meditation, prayer, and music.

Consider working with a licensed therapist or counselor to set and discuss new life goals. A trained mental health specialist can help you navigate grief and build better habits to improve your overall quality of life.

You are not alone in your grief. VITAS Healthcare has more than 40 years of experience supporting patients near the end of life and helping their families find healthy ways to cope with loss.

# Importance of PROSTATE EXAMS

**P**rostate cancer is a fairly serious blip on the male health radar as the third most common cancer in men over 70. Prostate cancer – and other prostate issues – can cause considerable discomfort, pain and even death, if they are left undiagnosed and untreated.

No man looks forward to dropping his pants for the annual check-up; but if you're smart, you'll bite the bullet and go anyway. Regular screenings cannot only save you a lot of pain and discomfort – they may just save your life.

### What is the prostate – and why does it need to be examined?

The prostate gland is a doughnut-shaped organ that is part of the male reproductive system. A healthy prostate in a younger man is only about the size of a walnut. The prostate sits just under the bladder and is wrapped around the beginning of the urethra. It is surrounded by nerves that control erections and its primary function is to produce a liquid that enriches and protects sperm.

Unfortunately, as men get older this little organ tends to act up. At times, some of the symptoms are simply a sign of aging; however, in many cases prostate trouble is an indication of a more serious problem. Prostate cancer is a primary concern, but other prostate disorders can be just as uncomfortable and a serious concern for male health.

So if you are experiencing symptoms like difficulty or discomfort while urinating, blood in your urine or semen, or painful ejaculation, it's important to have your prostate checked out. Even if you aren't experiencing any symptoms, it's still wise to be screened from time to time, as you can pre-empt and prevent problems before they crop up.

### What should I expect during a prostate screening exam?

A prostate screening exam can be done fairly quickly and easily. It might be a little awkward and uncomfortable, but it should be pain-free and over in just a few minutes.



The doctor will likely discuss the procedure with you before getting started. He will answer any questions you might have and he'll make sure you understand what's going to happen. As uncomfortable as you might be, the very best thing to do is to relax and remember it will only take a few minutes. Remember, the doctor is a professional and he very likely does prostate exams on a daily basis. Relaxing and discussing the process openly with your doctor can take a lot of the discomfort out of the procedure.

Regular screenings ensure that problems are caught quickly. Catching a prostate problem right at the start, means that it can be treated and cleared up with far less difficulty.

So men, don't wait around till you run into trouble. A little momentary discomfort is a worthwhile trade for a long, happy, healthy life surrounded by your family and friends. Do yourself a favor and get your prostate checked out.



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*Board Certified Urologist*  
Dr. Jonathan Jay is Board Certified in both Female Pelvic Medicine & Reconstructive Surgery (FPMRS) and Urology, a Diplomat of the American Board of Urology and a Fellow of the American College of Surgeons.



**Rolando Rivera, M.D.**  
*Board Certified Urologist*  
Dr. Rolando Rivera leads the way with utilizing the latest technology for both urinary incontinence and vaginal prolapse. Improving the QOL for his patients with overactive bladders and pelvic floor disorder.



**David Wilkinson, M.D.**  
*Board Certified Urologist*  
Dr. David Wilkinson is Board Certified, by the American Board of Urology. Dr. Wilkinson's areas of special interest include laparoscopic surgery, robotic surgery, and minimally invasive treatment of prostatic diseases.



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# We All Know That Early Diagnosis Saves Lives

## Putting Off Your Breast Cancer Screening Is Risky

By Krystal Smith, D.O.

Our world has changed. We're all aware of that now, and we feel we've somewhat mastered the art of avoidance, but it's imperative not to put off your health screenings. Medical facilities adhere to rigorous protocols to keep everyone safe (patients and staff) with stringent guidelines. Breast Center of Naples goes above and beyond these guidelines to keep their patients healthy. Breast Center of Naples is a safe place for patients to feel relaxed, comfortable, and well-cared for while getting their screenings with the most advanced equipment and technology.

A recent study showed that women that get regular breast cancer screenings cut their risk of dying from breast cancer in half.<sup>1</sup>

According to the American College of Radiology, they recommend annual mammographic screening beginning at age 40 for women of average risk. Supplemental screening with breast ultrasound or MRI is recommended in ladies with dense breast tissue. Higher-risk women should start mammographic screening earlier and may benefit from supplemental screening modalities. For women with genetics-based increased risk (and their untested first-degree relatives), with a calculated lifetime risk of 20% or more or a history of chest or mantle radiation therapy at a young age, supplemental screening with contrast-enhanced breast MRI is recommended. Breast MRI is also recommended for women with personal histories of breast cancer and dense tissue, or those diagnosed by age 50. Others with histories of breast cancer and those with atypia at biopsy should consider additional surveillance with MRI, especially if other risk factors are present. Ultrasound can be considered for those who qualify for but cannot undergo MRI. All women, especially black women and those of Ashkenazi Jewish descent, should be evaluated for breast cancer risk no later than age 30, so that those at higher risk can be identified and can benefit from supplemental screening.<sup>2</sup>

In the United States, breast cancer is the second leading cause of death after heart disease in women. And here locally, in the state of Florida, nearly 16,000 new cases of breast cancer are diagnosed each year.

### Screening

A small investment of your time can help save your life. 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 symptoms of breast cancer 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.

### Breast Cancer Risk Factors

- Being Female
- Age
- Cancer Recurrence
- Overweight
- Hormone replacement therapy
- Alcohol consumption
- Environmental toxins
- Dense breast tissue
- Unhealthy lifestyle & diet
- Menstrual onset before 12 yrs.
- Menopause after 55 yrs.
- Family History (sister mother, daughter)
- Genetics (BRCA1 and BRCA2)

### Breast Center of Naples

Here at Breast Center of Naples, breast imaging is all we do! If you are over 40, we do not require an order for a screening mammogram and we will request all of your prior images. Dr. Krystal Smith and her specialized staff have dedicated their lives to caring for women and the early detection of breast cancer. In contrast to other imaging centers, your care will solely be provided by fellowship trained breast radiologists and a team of specialized technologists and sonographers. Not only do we offer this specialized care—we do this in a unique setting unlike any in Collier County. Our luxurious, spa-like, atmosphere awaits you where you are treated like family as soon as you enter the office. When you first arrive, you will experience our beautiful reception area and welcoming staff. Once it is time for your imaging, you will be taken to our calming secondary waiting area with ample dressing rooms and a plush robe for your exam.

### Advanced Equipment and Technology

We have only state of the art equipment which includes Hologic 3D Mammography, GE ultrasound, and Hologic bone density. We offer the area's only true screening ultrasound program for patients with dense breast tissue. All of these services are offered in one of the area's newest Class A buildings – The Kraft Center.

#### References:

1. Tabar L, Vitak B, Chen TH, et al. Swedish two-county trial: impact of mammographic screening on breast cancer mortality during 3 decades. *Radiology* 2011;260:658-63.
2. ACR. Breast Cancer Screening in Women at Higher-Than-Average Risk: Recommendations From the ACR, February 2018. <https://www.acr.org/Advocacy-and-Economics/ACR-Position-Statements/Breast-Cancer-Screening-in-Women-at-Higher-Than-Average-Risk>

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### KRYSTAL SMITH, D.O.

Board Certified Diagnostic Radiologist with specialty fellowship training in Breast Imaging. She is the founder of the Breast Center of Naples. She has dedicated her career to women's health, patient-centered care, and the early detection of breast cancer.



# Virus Awareness: Preparation is Key

If there is one thing, we've all learned from the lingering pandemic, it's that hygiene and viral prevention is critical to avoiding getting ill. With the flu season upon us and our ongoing COVID-19 issues, we are well aware of getting vaccinated, protecting ourselves, protecting others and boosting the immune system as critical components to staying healthy.

**If you're sick, stay home!**

If you're immunocompromised, do everything you can to avoid exposing yourself to airborne illness and contact with bacterial and viral contaminants.

If you're fairly healthy, don't get too complacent or comfortable. You can still get sick.

Along with direct and indirect contamination, touching contaminated surfaces can easily spread infectious diseases like tuberculosis, norovirus, SARS-CoV-2, conjunctivitis, MRSA, bacterial meningitis, mononucleosis, and influenza, to name a few.

## What can you do?

**Think ahead:** If you are traveling or going out into public, take hand sanitizer with you, and use it liberally. Wear a mask if you feel it's necessary. Avoid touching your eyes, nose, and mouth with unclean hands.

**Consider others:** Be respectful of others personal space and if you sneeze or cough, cover your nose and mouth. Frequent disinfection of your high-touch-point items such as your phone, desk, doorknobs, remote, keyboard, countertops, etc. are also important.

**Try to eliminate stress:** It might be difficult, but carving out time to relax, take a bath, take a walk, or simply shut yourself in a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day. If you have access to yoga, or massage, those can help to boost immunity.

**Get a good nights' sleep:** The body produces protective proteins that block infection and inflammation. When a person gets the recommended, uninterrupted seven to nine hours of sleep, their immune system is healthier overall.



**Nutrition:** Eating a healthy diet is also very important to support your immune system. Eating a plant-rich diet, avoiding processed foods, chemicals, and toxins is important for your systemic health and wellbeing.

## Supplementation and Vaccines

Taking vitamin C or other supplements such as vitamin D, oil of oregano, elderberry, and zinc can help. It's also important to get vaccinated! It's not too late to get the flu shot or the pneumonia vaccine if you're due. If you haven't already, get the COVID-19 vaccine. It's important for the majority of people to get the vaccine, but it's critical to get the COVID-19 vaccine if you are at high risk, have an underlying condition, or are elderly.



## Dr. Ricardo Martinez

Dr. Ricardo Martinez is an internist in Naples, FL and is affiliated with NCH Baker Hospital. He received his medical degree from Superior Institute of Medical Sciences of Santiago de Cuba and has been in practice 20 years. He also speaks multiple languages, including Spanish. He specializes in hospital medicine, ambulatory care and is experienced in hospice and palliative medicine, bariatric medicine, diabetes mellitus, food allergy, and infectious disease.

As of March 16th, 2020, Dr. Martinez has founded Well-Being Medical center in Naples Florida. He is looking forward to providing Medical care within primary care settings and urgent care service throughout the Naples Florida area.

# Celebrate Aging Okinawan Style

By Sebastien Saitta

**"Grow old along with me! The best is yet to be, the last of life, for which the first was made. Our times are in his hand who saith, 'A whole I planned, youth shows but half;' Trust God: See all, nor be afraid!"**

Nineteenth-century English Poet, Robert Browning's celebratory vision of old age in his poem, "Rabbi Ben Ezra," rarely finds its way around these days.

In a world of Botox, supplements, skin-tightening serums, face-lifts, tucks, and photo filters promising to turn back the hands of time, it is evident that most of us struggle to come to terms with aging. We all want to live longer, but we don't want to get older.

Despite all the fighting back with billions of dollars spent on anti-aging each year, it's time to face reality. Nature always wins in the long run. It has all the time in the world. We don't. Wrinkles begin to show, hair will gray and joints start to stiffen, among other so-called harsh realities that come with getting older. While this inevitable truth is tough to accept for many, perhaps it's time to take a page out of the Okinawan playbook.

In Okinawa, Japan, one of five Blue Zones in the world where people live the longest and healthiest, age is something to be celebrated rather than feared — so much so that even the country of Japan as a whole designated a public holiday known as Respect for the Aged Day. Celebrated on the third Monday of every September, the government presents a commemorative sake cup to those who have turned 100 in the past year. There is a lot of celebrating to do, too, as 2020 data from the Japanese government shows that there were 80,450 people aged 100 that year. There is even an Okinawan village, called Kitanakagusuku, that holds a yearly pageant to honor women aged 80 and older.

So, what exactly is the longevity secret that draws celebration from an entire country? According to National Geographic researcher and Blue Zones founder Dan Buettner, there are nine principles. These principles are shared by all five Blue Zones and are known as the Power 9. Okinawans have a unique saying to support several of these principles that can be followed no matter your geographical location.



## Ikigai

***Pronounced ee-kee-guy, this saying roughly translates as "the reason you get up in the morning."***

Okinawans keep busy discovering and doing things that give their life meaning or purpose. According to Buettner, focusing on your purpose can add up to seven good years to your life. He notes that the year one retires can also be one of the most dangerous because of the sudden lack of purpose experienced.

## Moai

***Moai (mo-eye) is a term that means meeting for a common purpose.***

Women in Okinawa (who make up 88% of the centenarian population) often get together in groups to talk about life, gossip or share advice. This serves as a social support group where they feel cared for. They simply enjoy each other's company. This helps keep stress levels low while enhancing feel-good chemicals in the brain that support overall health. Some of these groups were even paired as young children when the commitment was made for their entire life.

## Hara Hachi Bu

Okinawans use this term to remind themselves to stop eating when they are 80% full. This goes a long way in the prevention of overeating and unnecessary weight gain.

Since it typically takes 20 minutes for the brain to receive the signal from the stomach that we're full, it usually turns out that when you think you're 80% full, you're actually full. Ways that help Okinawans practice this include eating mindfully and also being in the company of others to allow for conversation in between bites.

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live longer, better

# FIVE TIPS FOR A HEALTHY, GUILT-FREE HOLIDAY SEASON

By Greg Pascucci

**T**he 2021 holiday season is upon us! With many families skipping traditional festivities last year, many are looking to reconnect and fully embrace the merriment of the season, including seasonal desserts and treats. But, before you skip the decadent cookies and refreshing eggnog, here are five tips for a healthy, guilt-free holiday season:

## 1. Plan Ahead

Research shows if you consciously make a plan to decide what you'll eat for your meals, you'll be more intentional about your choices which can avoid the extra calories. For example, creating a grocery list of healthy ingredients for the holidays can help prevent spur of the moment food decisions.

At The Carlisle, an active retirement community, a complimentary full breakfast plus choice of lunch or dinner is offered. The award-winning executive chef and his talented team create a rotating menu, incorporating the season's freshest and most flavorful cuts of meat, seafood, vegetables and fruits. Residents have the peace of mind knowing each menu option has been meticulously planned by Chef Perez and is both healthy and nutritious.

## 2. Stay Active

It's easy to become caught up in the hustle and bustle of the holiday season and neglect our health and wellness. However, staying active – even as the year comes to a close – is a great way to jumpstart fitness goals for 2022! Exercise produces endorphins which can improve one's ability to sleep, which in turn reduces stress levels.

Thanks to The Carlisle Naples' robust fitness calendar, residents can burn off the extra calories often synonymous with the holidays. There are more than 10 weekly opportunities for physical activity, including water fitness and yoga.

## 3. Indulge a Little

It's okay to sample the decadent eggnog cheesecake bars or the chocolate cream pie. Research finds that the ingredients found in many desserts contain high



levels of endorphins that can make us feel good almost immediately. The key is to eat in moderation. Try eating smaller portions or sharing a treat with a family member. You'll be able to savor the taste and flavor of the holidays without the feelings of guilt.

Chef Perez and his team are known for masterfully creating healthier holiday dessert alternatives without sacrificing flavor or taste. He recommends modifying classic recipes by using apple sauce or mashed bananas as a butter replacement or sautéing instead of frying. The Carlisle's FreshZest, an initiative focused on plant-based options, is also offered in addition to the nightly menu and features delicious entrees such as Artichoke with Cremini Mushroom, Eggplant Cannelloni and a Caprese Stuffed Avocado, enabling residents to indulge without compromising their diets.

## 4. Reduce Your Stress

Listen to your body and don't neglect self-care. Studies show increased stress is tied to poor eating habits. It's perfectly okay to decline an invitation and or scale back a family tradition if it becomes too overwhelming.

For residents at The Carlisle, the maintenance-free lifestyle enables them to spend each day as they wish. Without the hassles of day-to-day responsibilities such as cooking or even decorating for the holidays, residents find they now have more time to truly soak in the spirit of the holidays and socialize with family, friends and neighbors. The Zest Department, charged with appealing to residents' mind, body and soul, truly makes the holidays special – from a Hanukkah celebration to Christmas concerts and a festive New Year's Eve Bash. Residents simply have to show up and have fun!

## 5. Don't Allow a Bad Day to Become a Bad Month

The holiday season can often distract from health and fitness goals. Perhaps you skipped a workout or over-indulged in your favorite holiday snacks. Remember, it's okay to have a bad day. The key is not allow that bad day to turn into a week or month of unhealthy habits. Give yourself grace and begin the next day with a clean slate, ready to keep your commitment to a healthier lifestyle.

The Carlisle's preventative wellness programs and initiatives, including Zest, are centered around healthspan, where residents lead better, healthier lives. Whether being inspired to sign-up for a national cycling competition or trying a new fitness class, residents are motivated daily, and often find significant improvements to their health and strength after moving to the retirement community.

"My neighbors and I hold each other accountable," said resident Bernadette Paulo. "When you know there is someone waiting for you to show up for a morning walk or attend a fitness class, it keeps you motivated."

Located at 6945 Carlisle Court in Naples, The Carlisle offers spacious one-and two-bedroom residences, weekly housekeeping and flat linen services, basic cable TV, all utilities except telephone, and a complimentary full breakfast plus choice of lunch or dinner in the community's gourmet-style restaurant.

For more information about the community, please call 239-221-0017 or visit [www.TheCarlisleNaples.com](http://www.TheCarlisleNaples.com).



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# WINTER IS COMING...

## YOUR IMMUNE SYSTEM SHOULD BE READY

BY TOM EVERTS PA-C, IFMCP

**W**inter is coming, and with it comes the cold and flu season. There's no better time to step back and assess your immune system and figure out what you could be doing better to stay healthy.

We know the immune system for its role in fighting off illness once it takes hold - which it does remarkably well. However, the immune system is involved in a variety of other jobs including preventing chronic disease, repairing cellular damage and surveillance for cancer. Therefore, having a healthy immune system comes with many benefits.

Nothing in our body works in isolation. The immune system communicates with other systems in our body via chemical messengers and hormones, including the nervous system, endocrine system and even our reproductive system. This ensures that appropriate activities are occurring at the appropriate time, i.e. increase white blood cells in response to foreign invaders.

White blood cells (immune cells) are made in the bone marrow and transported through our body via the lymphatic system. Our immune system is constantly monitoring for pathogens or rogue cells (cancer) using this vast array of vessels that reach every part of our body. If the lymph is unable to flow through the body appropriately, then infection and disease are able to creep in undetected.

*Here are some things you can do to help your immune system stay healthy:*

### Eating Strategy:

A diet rich in colorful vegetables is loaded with antioxidants and phytonutrients. This helps reduce inflammation and nurture the gut microbiome - supporting a healthy immune system. Specifically, dark leafy greens and beets can increase nitric oxide which helps to regulate lymphatic flow.

### Movement:

Movement and exercise helps push immune cells throughout the body via the lymph vessels. Inactivity may result in blocking these passages and increase risk for infection and disease.

### Stress Management:

Stressful events can reduce the amount of immune cells flowing through our body for several hours - opening the door for invaders to take hold. Chronic exposure to the stress hormone cortisol can cause lymph tissue, the highway for our immune system, to decrease in size. It causes reduced production of key antibodies needed to fight infection. All of this may result in a suppressed immune system.

### Sleep:

Regular sleep is critical in regulating the inflammatory response needed to protect us from pathogens. Sleep deprivation reduces our ability to produce antibodies, leaving us vulnerable to infection.

## SUPPLEMENTS

**Vitamin D** is critical for the defense and regulation of our immune system, and most people are deficient! It helps our regulatory T-cells differentiate between self and non-self - helping to fight invading pathogens while preventing development of autoimmune disease.

**Vitamin C** is important in the function of our immune system, and fortunately an unavoidable part of a well-balanced diet. Meaning there is generally no need to continually supplement, however, taking when cold symptoms first appear will likely help speed recovery.

**Zinc** is a critical essential mineral that has a variety of roles in our body. Adequate zinc makes it more difficult for pathogens to bind to receptors in our upper airway, and improves the ability of our immune system to fight infections. Deficiency can impact our susceptibility to infections. Supplementing may be appropriate for anyone at risk of deficiency, especially during the winter months.

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**Turmeric** is a potent anti-inflammatory, but has different properties depending on if the root is raw or cooked. Raw turmeric helps more with inflammation, where cooked turmeric helps protect against oxidative stress. Also, absorption is key, so make sure to pair with healthy fats and some black pepper to reap all the benefits.

**Elderberry** has been shown to decrease the length of viral illness and be more effective than Tamiflu - a medication given for influenza. It is thought to work by preventing viruses from getting into our cells.

**Honey** has been shown to be a more effective cough suppressant in children compared to dextromethorphan, the typical over-the-counter cough syrup formulas.

**Garlic** has the ability to improve our immune systems capabilities, as well as potential to prevent infection. Crush the bulb and let sit a few moments for enzymes to work their magic, converting alliin to the beneficial allicin.

If you are someone that is constantly battling a cold during the winter months, you may need some extra support. Everyone is different in regards to their specific needs and the only way to know is to check.

**Do you feel like your immune system needs a makeover?** Contact a functional medicine provider to help with the evaluation. We are here to help you thrive. Have a great holiday, and stay safe!

**Linell King MD**, renowned internist and author of "Mastering Vitality" received his medical degree from the University Of Wisconsin School Of Medicine, and completed his residency at The Johns Hopkins University Sinai Hospital Program of Internal Medicine. He has been practicing for twenty years; currently at his "Naples Vitality" office in Naples, FL.



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# The Millennial and Gen Z Guide to a Sweet Retirement

Learn how the power of time can help savvy young investors grow an impressive portfolio.

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

If you tell the average twenty-two-year-old that the best time to start saving for retirement is yesterday, they may throw you an incredulous glance. “Are you kidding?” they may say, “I’m not due to retire for another forty years!”

The argument you may hear from Millennials and even some older members of Generation Z—those born between 1997 and 2012—is that they’re busy starting a family or paying down student loans and they simply don’t have the money to worry about retirement.

Our polling<sup>1</sup> shows that many young adults are, in fact, worried about having enough savings for their future. For example, nearly one in four Millennials, born between 1981 and 1996, is concerned about having adequate funds, while 69% are uneasy about making that money last a lifetime.<sup>1</sup>

However, having time on your side is a tremendous advantage. Starting a retirement plan early may be the single easiest way to retire with an impressive nest egg.

## The magic of time

Here’s a hypothetical scenario that puts things into perspective:

Say 22-year-old Bob makes \$60,000 a year and retires at 65. He contributes 10% of his pre-tax salary into his 401(k) retirement account while his employer chips in 2%. Assuming he consistently makes that 12% monthly contribution of \$600 and earns a hypothetical 5% rate of return, he’ll end up with \$1,057,228 at retirement.

Sally, however, contributes \$1,000 a month at the same hypothetical rate of return, but she doesn’t start until age 45. By the age of 65 she will have \$407,458 in her retirement account—just 39% of what Bob has saved.

While many investors go in search of the magic double-digit stock gain, young investors shouldn’t overlook the power of consistent contributions to their retirement accounts—even if the contributions begin very small.

*Hypothetical results for illustrative purposes only Not representative of any particular investment.*

## Even small amounts make a big difference

A frequent complaint from young investors is that they simply don’t have the excess cash to invest.

Using the example of Bob and Sally, let’s take a look at this misconception.

Say Bob complains that he can only afford to put away 4% a month due to his student loan and tight budget. Assuming the same rate of return over 43 years and a 2% employer match, he will have \$528,614 at retirement—still significantly more than Sally even though his monthly and overall contributions were considerably less than hers.

*Hypothetical results for illustrative purposes only Not representative of any particular investment.*

While that may not be enough for Bob to retire on, a study by the US Government Accountability Office showed that 29% of Americans over 55 have no retirement savings whatsoever.<sup>2</sup>

Now, of course, investment returns aren’t usually steady like our hypothetical example and typically will fluctuate. But with enough time on one’s side, even small contributions can make a big difference to an overall retirement portfolio.

## Financial education that pays in the long run

Many young investors are also unaware about Modern Portfolio Theory, which looks at how an investor can build a portfolio to optimize expected return for given level of risk, or the importance of consistent contributions in a tax-free environment. A Financial Advisor can also help explain asset allocation and diversification to help smooth long-term returns through bear and bull markets.

But first and foremost, young investors should consider the tax-free environment of the 401(k) to put the power of time to work for them. Often it’s the most important investment they’ll make for their retirement.

## Footnotes

1 Source: Morgan Stanley Investor Pulse Poll 2017: [https://www.morganstanley.com/press-releases/press-release--americans-confident-they-are-on-track-to-realize-](https://www.morganstanley.com/press-releases/press-release--americans-confident-they-are-on-track-to-realize)

2 United States Government Accountability Office, Most Households Approaching Retirement Have Low Savings <https://www.gao.gov/assets/700/69789&pdf> The scenarios presented are provided for illustrative purposes only.

## Disclosures

Past performance is no guarantee of future results. Hypothetical results are for illustrative purposes only and are not intended to represent future performance of any particular investment. Your actual results may differ. The principal value and investment return of an investment will fluctuate with changes in market conditions, may be worth more or less than original cost. Taxes may be due upon withdrawal.

Article by Morgan Stanley and provided courtesy of Morgan Stanley Financial Advisor.

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# "Long Hauler's" Recovery Zone

## Vidaful Medicine's Treatment of Patients with Post Covid-19 Symptoms

By Dr. James M. Ray and Dr. Valerie Sorge

The majority of patients with COVID-19 end up having a mild illness and most cases resolve in about 10 to 14 days. Those people who have a more severe response to the virus, may take longer to recover. Then, there are some people who've had COVID-19 and recovered, that experience symptoms up to several months after they were infected. These people have symptoms that are either continuous or arise weeks or months after recovering.

The Centers for Disease Control has officially named this syndrome as *Post-acute Sequelae of COVID-19*. This Post-COVID-19 Syndrome, suggests a new term used to describe patients who live with lasting symptoms from the coronavirus. Investigators are unclear how long these symptoms can last. Data shows Post-COVID-19 Syndrome can happen to anyone infected by the coronavirus regardless of the initial severity. Long-lasting symptoms often include: coughing, tightness in the chest, shortness of breath, headaches, muscle aches, gait changes, cataracts and diarrhea. The most significant symptom that is being seen across the board in coronavirus "Long Haulers" is fatigue.

The "Long Haulers," are those who experienced both mild and severe cases of COVID-19. Most "Long Haulers" fall into the high risk category before contracting the disease, however, there's a large number of patients who were healthy before they became infected. A "Long Hauler" is defined as someone having symptoms a month or later after they were first infected. The majority of "Long Haulers" feel run down, tired and fatigued. "Long haulers" have difficulty exerting themselves trying to exercise. Activities of dailing living and simple tasks often cause extreme exhaustion. Chronic fatigue can be incredibly debilitating and frustrating in this group. "Long Haulers" complain of brain fog, difficulty focusing and limited brain function acuity. The full long term effects of COVID-19 on the the kidneys, lungs and heart are yet to be determined. Experts remain confident Long Haulers will eventually recover.



There are recommendations to rehabilitate "Long Haulers" damaged immune system. These suggestions maybe sufficient enough to meet the needs of an individual who has suffered an immune system injury as a consequence of infection with COVID-19. Advanced medical nutrition therapy may be helpful. "Long Haulers" should seek out management involving behavioral, pulmonary, respiratory, cardiovascular, orthopedic and neurological health. A comprehensive treatment plan can be initiated through this team of providers. The basic health plan is to stay hydrated, rest, focus on sleep, manage stress and eat well. The COVID-19 vaccine has helped patients with long lasting symptoms, but the final out come is too early to predict.

A healthy nutritional status is very important for maintaining a well-functioning immune system. A healthy functioning immune system can protect an individual from the severity of illness caused by recurrent exposure to COVID - 19. The dietary intakes of specific nutrients that support immune

system function include vitamin A, vitamin C, vitamin D, vitamin E, and zinc. One's healthy lifestyle, along with dietary components such as specific phytochemicals found in various foods and herbs, have been found to have a positive impact on immune system rejuvenation. The focus on the immune system recovery after a COVID-19 infection should be designed for recovery to protect you.

At Vidaful Medicine we offer a variety of nutritional protocols to help maintain your individual health. Personalized lifestyle medicine plays an important role in supporting your immune system rejuvenation. Recent understanding of the immune system's role in combating COVID-19 have opened the pathways to alternative medicine support. With this increased understanding of the factors that influence immune system function, there is hope from a clinical approach for the "Long Haulers" who are struggling with COVID-19 recovery.



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# MENTAL HEALTH:

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Making time for yourself and learning to destress and live an overall healthy lifestyle is essential. The holidays only come once a year, but your health should be a year-round focus.

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\*Praha is the Czech name of the city of Prague where Oksana spent much of her life. It still remains her "happy place" and is filled with beautiful memories.

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# Importance of Nutrition and Exercise in Cancer Recovery

By Colin E. Chomp, MD, CSCS - Radiation Oncologist

A cancer diagnosis can be devastating, and the treatment often makes patients feel fatigued and unable to carry on with their typical daily routines. Although it may seem counterintuitive, evidence shows that exercise during and after treatment can fight this fatigue and increase energy levels and immune function. Nutrition also plays a key role in recovery as well as improving overall health and reducing the risk of cancer recurrence.

## Studies on Specific Cancer and Exercise therapy

### Prostate Cancer

Both duration and intensity of exercise has been shown to reduce the risk of death in prostate cancer patients. Additionally, men with prostate cancer who are active live significantly longer. This was shown in a study of over 2,000 men with prostate cancer assessed for nearly two decades.<sup>1</sup> Men who walked 90 or more minutes per week at a brisk pace saw their risk of dying cut in half when compared to those men who did not walk or did so at a very slow pace. Most notably, men who engaged in three or more hours of vigorous activity had a 61% lower risk of dying from their prostate cancer when compared to those men who engaged in less than one hour of vigorous exercise per week. Finally, men who exercised vigorously before and after their diagnosis had the lowest risk of dying from their prostate cancer.

When we think of vigorous exercise, we often think of intense exercise like resistance training with weights. Men with prostate cancer who engage in resistance training during radiation therapy experience fewer side effects like fatigue and urinary changes.<sup>2</sup> Resistance training also increases strength and function while improving body composition (i.e., more muscle and less fat) in men with prostate cancer.<sup>3</sup>

Along these lines, even briskness matters when considering activity levels, especially in regards to walking. Three or more hours of “brisk” walking per week seemed to be key, with this amount of activity correlating with a nearly 60% reduced risk of prostate cancer progression.<sup>4</sup> This study also found



that briskness may have even been more important than duration. Intensity seems to be important in many of these studies, and most of us should engage in a mixture of intense activity and walking.

Yet, any kind of safe activity may be beneficial. Other studies reveal that men who walk or ride a bike for 20 or more minutes per day or exercise for at least an hour per week will live longer after their prostate cancer diagnosis. The same study revealed that men with prostate cancer who perform household work for an hour or more per day live longer overall.

### Breast Cancer

Over a dozen studies have revealed that exercise significantly improves quality of life in breast cancer patients.<sup>5</sup> It also significantly improves physical function of women with breast cancer and their peak oxygen consumption, while reducing their fatigue. Women who engage in both aerobic and resistance exercise – again that mix of activities – with weights soon after their breast cancer treatment experience large health-related improvements.<sup>6</sup> They also experience these improvements much faster than those women who wait to start exercising.

However, women may see the best improvement of their overall physical function, strength, muscle mass, and fat loss by engaging in resistance exercise, particularly a program that involves specific exercises and movements observed by strength coaches to maximize benefits.<sup>7</sup> Recent studies reveal that these body composition improvements may be directly related to improved outcomes after breast cancer treatment.<sup>8</sup>

### Cancer and Exercise

Studies have already shown exercise to be as useful as medications for the prevention of coronary heart disease and diabetes and potentially better than medications for patients who have experienced a stroke.<sup>9</sup> If exercise, a free treatment without side effects, can do the same for cancer patients, isn't it time to put that into widespread practice?

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**Nutrition**

Many dietary changes appear to help treat, fight, and prevent cancer in preclinical studies. These studies reveal that calorie restriction and intermittent fasting work synergistically with doses of radiation therapy to kill cancer cells and slow tumor growth by decreasing several metabolic pathways heavily related to certain foods, like processed carbohydrates that profoundly increase the hormone insulin.

Diet focused on whole foods, like dairy and meat from well-raised animals, rich in plants, leafy greens, colorful vegetables, nuts, seeds, avocados, olive oil, wild-caught seafood, pasture-raised-organic eggs, and berries is optimal. Avoiding chemical-laden, processed foods and fast food is critical for your body and brain and for fighting off cancer, aiding recovery and supporting survivorship.

Cancer treatment is no walk in the park. It is clearly a physically and emotionally taxing time for men and women alike. However, whether it is during treatment or after, maybe we should take more walks in the park — and vigorous ones at that.

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*Dr. Colin Champ, MD, CSCS* is a radiation oncologist and Certified Strength and Conditioning Specialist with board certifications in radiation oncology and integrative and holistic medicine. Dr. Champ's research interests include the prevention and treatment of cancer with lifestyle modification, including exercise and dietary modification.



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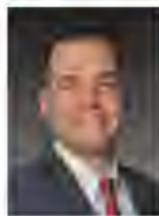
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# 6 THINGS TO HAVE READY BEFORE CONTACTING YOUR DIVORCE ATTORNEY

By Kenneth V. Mundy, Florida Family Law Attorney

**D**ivorce is a very difficult and confusing time for all parties involved. Your divorce counsel is there to assist with the entire divorce process, provide support, engage in settlement negotiations, encourage a balanced outcome, and potentially provide representation at trial if an amicable resolution cannot be reached. If you are seeking a divorce lawyer, choosing one that is knowledgeable and experienced in family law is critical to obtaining a favorable result. This article discusses certain tasks that should be completed prior to speaking your prospective divorce counsel.

## 1. Bring All Your Questions About the Process

There are three types of questions that you should put together before contacting your divorce attorney. Preparing these different types of questions will help you obtain a more well-rounded view of the general process after discussing them with your attorney. The first type consists of questions about the overall divorce process, such as how the timeline will go, how to prepare mentally and emotionally, what information your attorney will need from you, and how many people will be working on your case in the office.

The second type of questions concern how communication will work with your attorney and how your case will be managed. For example, these questions include what is the best way to convey information with them and their staff, what approach will be employed when determining a strategy for your specific situation, among others.

The third type of questions should address the precise set of facts that apply to your marriage, known as situational questions. For example, asking if your divorce is one that warrants an alimony award, or if the former marital residence will need to be sold, are just a couple of illustrations.

## 2. Consider Bringing Pay Stubs

Your attorney will need to know how much money both you and your spouse earn to get a better understanding of the financial aspect of your divorce. Pay stubs are the easiest way to accomplish this because they will be able to make accurate estimates on how much money may be awarded in for either alimony or child support if such issues are in



dispute. We recommend that you provide the pay stubs from the last three (3) months and any other necessary paperwork to answer any questions regarding how much each spouse brought into the household on a monthly basis.

## 3. If You Have Tax Returns, Bring Them

Supplying your attorney with tax returns from prior years is an alternative to having three months of pay stubs. Tax returns are more comprehensive and more detailed, as compared to paystubs, because they provide a clearer picture of yearly income and the financial situations of both parties. If you need to obtain a copy of your tax return, you may do so online from the IRS website.

## 4. Bring Prenuptial Agreements and Other Documents Related to Your Marriage

If you entered a prenuptial or postnuptial agreement with your spouse, you should most certainly bring this document to your first meeting with your divorce attorney. These agreements are especially important in giving you detailed timelines and outlining the final expectations for all parties.

## 5. Domestic Violence Issues

If there are issues or a history of domestic violence in your marriage, it will be helpful to bring evidence of that violence, including photographs of injuries, police reports, photographs of damage to vehicles and/or the house, any petitions for domestic violence that may have been filed. Once again, a timeline of events is always helpful.

## 6. Child Custody Issues

Child custody disputes are unequivocally the toughest and most emotional that arise during divorce litigation. Communications between you and your spouse about the children and timesharing will quickly illustrate these challenges. Your children

should be sheltered from the divorce as much as possible. Remember, the children did not ask for this, so limiting their exposure to your divorce as much as possible is the right thing to do.

## How an Attorney Can Help

If you are looking for a Naples divorce attorney, Woodward Pires & Lombardo, P.A. focuses heavily on family law related issues and has decades of experience supporting people through these devastating situations. In addition to emotional support, we know the best practices for all parts of the process, such as valuation, expert witnesses, tax implications, evidence, and discovery. Our clients deem us as one of the best family law firms in Naples, Florida because we prioritize protecting our clients' assets, financial rights, and familial concerns throughout each step of the legal process.

## ABOUT THE AUTHOR

*Kenneth V. Mundy is a family law attorney with the law firm of Woodward, Pires & Lombardo, P.A. He graduated summa cum laude from Ave Maria School of Law in 2016. Originally from New Jersey, Ken moved to Naples, Florida with his family in 1997 and continues to happily reside here with his wife, Taylor. Ken is a Certified Financial Litigator specializing in family and marital law, including but not limited to, complex divorces, child timesharing disputes, child support and alimony issues, relocation, paternity actions and domestic violence proceedings. Ken is also very involved in the community as he is on the Board of Directors for Meals of Hope and the Naples Junior Chamber, both of which are not-for-profit entities.*



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# WHY YOU SHOULD NEVER IGNORE LINGERING OR FREQUENT PAIN IN YOUR LEGS

By Julian J. Javier, MD, FSCAI, FACC, FACP and Leandro Perez, MD, FACC, FSCAI, RPVI

**D**o you have pain in your legs? If so, it could be a sign of a vascular condition. Venous and arterial diseases are the leading cause of pain and discomfort in the legs. Claudication is a painful condition that causes severe pain when walking. If you feel pain in your calf or behind your knee, you need to seek medical attention as soon as possible. Vascular surgeons run several non-invasive diagnostic tests to determine the cause of your pain. It's not something that should be overlooked, as it can cause life-threatening conditions.

## PAD (Peripheral Arterial Disease)

Individuals with peripheral arterial disease (PAD) have blood flow disruptions in their arteries, and it most often affects the legs, but it can also occur in the brain, arms, and heart. When the blood vessels are narrowed or damaged, the blood flow becomes obstructed, and other complications can coincide. PAD can lead to severe medical conditions.

## PVD (Peripheral Venous Disease)

The symptoms of Peripheral Venous Disease are very similar to PAD. PVD is also a blood flow problem but within the blood vessels and veins. PVD usually stems from a narrowing of the blood vessels that carry blood to the legs and arms. Atherosclerosis (plaque buildup) is the primary cause of PVD; however, other contributing factors are injury, abnormal anatomy, and infections, to name a few.

PVD is linked to several other conditions such as Buerger disease, Venous Insufficiency, Venous Thrombosis, Deep Vein Thrombosis, Pulmonary Embolisms, Raynauds, Thrombophlebitis, and varicose veins.

## PAD and PVD Have a Lot in Common

If the cause of the disorder is due to atherosclerosis, individuals will often have a comorbidity of both PAD and PVD, as well as other blood vessel conditions like DVT's (Deep Vein Thrombosis), varicose veins, pulmonary embolisms, and venous insufficiency, as they are interrelated.

Preventing atherosclerosis can be achieved through medications, as well. However, if the blockages are severe and life-threatening, a medical procedure will be necessary to repair the artery or vessel to allow blood to flow normally again.



## PAD and PVD Complications

- Stroke
- Heart attack
- Amputation
- Poor wound healing
- Pain upon standing or walking claudication (leg and calf pain while walking)
- Weak pulse on ankle or foot
- Hair loss on legs and feet
- Leg pain while standing or sitting, which subsides after resting for an extended period of time
- A sensation of tightness & burning may occur in the leg or foot
- Swelling of the legs, which dissipates after elevation
- Dark veins
- Dry, itchy skin
- Ulcers can occur near the ankle and are often painless, but may have a dark rim
- Shortness of breath

Although arterial and venous insufficiency can happen to anyone, the most common factors that put you at risk are family history, smoking, being overweight, and a sedentary lifestyle.

## PAD and PVD Complications

- Stroke
- Heart attack
- Amputation
- Poor wound healing
- Pain upon standing or walking

## Conservative Treatment with Lifestyle Changes

Very often, PAD and PVD are targeted with several lifestyle changes and an exercise regimen. However, if you currently smoke or use tobacco, then you

should cease and consider smoking cessation counseling. This will also help any co-morbid diseases, such as Coronary Heart Disease, Hypertension, Hypercholesterolemia, etc.

More than this, making the right food choices and walking or other forms of cardiovascular exercise will go a long way in controlling PAD and PVD. Taking an aspirin or other anti-platelet medications will also ease any ongoing symptoms of PAD and help prevent any complications from arising.

## Treating PAD and PVD

Treatment for PAD and PVD traditionally consists of reducing and preventing symptoms. This approach is usually taken in a bevy of different ways. There are several levels of treatments. First, come lifestyle changes. If necessary, your doctor may also prescribe high cholesterol or blood pressure medications. And, should your condition continue to progress, there are several non-invasive procedures that can alleviate symptoms as well.



Julian Javier, MD | Leandro Perez, MD

Dr. Julian J. Javier and Dr. Leandro Perez are Cardiac and Vascular specialists with a special emphasis on limb preservation and venous disorder. Dr. Javier and Dr. Perez are board certified in cardiovascular disease and are well known nationally and internationally, authors of multiple articles in prestige peer review journals and book chapters on venous and arterial disease. They are affiliated with Physicians Regional Medical Center and Collier Regional and are accepting new patients.

*To Schedule your appointment with Dr. Javier or Dr. Perez, please call (239) 300-0586.*

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# WHY YOUR KNEE HURTS, AND WHAT TO DO ABOUT IT.

By Richard Hiler, DABCN

## REGENERATIVE MEDICINE FOR CARTILAGE WEAR OR TEAR

**D**ue to injuries, mechanical issues, or overuse and aging, cartilage may be damaged or lost, Resulting in pain.

**Stem cell allograft** - In times of injury the body recruits its own stem cells for repair and healing. As we age our own stem cells become less efficient. The addition of millions of young potent stem cells from an allograft helps to body to heal like it did when it was younger and more capable. Allograft is a tissue donation and transplant from one person to another. Connective tissue from one source containing live mesenchymal stem cells may help with inflammation and regeneration of cells in a recipient. Umbilical cord stem cells from Wharton's jelly is considered a connective tissue. The Allograft has nothing to do with the baby. It comes from the umbilical cord from a healthy birth. The umbilical tissue could either be discarded or preserved for medical benefits. The tissue contains no antigens so there is no rejection and no matching required for the recipient. The allograft is administered with a simple injection and there is no downtime after the procedure.

**Placental and amniotic fluid allograft** - While Wharton's jelly contains 7% by volume mesenchymal stem cells and 93% other growth factors, the placental allograft contains no live stem cells but 100% growth factors. While this application doesn't work quite as well as the live cells combined with the growth factors, if it is done more than once similar results and outcomes can be obtained.

**Platelet rich plasma PRP** - Platelets from your own blood draw are concentrated and injected into the site of needed repair. Your own platelets release growth factors in the area to also assist in regenerative healing. There are many different techniques for concentrating the platelets. Also, the younger and healthier the patient the healthier the platelets will be, and better outcomes can be expected.

**Prolozone Therapy** - a proliferative mix of vitamins, natural sugars, and ozone are combined to cause a reduction in inflammation and stimulate tissue repair.



**Viscosupplementation** - using hyaluronic acid molecules. There are many hyaluronic acid products available that are commonly used to cushion and lubricate the joints. The natural fluid within the knee joint space is normally high in hyaluronic acid molecules. As we age the concentration of these molecules is less therefore the addition of these products can help the joint move better and feel better for a period of time. Examples of these products are Genvisc, Hymovis, Hyalgan, and Synvisc. These products will do nothing to regenerate or repair the joint and the results are temporary.

**Mechanical issues** - There are 13 muscles which cross the knee joint. These muscles must work in unison to properly move the joint. Some muscles may become too tight and other muscles may become weak over time. The imbalance of tightness or weakness accelerates wear and tear on the joint. There are very few practitioners which are skilled in diagnosing then lengthening the tight muscles and strengthening the weak muscles. To complicate matters further, there are 12 muscles that cross the ankle and 16 muscles that move the hip. When walking these muscles also play a role in the mechanics of the knee joint and must also be considered.

Four nerves from the low back innervate the muscles that move the knee. Nerve function and back function therefore must also be considered in a complete knee rehab regimen.

**Alignment** - Many patients with knee pain may have worn out only the inside or only the outside of the knee joint. This happens due to the muscle function and the actual alignment of the joint space. The lower bone or shinbone (tibia) may rotate inward or outward or straight back. The malalignment of the joint causes excessive stress and accelerates degeneration and damage unevenly through the joint. The key is early detection before the malalignment becomes permanent.

Even if patients have already had joint replacements, and all medical options have been tried; often correcting the muscle mechanics and alignment can give a good amount of relief.

Although our orthopedic surgeons are brilliant when it comes to joint replacements and other surgeries, they are not usually knowledgeable and would probably even be skeptical of these natural corrective procedures.

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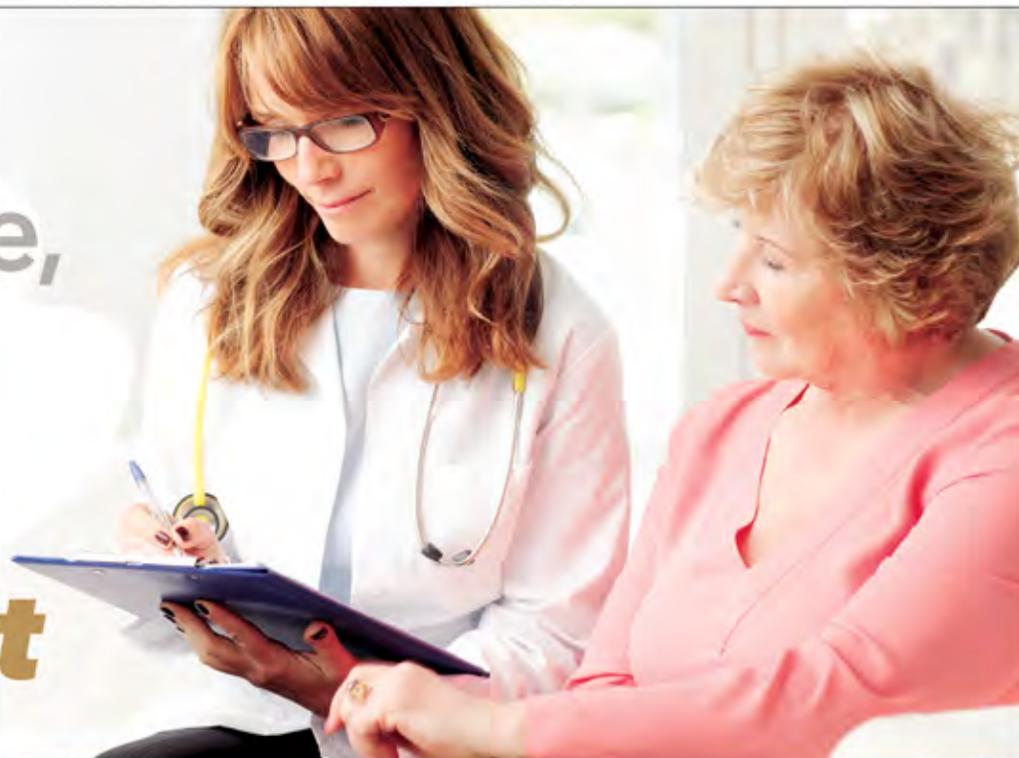


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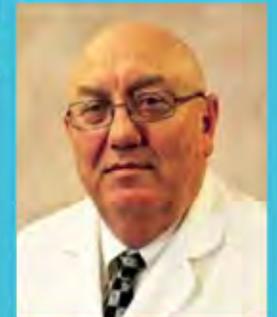
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#### Symptoms that may indicate PAD:

- \* *Weak or tired legs.*
- \* *Difficulty walking or balancing.*
- \* *Some people have atypical symptoms.*

#### PAD pain may feel like:

- \* *Tight, aching, or squeezing pain in the calf, foot, thigh, or buttock that occurs during exercise.*
- \* *The pain usually gets worse during exercise and goes away when you rest.*

#### Advanced PAD stages may cause:

- \* *Leg pain at rest.*
- \* *Skin ulcerations.*
- \* *Gangrene.*

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# OCD: PARTICIPANTS NEEDED

ARHI | Clinical Trial | Biohaven Pharmaceuticals

**D**uring 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.**

To find out more, please contact them today at, 239-230-2021, or email them at [info@arhiusa.com](mailto:info@arhiusa.com).



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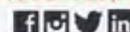
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# All the Rage with Celebrities, The Vampire Facelift and Facial Can Give You Your Youthful Appearance Back

**A**s we age skin can become dull, lose elasticity and droop. There are of course surgical options and hyaluronic acid fillers, but the procedures that are topping everyone's wish list are the Vampire facelift and the vampire facial.

Naturally found in your blood, platelets are a rich source of proteins called growth factors, which promote healing and regeneration. Platelet-rich plasma (PRP) contains a higher concentration of platelets than the amount normally found in your blood. To create PRP a sample of your blood is drawn and placed in a centrifuge, which separates out the platelets. These concentrated platelets are recombined with your blood plasma to make PRP. Platelet Rich Plasma (PRP) is then reinjected into the problem areas.

PRP injections are an alternative to Botox and fillers. Platelet Rich Plasma is taken from the patient's own blood, spun down and reintroduced into the face just like a filler to create and stimulate your body's own growth factors. PRP produces collagen, hyaluronic acid, elastin, and plumps the skin. PRP injections with the vampire facelift maintain the facial contours of the natural look of the patient.

With just four to six PRP treatments over a two to four-week period, patients are seeing results that last for up to 2 years, so over the long-term, it's very cost effective and 100% safe. You don't have to be concerned about toxins or chemicals with your own PRP.



## Vampire Facelift

For the "facelift", the PRP is injected into various areas of the face to create a plumping effect. The procedure is safe because it's utilizing the patient's own blood and it's free of toxins. The body begins to "repair" itself and regenerates collagen, elastin and healing properties, which create a youthful appearance.

## Vampire Facial

The facial works in much the same way as the "facelift", but with tiny perforations in the skin as opposed to injections. The tiny perforations allow the PRP to penetrate into the dermal layers, and the results continuously improve the glow of the skin within two to three months. Many patients report plumped skin, a brighter complexion and seeing less noticeable dark circles.

Bring out your inner beauty naturally. Your beauty will be revived with a natural face shape, increased collagen, smoother skin, increased blood flow, youthful glow, and a younger appearance.

## The O-Shot

Non-surgical procedure to treat sexual dysfunction and improve orgasms in women.

## P-Shot®

Penile rejuvenation for Peyronie's disease & erectile dysfunction.

## Vampire Breast Lift

The Vampire Breast Lift is a non-surgical way of enhancing the breasts, and giving them a lift, without causing the downtime and pain that implants or even a standard breast lift would involve. It can give fullness, lift and enhance cleavage.

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Headquartered in Naples, FL, Aesthetic Treatment Centers is located in the Advanced Medical Building at 720 Goodlette-Frank Road, Suite 300 Naples, Florida.

Mindy and Kathy



To find out more about their procedures and expertise, please call 239-322-3790 for an appointment, or visit them online at [atcnaples.com](http://atcnaples.com).

# MANAGING DIABETES NATURALLY

**O**ver 30 million Americans have diabetes. It's the 7th leading cause of death in the U.S., and the cost to treat the disease is approximately 245 billion dollars per year. The disease is reversible, and medications are not the only answer. Diabetic drugs can help in the beginning, and in severe cases are vital, but over time they can stop being effective and a patient may need to keep increasing their dosage.

Medications can have a lot of unwanted side effects, and just because you're medicating a symptom doesn't mean it's curing your disease. In fact, diabetes medications typically treat the "symptom" of the high glucose and insulin resistance.

High blood glucose contributes to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes hardening of the arteries.

## NUTRITION CUSTOMIZED TO YOUR NEEDS AND GENETICS IS THE ANSWER

**Nutrition** - Cleaning up your diet is one of the best ways to lower your A1C and to improve your insulin resistance issues. Not one specific diet is suitable for all people; a diet that is customized to your needs, and genetics is essential to healing your insulin sensitivity.

The most important aspect is to avoid all sugars. This is especially important in the beginning stages as your body is overloaded with insulin and glucose. Sugar causes a great deal of inflammation in the body. Eliminating refined sugars and long-chain sugars like grains, pasta, and white potatoes can quickly improve diabetic conditions. Although healthy, for the initial stages, it is important to limit or eliminate fruit intake, as that is a natural source of sugar. But again, not one diet is going to work for every person.



## HOW FUNCTIONAL MEDICINE CAN HELP REVERSE DIABETES

Testing for food sensitivities, liver enzymes, c-peptide, c-reactive proteins, and other panels to get to the root cause of your disorder is important. The standard of care states that an A1C of 5.8 is prediabetic and 6.4 is diabetic; however, it's known that an A1C of 5.3 is high enough to cause atrophy of the brain. Numerous professionals are now labeling dementia and other cognitive issues as type III diabetes because of the adverse effect that high blood glucose has on the brain. Certain supplements can effectively lower blood glucose as well.

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### WELLCOME<sup>MD</sup>

**Melissa MacVenn, M.D.**

Dr. MacVenn has been practicing as a supervising physician in a Naples medical clinic for the past four years, often for mature patients with complex medical conditions that require acute attention. "It's my mission to keep patients out of the ER and hospitals as much as possible," she says.

If a patient does need to be admitted to the hospital, Dr. MacVenn has access to both Naples Community Hospital (NCH) and Physicians Regional Healthcare System (PRHS). In the event a patient is hospitalized, Dr. MacVenn will visit in person, closely partner with the hospital medical team, carefully review medical charts, interpret medical language and be an advocate and partner throughout the experience. "A hospital experience can be overwhelming and frightening. My goal is to be with you and your family every step of the way."

It's best to speak with your physician before changing your diet or exercise program. Your doctor will develop a strategy to suit your specific needs, along with a coordinated medication and lifestyle strategy.

**Dr. MacVenn would be honored to work with you on your journey to optimal health.**

### WELLCOME<sup>MD</sup> Concierge Medicine

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# Painful Bunions: Do You Need Surgery?

Michael J. Petrocelli, D.P.M., F.A.C.F.A.S., C.W.S.P.  
Board Certified Ankle and Foot Surgeon and Board Certified Wound Care Specialist

**A** form of arthritis can cause these painful, red, bony, growths, but uniquely, bunions can also be hereditary and run in families, especially in females, generation after generation. More women than men experience the painful bony growth on their big toe, known as a bunion, or Hallux Valgus. One of the leading causes of a bunion is from wearing shoes that are too tight, too narrow or too high. All of this causes pressure on your toe joint, which in turn starts to ache, become fluid filled and can have bony growths.

## You Have Options

For a conservative approach, many individuals will start out trying to alleviate their pain by wearing more comfortable shoes, or by wearing gel toe inserts that help keep the toes in the proper alignment. Icing the foot can help to tamp down inflammations, as well as taking NSAID's (ibuprofen) as needed to lessen the discomfort.

When the conservative approach begins to stop working, which is not unusual, as most bunions fail to heal on their own, surgery is the definitive answer. Surgery can be performed using minimally invasive techniques or more aggressive surgery depending on the severity of the bone, joint, and tendon dysfunction.

Generally, bunion surgery is done under an ankle block, which means that your foot will be completely numb, but you will not need to go under general anesthesia in most cases. Surgery can include removing bony spurs, removing part of the toe bone, relieving tension on ligaments and tendons, realigning and reconnecting the joint and bones. Depending on the complexity of your surgery depends on your need and level of anesthesia.

The total recovery can take a few months, but initially, you will be in a protective boot or cast for the first two to four weeks. You will be able to get around, but you must take precautions as to not injure your surgical site, and instead, allow the foot and toe time to heal properly.



**BUNIONS ARE PAINFUL!** It's always best to be proactive and get them treated before they get too advanced.

A podiatrist will evaluate your symptoms and pain level, and from there create an individualized plan for your best treatment options. They will provide you with the best solution for your needs.

## Collier Podiatry

It's important to be evaluated by an experienced podiatric professional if you're experiencing any type of foot pain. At Collier Podiatry, Dr. Michael Petrocelli has been practicing podiatric medicine for well over 20 years. He is an expert in his field and a leader to his peers, he and his staff see a countless number of patients with heel pain and injuries in the Naples area.

Along with bunion treatment, Collier Podiatry will provide you with personalized instructions on

the necessary amount of rest, stretching exercises and home care to get you back to doing what you love.

The caring supportive staff at Collier Podiatry is available to answer your questions and make your appointment. Please visit their website at [www.collierpodiatry.com](http://www.collierpodiatry.com), or call them at (239) 775-0019



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# The Truth About Vitamin D

## Why do we need Vitamin D?

As a result of sun exposure, our bodies produce Vitamin D naturally, but we often don't get enough sun exposure, or the melanin in our skin interferes with the process, or systemically, there are issues that cause a deficiency. With sun exposure, we need UVB rays to create Vitamin D, and places near the equator are more suitable for this process.

We can also get small amounts of Vitamin D from food such as red meat, organ meat, egg yolks, Swiss cheese, and fatty fish. However, to appropriately get the dose that our bodies require, we typically need to rely on supplementation.

## What happens if I don't get enough Vitamin D?

- Bone demineralization
- Bone fractures
- Cardiovascular disease
- Diabetes
- Cognitive decline
- Prone to infections and illness
- Prone to certain cancers (breast, colon, prostate)
- Autoimmune dysfunction
- Depression
- Fatigue

## Does Vitamin D boost the immune system?

Vitamin D has numerous effects on cells within the immune system. It inhibits B cell proliferation, blocks B cell differentiation, and suppresses T cell proliferation, to name a few.<sup>1</sup>

Vitamin D helps modulate the innate and adaptive immune responses. Cells of the immune system are capable of synthesizing and responding to vitamin D. Immune cells are very responsive to the ameliorative effects of vitamin D.<sup>1</sup>

It's a wise idea to supplement with Vitamin D. However, not all people will be able to utilize Vitamin D efficiently. That is where IV vitamin infusions are superior.

### Reference:

1. C. Aranow, M.D., Vitamin D and The Immune System, J Investig Med. 2011 Aug; 59(6): 881-886. doi: 10.231/JIM.0b013e31821b8755https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3166406/

## IV Vitamins Infusions Vs. Oral Supplements

IV hydration therapy also makes it possible to administer higher doses of vitamins and minerals, unlike the oral route where large doses are not tolerated or absorbed optimally.

Micronutrients such as vitamins and minerals play key roles in health and in disease prevention. We require a daily dose of these nutrients as they cannot be stored in the body for a long time. While many rely on vitamin supplements and dietary sources, the nutrients in these forms are not absorbed completely. Many factors such as age, health condition, stress, gut health, body composition, interaction with other foods and medications can reduce the bioavailability of nutrients.

IV vitamin therapy is a method of infusing vital nutrients directly into the bloodstream to ensure maximum absorption and availability. Our IV vitamin solution contains a potent mix of minerals, vitamins and amino acids that are 100% available. These nutrients act instantly on the system to provide fast relief from fatigue and pain while accelerating fitness, jetlag and hangover recovery.

At Zativa Life, we offer a range of highly effective IV hydration therapies to restore health, vitality and strengthen your natural immunity. Whether you are looking to rejuvenate your skin, recover from jet lag or hangover, or for maximum protection against a host of infections, we have the right IV vitamin solutions.

## IV Vitamin Therapy Benefits

We have tailored the perfect blend of vitamins to achieve wide-ranging health and wellness goals. Our IV vitamin therapy packs a powerful punch of key nutrients that improve mood, speed up wound healing, boost energy and immune system without side effects.



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## Key benefits of our customized IV vitamin therapy:

- Enhanced energy levels without crashes or side effects
- Strengthened immune system to stay on top of colds, flu and viral infections
- Optimum fat burning to achieve weight loss and fitness goals
- Accelerated recovery from jet lag
- Ideal cure for a hangover
- Fast-track solution for migraine headaches and muscle cramps
- Whole body detoxification to repair and rejuvenate damaged skin and body cells
- Comprehensive nourishment to mitigate the harmful effects of stress and anxiety

## Why Choose Zativa Life?

Zativa Life is the result of a perfect combination of expertise in IV therapy and love to help individuals achieve the optimum status of nutrition and health through customized IV therapy services.

Our founder is an expert in IV therapy who has worked diligently to develop highly potent cocktails of nutrients, vitamins and amino acids that help restore your health, vitality and zest.

The primary goal at Zativa Life is to provide the best experience while making cutting-edge treatment accessible to everyone. We are committed to helping you look and feel at your best.

While you relax and enjoy the healing vibes at our state-of-the-art IV Lounge at Miami, our friendly staff administers the therapy in less than an hour. Safety being our top priority, all our treatments are supervised by experienced medical specialists.

For your convenience, you can also book a delivery treatment to your home, office or hotel.

## Zativa Life offers the following services:

- IV Vitamin Therapy
- Ozone Therapy
- Cryotherapy
- Hormone replacement Therapy
- Botox
- COVID Testing

Get in touch with our experts today to begin your health journey. Contact us at 239-228-5801 or visit our website at [zativafifehw.com](http://zativafifehw.com).

# Pain, Dryness & Irritation:

## How Women Are Rejuvenating Their Lives

By Joseph Gauta, MD, FACOG

**W**ho doesn't want to feel better and more confident about their sexual health? Many women try to hide their condition from their partner, or suffer in silence because they believe it's "normal" for them. That couldn't be further from the truth. Whether your pain is caused by endometriosis, pelvic conditions, vulvovaginal atrophy, hormonal dysfunction, or from medications, there are answers.

### Female Sexual Dissatisfaction Has Many Causes

Natural processes like aging, childbirth and menopause can have deleterious effects on a woman's sexual well-being and sensations. Since we all tend to avoid anything that doesn't feel good, a woman's sexual desires and success in achieving them are inversely related to the atrophy and scarring in the vaginal canal that these life-events can create, like tearing of the vagina during childbirth, dryness of the vaginal tissues after menopause, and the laxity of the vagina causing decreased sexual sensation. Sexual satisfaction can be negatively impacted by hormonal changes after menopause, but many women cannot take vaginal estrogens or do not find this treatment to be effective or convenient enough. This is where laser energy comes in: CO2 laser energy has been proven to regrow normal collagen (a necessary protein found in all of our organs) in the vaginal and vulvar tissues leading to improved "accommodation" and "stretchiness" of the vagina which in turn leads to greater sexual satisfaction and lubrication and a decrease in discomfort during and after sex.

### CO2RE Intima

Although, hormone therapy can be used to treat vaginal vulvar atrophy and dyspareunia (painful intercourse), sometimes it isn't enough. The CO2RE Intima procedure has helped countless women enjoy life like they used to. It is noninvasive, nonsurgical and is performed in your physician's office.



**You don't have to live with pain and dryness any longer. There is a better way to age well, enjoy intimacy again and regain your life.**

### CO2RE Intima Benefits:

- CO2RE Intima is an in-office, non-surgical laser procedure to restore vaginal health, by improving hydration and promoting healthy vaginal pH
- Each CO2RE Intima treatment relieves symptoms of vulvovaginal atrophy, rejuvenates vaginal tissue and treats exterior tissue to improve vaginal cosmetic appearance.
- **100%** showed significant improvement in vaginal health (elasticity, fluid volume, pH level, epithelial integrity and moisture)
- **91%** reported an improvement in dryness

### CO2RE Intima might be for you if:

- You want to relieve the signs of childbearing and aging in the vaginal area.
- You desire enhancement in sexual functioning and a better sexual experience.
- You seek vaginal cosmetic improvement and you want to feel more confident about your feminine health.

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# Boosting Your Immunity

Today, we look at which supplements we believe to be most effective when it comes to supporting your immune system.

By Cederquist Medical Wellness Center

**Boost Your Immunity** - Let's talk about immune support. There's a conundrum of scientific papers, articles, opinionated blogs, etc. that touch on the matter of immune health, especially during this unprecedented time of COVID-19. Today, your trusty Cederquist team dives into the depths of evidence-based, peer-reviewed research in order to provide top-quality advice regarding which supplements we believe to be most effective when it comes to supporting your immune system.

**Vitamin C** - Researchers have observed, time and time again, that Vitamin C deficiency correlates to low immunity and puts people at a higher risk of infections. But how does this actually happen? Vitamin C is known for its antioxidative properties which help defend against environmental toxins, as well as its ability to promote phagocytosis – cellular ingestion of pathogenic bacteria. This helps our body reduce inflammation associated with infections and allows for a speedier recovery. Although we always recommend getting your daily Vitamin C from food sources such as berries, kiwi fruit, broccoli, and tomatoes; supplementation may also be helpful.

**Vitamin D** - Vitamin D is more commonly thought about when it comes to bone health, but it also plays an important part in autoimmunity. In fact, Vitamin D has been used to treat tuberculosis for centuries! Vitamin D is necessary for intracellular (within each individual cell) communication, specifically for immune cells. As you can imagine, the better the communication within cells, the easier it is for the entire system to work together. Sources of dietary Vitamin D include salmon, portobello mushrooms, and non-fat yogurt. Supplementation is often recommended for certain groups.

**Zinc** - Zinc is a mineral commonly found in foods like baked beans, chicken, and oysters. Zinc is traditionally known for its effects on our ability to taste and smell, DNA synthesis and even wound healing. It also supports immune health by encouraging the growth of T and B cells, otherwise known as immune cells. Similarly, to vitamin C, zinc will also promote phagocytosis. We recommend that when



consuming foods high in zinc, you avoid pairing them with whole grains and cereals as they contain phytates and can inhibit absorption.

**N-Acetyl-L-Cysteine (NAC)** - Lastly, N-Acetyl-L-Cysteine or NAC can greatly help reduce oxidative stress commonly caused by respiratory infections. NAC is needed in order to replenish stores of glutathione, an antioxidant your body uses to get rid of free radical damage. Studies have shown that glutathione has the potential to reduce inflammation in our respiratory system, especially in patients suffering from chronic bronchial infections.

**Our Recommendations** - Now more than ever, we can recognize the importance of preventative medicine. We at Cederquist Medical Wellness Center are ready to provide you with the most up-to-date, evidence-based information for you and your loved ones. So, you can rest assured that our expert team of physicians, dietitians, and wellness staff are working around the clock to get you feeling your best. Here at Cederquist Medical

Wellness Center we test for micronutrient deficiencies to provide the most comprehensive nutrition analysis to determine what your needs are. Call us today to book your free consultation!

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# A Guide to the Senior Living Spectrum

**Sandy Moffett, Certified Senior Advisor**

**W**ith aging comes a variety of issues that can impact independence. Senior independent living housing offers an ideal combination of assistance and independence to meet the needs of older adults.

## Independent Living

Senior independent living is the beginning of the spectrum in which a resident is able to live independently with no supervision or assistance. Seniors who choose independent living communities benefit from community amenities such as housekeeping, laundry, meals, entertainment, planned activities and transportation.

Seniors here are able to accomplish all activities of daily living without supervision or assistance. Residents have safe, self-directed mobility and can respond independently in an emergency. These communities provide the convenience of meals and housekeeping options.

Social engagement is very important. Opportunities and activities as well as entertainment are offered and encouraged. Lifestyle is self-directed, including decisions regarding personal finances and healthcare. Independent seniors show little to no memory impairment, ability to use an emergency call system and may come and go as they please.

## Assisted Living

Assisted Living provides some supervision and assistance required to maximize independence. Residents benefit from community amenities and staff on-site 24/7. Residents require assistance with one or more activities of daily living. They may need cues or hands-on assistance. They may require assistance with medication and incontinence. If mobility is an issue, they can receive assistance getting around or making transfers and help responding in an emergency.

Dining and housekeeping services will be provided. Residents in assisted living enjoy self-directed lifestyles with assistance when needed. They are able to make decisions regarding personal finances or healthcare; they have a healthcare proxy in place if needed. In assisted living, residents have mild or no memory impairment, with possibly some confusion and disorientation. They may come and go as they please, though some may require assistance to do so, and they are capable of using an emergency call system.



## Memory Care

Memory Care communities provide care services for those folks who are no longer able to live alone and supervision is required. Supportive services are provided with staff on-site 24/7. Residents here may require verbal cues, direction, and physical assistance for activities of daily living including dressing, medications, and incontinence. They may require environmental cues for safe navigation and require assistance responding to an emergency.

Dining and housekeeping services are required for quality of life. A specialized dining program accommodates unique needs of the memory care resident. Memory care services require personalized approach to social interaction. Residents may face challenges connecting and understanding social cues. Decision-making requires direction. Family members are responsible for financial and healthcare decisions through Power of Attorney and/or health care proxy. Communities are locked for resident safety.

## Next Steps

When you're ready to move forward with a move to a senior community, whether Independent Living, Assisted Living, or Memory Care, it is a good idea to contact a Certified Senior Advisor to help you navigate the complexities of Senior Housing. There are many really wonderful and beautiful communities

at all levels. An Oasis Senior Advisor can work with you to help you know what your financial resources can be and how to qualify for the community you want. We have a personalized service including being with you for your tour of communities of interest.

Understanding the spectrum of senior living options and working with a Certified Senior Advisor is essential to finding the best fit for your lifestyle. Oasis Senior Advisors is here to help. We are a free service with a strong network of trusted partners. Contact Oasis Senior Advisors at (239)218-7739 or (352) 422-5952 to set up your initial consultation and explore your options.



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# MAKING A DIFFERENCE AS A NURSE

**W**hile 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.



SCAN ME

I Am a Nurse video

## THE DEMAND FOR NURSES

- 50% of nurses have a BSN degree
- Demand for nurses in Florida projected to grow 21%
- Demand for nurses nationwide project to grow 12%

*\*According to CareerOneStop.org*

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# MEDICAL MARIJUANA FOR ANXIETY & PTSD:

## DOES IT REALLY WORK?

### Stress & Anxiety

During moments of fear, trauma, anxiety or stress, we experience the freeze, flight or fight response due to the processing within our brains. There are neurotransmitters throughout the entire body that send signals to the brain, alerting us instantaneously of real or perceived danger. Anxiety is made up of both psychological and physical symptoms. The psychological part creates the nervousness, fear and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea and shortness of breath.

Stress and anxiety are a normal part of life and usually short-lived, but for 40 million Americans, it's a daily battle. Whether it's anxiety due to biological, psychosocial, or post-traumatic stress disorder (PTSD), the treatment options usually include behavioral therapy, counseling, and various prescription medications that block or dull different areas of the brain.

When anxiety disorders are left untreated or undertreated, several areas of the brain like the hippocampus (regulates emotions) and the pre-frontal cortex (decision making, planning abilities) shrink causing long-term damage.

### PTSD

With PTSD, many individuals have severe nightmares, flashbacks, hyper startle responses, and loss of interest, severe anxiety and are often suicidal. Numerous military veterans with PTSD have issues with employment, violence, and relationships. These veterans often have severe flashbacks. Many people who suffer from PTSD have difficulty sleeping, feel detached and estranged, which can lead to permanent disability.

The standard treatment options for anxiety and PTSD are antidepressant medications. Some of the most widely known drugs prescribed are Prozac, Lexapro, and Zoloft. The classes of these medications play a role in how the neurotransmitters affect the mood by improving your state-of-mind and creating a more peaceful, cheerful spirit, by extinguishing the brain's transmitters. The problem is these drugs are highly addictive, have adverse side effects, and also in many cases, show signs of cognitive decline with long-term use.

The other issue with standard medications is that they more often than not, become ineffective and are unable to reverse feelings of severe depression. This is called treatment-resistant depression.

### Standard Anxiety Medication's Negative Effects

- Nausea
  - Increased anxiety
  - Weight gain
  - Loss of sexual desire
  - Severe fatigue
  - Inability to focus
  - Sleep disturbances
  - Dry mouth
  - Vision issues
  - Constipation
  - Forgetfulness
  - Ineffective in treating stress, anxiety or PTSD
- Symptoms

The "standard-of-care" treatment often falls short. When these therapies no longer work, patients need alternatives for their brain and bodily health, cognition and long-term ability to function and experience a sense of calm.

### Medical Marijuana for Anxiety Disorders

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabis (medical marijuana). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with medical marijuana, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleeping, immunity, pleasure, memory and much more.

Medical marijuana is made up of THC CBD and terpenes. The CBD is known to bind to receptors and is thought to regenerate cells and brain function, while THC helps to relax and alleviate the physical symptoms of apprehension. Terpenes give marijuana the green, healthy healing properties that are extracted from the leaf of the plant. There is a collaborative effect between these chemicals when taken together. This synergistic effect means the ratios of THC and CBD can be manipulated for the patient's benefit.

It has been reported that many patients who undergo cannabis treatment, no longer need their prescription medications.

*You must visit a physician that is licensed to recommend Medical Marijuana.*

### Dr. Ralph Rodriguez

Dr. Ralph Rodriguez, MD, is a Board Certified Internal Medicine physician more than ten years of experience practicing medicine in different settings. Dr. Rodriguez started his career at the University of Puerto Rico, Medical Sciences Campus, where he completed his medical degree and residency program in Internal Medicine. He relocated to Fort Myers, FL on 2008 and worked for Lee Memorial Hospitals, and then decided to join NCH Hospitals of Naples, FL where he currently practices as Hospitalist physician since 2010.



He is a member of the American Medical Association, the American College of Physicians, Collier County Medical Society, The American Professional Wound Care Association and he's the Treasurer for Hispanic American Doctors Association of SWFL. He is also certified in Hyperbaric Medicine & Problem Wound Care Management and is experienced in Platelet Rich Plasma treatments.

### Dr. Alejandro Blanco

Dr. Alejandro Blanco, MD, is Board Certified in Internal Medicine. He obtained his Medical Degree in the Autonomous University of Guadalajara School of Medicine in Mexico. Then he completed his education as Internal Medicine Physician in Ramon Ruiz Arnau University Hospital in Puerto Rico in 2012. He relocated to the beautiful city of Naples FL and worked as Hospitalist in NCH Hospitals.



Dr. Blanco is member of the American College of Physicians, American Medical Association, Collier County Medical Society and The American Professional Wound Care Association. He is also certified in Hyperbaric Medicine & Problem Wound Care Management and is experienced in Platelet Rich Plasma treatments.

Please contact Internal Medicine Partners today to find out more about your options and to schedule a consultation. Hablamos español.

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# HEAR BETTER – AGE BETTER

**W**e all want to stay healthy and happy as we age, don't we? And we all know many of the obvious ways to do it — like exercising, eating right, not smoking and getting enough sleep.

But did you know our hearing plays a role in healthy aging, too? We thought we'd share four ways hearing better can help us age better.

## 1. Hearing better helps keep us social and active

When we hear clearly and with minimal effort, it's easier to be engaged, maintain connections, feel a part of conversations, and stay socially active.

On the other hand, people who struggle hearing often decide it's easier to avoid social situations. They might turn down invitations, limit interactions, and become more withdrawn and isolated.

### Did you know?

Research proves that people who enjoy social relationships are more likely to live longer than those who are isolated and lonely.

## 2. Hearing better helps keep us alert and independent

Our sense of hearing plays a huge role in how confident and independent we are, and how safe we feel when we're out and about.

When we hear clearly, our spatial awareness opens up and we're able to distinguish and react to audible cues that warn us of safety issues. When we hear without effort, we can feel less reliant on others to "translate" or clarify what we heard, resulting in a greater sense of freedom and independence.

People who can't hear like they once could are more likely to miss warning cues, feel less confident in surroundings outside their home, and are more at risk of accidents, injuries or mishearing important information.

### Did you know?

Individuals with good hearing are two times less likely to experience accidental injuries and three times less likely to have a history of falling than those with hearing loss.



## 3. Hearing better can help keep us mentally sharp

Numerous studies have linked hearing loss to dementia, a mental health challenge the World Health Organization predicts will triple by 2050.

Experts attribute the connection to the fact that hearing loss leads to social isolation (a known risk factor for dementia), that it accelerates brain shrinkage, and that it forces the brain to "steal" energy needed for memory and thinking.

### Did you know?

An international commission on dementia prevention has confirmed that treating hearing loss in midlife is the single biggest risk factor you can modify to help prevent dementia.

## 4. Hearing better brings us joy

Maybe more than anything, hearing our best helps keep us positive and vibrant. Whether it's listening to the laughter of friends, the sound of a symphony, a child's first words, ocean waves lapping, or a bird singing outside the window, hearing keeps us engaged, active, and connected to the world around us.

### Did you know?

According to a Yale study, optimism and a positive outlook adds 7.5 years to our life, while other research has shown it may reduce the risk of depression, heart disease and other chronic illnesses.

Please call to schedule an appointment. All it will cost is a little of your time... but the knowledge you receive may be priceless!

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# Banish Dry Winter Skin

By Sydney Tateo, DNP, ARNP

**A**re you plagued by dry, itchy skin each winter? Are you planning a trip north for the holidays? Here are some tips to prevent and treat a common skin condition called Asteatotic Eczema.

Asteatotic eczema is a condition in which the skin becomes dry, irritated, cracked, and itchy. It is typically a seasonal skin condition, most common during winter months. Cooler temperatures, lower humidity, excessive bathing, and harsh soaps cause the skin to become overly dry. The lower legs are most susceptible, although Asteatotic Eczema can occur anywhere on the body.

In most cases, a few simple changes to your everyday routine will alleviate your symptoms. Warming up with a long, hot shower may be tempting, but it will strip your skin of its natural oils and dry it out. Instead, take a warm shower, using a mild soap such as Dove for Sensitive Skin. Follow your shower by applying a moisturizing cream immediately after toweling off. Skip the heavily fragranced lotions and opt for a gentle moisturizer cream such as CeraVe Cream. For a petroleum-based ointment, Vaseline is best. When getting dressed, it is also important to pick clothing that



won't exacerbate dry and sensitive skin. For some people, wool is irritating, therefore choosing fabrics such as cotton is a better choice. Keep in mind that shaving may also irritate your skin, so try skipping it for a few days.

If these simple, yet significant modifications aren't enough to calm your skin or you want to know more about the skin care products available in Naples and Marco Island, please make an appointment with one of our providers at Skin Wellness Physicians.

## Sydney Tateo, DNP, ARNP



Sydney is a board-certified nurse practitioner who grew up in Naples. She attended the University of Florida for both her undergraduate and graduate programs. In addition to her academic achievements, Sydney has also published research in the *Journal of American Association of Nurse Practitioners*.

While pursuing her doctorate degree, Sydney worked as a registered nurse in dermatology. Her invaluable background as a bedside nurse underlies her individualized approach to each patient. Upon completion of her doctoral program, she continued her career in dermatology. Trained by several recognized dermatologists and Mohs surgeons, Sydney joins Skin Wellness Physicians with diverse training and experience. She treats a wide array of skin, hair, and nail conditions and welcomes both pediatric and adult patients.

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# DEPRESSION AND THE HOLIDAYS

**W**hy is it that the holidays seem to escalate depression and stress in so many people? An increase in social activities, a busy work schedule, and missing loved ones who are no longer with us are all triggers. These feelings can lead to depression over the holidays. People who have struggled with adverse life events such as divorce, unemployment, bereavement, chronic medical problems, psychological trauma, alcohol, or substance abuse are more likely to develop depression.

For some people these feelings go away after they get back to their normal routine, but for others, they linger and are exacerbated by the holidays or other life altering situations.

Symptoms of depression include feelings of sadness, frequent crying episodes, loss of interest in social activities, decreased sex drive, changes in appetite, insomnia or excessive sleeping, fatigue, feelings of worthlessness, helplessness, hopelessness, guilt, recurrent thoughts of death or suicide and poor memory. If you've been struggling with depression or anxiety for several weeks or months, it might be time to see a professional. Seeking help from a board-certified psychiatrist is optimal.

## Depression DSM-5 Diagnostic Criteria

The DSM-5 outlines the following criterion to make a diagnosis of depression. The individual must be experiencing five or more symptoms during the same 2-week period and at least one of the symptoms should be either depressed mood or loss of interest or pleasure.<sup>1</sup>

1. Depressed mood most of the day, nearly every day.
2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.
3. Significant weight loss when not dieting or weight gain or decrease or increase in appetite nearly every day.
4. A slowing down of thought and a reduction of physical movement (observable by others, not merely subjective feelings of restlessness or being slowed down).
5. Fatigue or loss of energy nearly every day.

Reference:  
5th ed. Arlington: American Psychiatric Association; 2013.  
American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders.



6. Feelings of worthlessness or excessive or inappropriate guilt nearly every day.
7. Diminished ability to think or concentrate, or indecisiveness, nearly every day.
8. Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.

When anxiety and PTSD disorders are left untreated or undertreated, several areas of the brain like the hippocampus, which regulates emotions, and the prefrontal cortex, which is involved in decision making and planning abilities can shrink, which often causes long-term damage. Seeking treatment early is best, but it's never too late.

Different therapy options and protocols may work better for certain conditions and should be patient specific.

A wide variety of mental health conditions and emotional disorders can benefit from psychotherapy (talk therapy). This can help individuals function more efficiently and increase wellbeing, while decreasing depressive thoughts and tendencies. Often psychotherapy is used in combination with medications. Additionally, adding healthy lifestyle changes into one's daily life can significantly improve their mental health such as, exercise, eating a healthy diet, meditation and getting high quality sleep.

Psychotherapy offers several different types depending on the individual's needs. Below are a few examples of universal psychotherapy options:

- Cognitive Behavioral Therapy
- Psychodynamic therapy
- Interpersonal Therapy
- Psychoanalysis
- Dialectical Behavior Therapy
- Supportive therapy



**RICHARD J. CAPIOLA, MD**

With triple board certification in general psychiatry, addiction psychiatry and forensic psychiatry, Dr. Richard J. Capiola has been in practice for 27 years. During his training at Tulane Medical School and UCLA, Dr. Capiola developed a keen interest in the treatment of depression and anxiety overlapping with drug and alcohol abuse. This focus led to his role as chief medical officer for Oglethorpe Inc., which specializes in the treatment of mental health and addiction. He has been instrumental in the clinical development and oversight of 12 specialty treatment centers in five states.

Dr. Capiola's specialties include adult and adolescent psychiatry, treatment of anxiety, depression, and substance use problems, and forensic psychiatry, where he evaluates patients with legal issues related to mental health.

Dr. Capiola is the chief of psychiatry for Physicians Regional Medical Center and was the medical director for the Wilough at Naples for many years. He's served 10 years with The Joint Commission, which evaluates hospitals nationwide for quality of care and safety.

Dr. Capiola was the featured neuropsychiatrist in the recent book "Don't Give Up On Me" with Darryl Strawberry. His confidential private practice focuses on using each individual's inherent strengths to achieve the goal of living a healthy, well-balanced life.

**RICHARD J. CAPIOLA, MD**

**239.649.7494**

700 2nd Avenue North | Suite 305 | Naples, Florida 34102



## Importance of Building Lean Skeletal Muscle Mass

**M**aintaining your weight, exercising, and having good muscle tone is not just about the way we look and feel; it's critical for your health, fighting off chronic disease and disorders, maintaining mental clarity, and aging well. We all know that too much fat is unhealthy, but what's interesting is that too little lean muscle mass is also dangerous for your overall health.

### BMR

The number of calories you burn at rest is known as the basal metabolic rate (BMR). Because muscle requires energy even at rest, the more lean muscle you have (less fat), the more calories you will burn throughout the entire day and night. This will stave off obesity and inflammation, which are the hallmark of chronic disease.

### Bone Density

Studies have indicated that lower lean muscle mass creates bone thinning, such as osteopenia and osteoporosis. Contracting muscle actually helps to remodel bones through mineralization. Those with more muscle as they age also decrease their risk of balance conditions and reduce the risk of falling, which often leads to bone fractures in the elderly.

### Ability to Fight off or Fight Through Illness

When we are ill or fighting off a virus or bacteria, the body requires more protein; if there are inadequate amounts, it will start to cannibalize the muscle tissue. Having a healthy lean muscle mass will help to stave off illness and also increase the ability to fight disease.

### Hormonal Balance

For females, it is also beneficial as we age to have lean muscle mass and get adequate protein intake to combat postmenopausal conditions and hormonal imbalance, which can lead to other disorders. The same holds true for men. Lean muscle mass will help to alleviate andropause symptoms.

### EMS and Short Bouts of Exercise, Prove to Be the Key to Lean Muscle Mass

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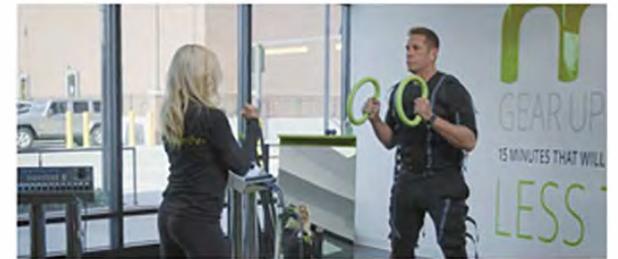
Electrical muscle stimulation (EMS) strength training operates on the principle that electricity powers the human body. But instead of waiting for your brain to send an electrical signal to a muscle telling it to contract, Manduu uses a specially designed suit fitted with carbon fiber electrodes to generate a low-level electrical impulse for you. The impulse creates resistance, and muscle is built by working against the resistance.

This same principle has been used in the medical field for decades, and you may have experienced a form of it if you have had e-stim as part of physical therapy treatment.

The EMS machine runs off of a battery. Nothing is plugged into a wall, and there is not enough electricity in the machine to hurt you.

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Quite simply, Manduu is the fastest, safest way to build muscle, and everyone – at every age – needs muscle. Retaining and building muscle has been shown to improve health in a number of ways.

Manduu's EMS technology is more effective at penetrating muscle fiber than the brain. When the brain sends a signal to a muscle, only about 65% of muscle fiber is activated. By contrast, the external EMS stimulus penetrates nearly 100% of muscle tissue. This produces a workout that is simultaneously ultra-low impact and incredibly effective, gentle yet intense. Manduu does more for you than you can do for yourself.

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# September Sales Start to Slow Due to Lack of Inventory!

By Robert Nardi, Broker/Owner

**H**ome sales in September would have been more robust if there had been more inventory. Historically, September is the slowest month for home sales in Naples, but the area's reputable natural beauty and home-value potential continue to increase its desirability to home buyers. Closed sales in September decreased 18.9 percent to 914 closed sales from 1,127 closed sales in September 2020 due to low inventory. A decrease of 213 homes sales might seem like home-buying interest is waning but consider the inventory factor. In September 2020, there were 5,287 properties available. While in September 2021, the month ended with just 1,251 properties for sale (a 76.3 percent decrease). Comparing showing activity also sheds light on the situation. There were roughly 23 showings per home during September compared to under seven showings per home in September 2020. More buyers are looking at fewer properties this year.

The NABOR® September 2021 Market Report compares single-family home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary. NABOR® sales statistics are presented in chart form and can be obtained by sending an e-mail to Robert@NardiRealty.com.

Since January, there has been a 48 percent increase in closed sales over the same nine months in 2020. Not surprisingly, the median closed price in September increased 18.9 percent to \$455,000 from \$382,744 in September 2020. The Market Report showed new listings in September decreased 28.4 percent to 961 from 1,342 new listings in September 2020. However, while new listings of condominiums decreased 2.7 percent during the first nine months of 2021, new listings of single-family homes increased 3.5 percent during 2021!

## What does this all mean?

As you have seen, there are supply shortages everywhere because of the pandemic, and just like the supply shortages, the number of homes is



in short supply. We are short over 5 million units. And as you know, when supply is low, and demand is high, prices increase. I still receive inquires such as "Is the bottom on home prices going to drop in Southwest Florida?"

I keep repeating to them that this go-around is different from the great recession of 2005. Buyers can afford to purchase either via cash or a mortgage which was different from the 2005 era, where getting a loan or home equity loan was approved by simply stating your income. Then the mortgage broker would perform a desktop appraisal of the property. An approval was immediate. These typically were "no-doc" loans issued at a higher rate costing the consumer much more money upfront and over time.

## Should I sell my property now?

Since it is a Seller's market, it is an excellent opportunity to sell your property now, but if it does sell, where will you go? That is the most critical question to ask.

I have customers who have been living in Southwest Florida for many years. They have decided to "cash out" and return to where they have previously lived. Mostly to be closer to family and friends. However, they are having challenges too.

East and West coast housing markets have skyrocketed. So even if they get a high selling price for their property, they are still paying a premium to purchase in those areas. Throughout the United States, there is a housing shortage. Please put a game plan/strategy in place before you put your home up for sale.

## An excellent opportunity for seniors!

For seniors, this is a super opportunity to capitalize on this Sellers' market. They reached a point where they wished to downsize or move to a senior living or 55+ community. However, after years of living in one property, they need to declutter so their home can command a top selling price. There is nothing worse than walking in a house having tons of "stuff" lying around and having the closets and the garage stuffed to the gild. I first would enlist a friend/friend family member to assist you. If you cannot find anyone to help you, paid professional organizers can assist you with the "decluttering" process. I understand it could be overwhelming, but it must be done before selling your property. I would start small by tackling drawers and closets and then eventually moving on to the garage ("The Beast"). As you go through items one by one, you would set up four piles. One pile would be for items you wish to discard. The 2nd pile would be for donations. The third pile could be for consignment items, and the fourth pile would be to keep and pack. Lastly, the worst thing you can do is go out and rent off-site storage and move "the stuff" there. It can be costly, and you still have the problem of decluttering one day. You are just prolonging the inevitable. Start to declutter now!

*If you need assistance procuring a professional organizer or a mover, I can give you several recommendations. Please feel free to call me at 239-293-3592 or email me at Robert@NardiRealty.com.*

I am wishing you and yours a Happy Thanksgiving!



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## Health Insurance – Medicare 2021 Annual Enrollment Period Ends December 07, 2021, Individual/Family Open Enrollment is in effect now through January 15, 2022.

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

**M**edicare Beneficiaries who currently have Medicare Advantage Plan and Part D (Prescription Drug Plans) should have received their "Notice of Change" documents in September. These notices compare any plan changes from your current 2021 plan to your new 2022 plan. You will be automatically re-enrolled in your current plan if you do nothing and the new changes will take place January 1st, 2021. OPEN ENROLLMENT for MEDICARE PLAN changes starts October 15th and runs through December 7th, 2021, for a January 1st, 2022, effective date. The last plan you select during this period will be your plan for 2022.

Medicare can be very confusing so I would recommend that you meet with a licensed insurance broker that represents multiple insurance carriers. You should explain to them your current needs and concerns. Having a local agent that specializes in Medicare Plans is important. If you have a question, you should be able to reach that person who enrolled you in your plan. If you go online or call a toll-free number chances are, they are not local, and you will not be able to talk to them to clarify any questions later. It is important to know that it is illegal for anyone to contact you without your permission, if they do this ask them for their national producer number and name and tell them you will report them to Medicare. They should never call, knock on your door, and things on your door or car or confront you without your permission.

### Dates and deadlines for 2022 health insurance – Health Insurance Marketplace.

You can enroll in or change 2022 Marketplace health insurance right now. The 2022 Open Enrollment Period runs from Monday, November 1, 2021 through Saturday, January 15, 2022.

- **November 1, 2021:** Open Enrollment started — first day to enroll, re-enroll, or change a 2022 insurance plan through the Health Insurance Marketplace®.
- **December 15, 2021:** Last day to enroll in or change plans for 2022 coverage that starts January 1, 2022.
- **January 1, 2022:** 2022 coverage starts, if you've enrolled by December 15, 2021 and paid your first premium.
- **January 15, 2022:** Last day to enroll in or change plans for 2022 coverage. After this date, you can enroll or change plans only if you qualify for a Special Enrollment Period.
- **February 1, 2022:** 2022 coverage starts if you enrolled by January 15, 2022 and you've paid your first premium.

**Individual/Family** – There are other options available if you do not have pre-existing conditions. These plans can be a lot less expensive especially if you do not qualify for government subsidy. There are national carriers that offer very good plans with comprehensive coverage.

### Important:

2022 Open Enrollment ends January 15  
If you don't act by January 15, 2022, you can't get 2022 coverage unless you qualify for a Special Enrollment Period.

Enroll by December 15, 2021 for coverage that starts January 1, 2022.

You can preview 2022 plans and prices now and complete your enrollment starting November 1.

You should really work with a local broker to explore all your options. Don't invite strangers into your house or give them your personal information over the phone. With Social Media, Facebook, WebEx solicitation if you do not know them please be careful. There are so many scams out there. Go or call a local agent, build a relationship and if in the future you have a question you can back and see them.

Also remember when moving you may have a special enrollment period to apply or change your health insurance coverage. Also check your wills, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local Insurance Broker, Attorney and CPA. Ask a professional, most of the time your first consultation is at no charge.

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# 20 Reasons to See an Ophthalmologist

Dr. Katia Taba, Board-Certified Ophthalmologist and Retinal Specialist

**A** recent survey found that only half of Americans see an eye care professional on a regular basis. We understand — we all lead busy lives. But it's important to set aside time for an eye exam. For 2022: Year of the Eye, the American Academy of Ophthalmology presents 20 reasons to see an ophthalmologist.

## Why an ophthalmologist?

1. Ophthalmologists are trained physicians and surgeons, who are well-versed in health conditions beyond just those related to the eye. This means they can diagnose and treat eye diseases and can sometimes diagnose systemic diseases that a specialist or primary care physician can help treat. The Academy recommends all healthy adults have their eyes dilated and see an ophthalmologist for a comprehensive eye exam by age 40. This can prevent vision problems later in life.

## How will regular eye exams boost my health?

2. An ophthalmologist evaluates and considers your personal risk of disease, which is influenced by race, age and family history. They'll steer you toward the proper health screenings at the right times.

3. Ophthalmologists can spot eye disease early and take steps to protect your sight. Many eye conditions are silent: By the time you notice symptoms, your vision may be partially impaired. This is true for potentially blinding eye diseases, such as age-related macular degeneration, ocular melanoma or glaucoma.

4. An ophthalmologist can also guide healthy lifestyle choices. You can protect your vision by eating eye-healthy foods, exercising, and protecting your eyes from UV light. Cigarette smoke in particular can worsen eye conditions such as cataracts and macular degeneration. Your doctor will suggest personalized tips.

5. There are pros and cons to dietary supplements for eye health. Consult with an ophthalmologist before adding new supplements or vitamins to your routine. They'll help you understand the potential risk and benefits.

## When should I seek medical attention right away?

6. Every so often, eye infections lead to complications, including blindness. If you think you have an eye infection, consider skipping the urgent care center. Get treated by an ophthalmologist right away.

7. Always seek emergency medical attention after an acute eye injury. Hospital emergency departments work closely as first line medical care in emergency settings and may consult ophthalmologists for conditions which can impair vision. So, whether you caught a hockey stick to the face or splashed cleaning spray in your eye, your ophthalmologist can help in the process of medical care to rule out and treat potentially serious damage.

Though not always a sign of serious disease, there are a few changes you should never ignore. See an ophthalmologist immediately if you notice any of these symptoms:

8. A change in vision, or sudden blurriness, could be a sign that you need treatment for a condition such as cataracts, age-related macular degeneration, retina or systemic disease.

9. New floaters or flashes in your vision could signal a serious problem such as a retinal detachment.

10. Double vision sometimes warns of systemic brain conditions or nerve injury.

11. Sudden loss of vision should be checked right away. Even if your vision darkens for a few seconds and then comes back, you may need to go to the emergency room or make an urgent appointment with your ophthalmologist. This may be a symptom of a potentially blinding eye condition.

## What else warrants a visit to my ophthalmologist?

12. People with diabetes should get regular eye checks. High blood sugar can damage blood vessels in the eye and cause vision loss. Controlling your blood sugar and going in for regular medical checkups are two ways you can protect your eyes from diabetes.

13. Vision changes during pregnancy. An ophthalmologist can help treat common eye conditions of pregnancy, such as dry eye. Some women develop pregnancy-related diabetic eye diseases or high blood pressure — ophthalmologists are part of the treatment team for these conditions, too!

References:  
<https://www.aaao.org/eye-health/tips-prevention/why-ophthalmologist-eye-exam-2020-vision>

14. Considering LASIK or other refractive surgery? An ophthalmologist can make sure you're a good candidate before you spend the money.

15. What about brow lifts and nose jobs? If you're on the market for cosmetic surgery on the face, consider an ophthalmologist who specializes in oculoplastics. These doctors are highly skilled at operating on eyelids and the delicate bones around the eye.

16. Certain cosmetic products, such as eyelash growth serums or contact lenses, require a prescription from a doctor. An ophthalmologist can discuss risk factors and safety tips.

17. If you suffer from dry eye and can't find relief in home remedies, an ophthalmologist can pinpoint the cause and find a treatment that can help.

18. There are lots of myths out there about our eyes and vision. Before buying blue light-blocking glasses or other over-the-counter products that are advertised to save your sight, get the facts straight. Your ophthalmologist can provide solid advice backed by the latest research.

19. If you're already living with low vision, add an ophthalmologist to your vision rehabilitation team. They'll collaborate on the best ways to preserve your sight and boost your independence in day-to-day life.

20. Many people say vision is the sense they rely on most. Protect your sight throughout your lifetime by following the Academy's recommended schedule for eye exams based on your age, family history and heritage.

## Personalized Retina Care of Naples

If you are experiencing any changes in your eye health, whether it is blurry vision, pain, impaired vision, or any other visual irregularities, you should see an ophthalmologist right away. The earlier a disease is detected, the better the outcome and treatment options are for you. You will find a friendly and warm environment at Personalized Retina Care of Naples.

Please call (239) 325-3970 today to schedule your eye exam. When necessary same day appointments can often be accommodated.

Personalized Retina Care of Naples provides comprehensive diagnosis and treatment for retinal disorders. Dr. Taba also gives second opinions on retinal and general eye conditions. Dr. Taba is a Board-Certified Ophthalmologist and is Fellowship trained in surgical and medical retinal diseases.



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# THE SEASON'S MOST PERFECT GIFT

## A SUBSCRIPTION BOX TO HELP YOU RELAX

By Stacy Roberts, Founder of Hempra

The benefits of hemp-derived CBD products have escalated in popularity. People are interested in CBD to relieve pain, help them sleep, increase overall health and wellness, and to simply chill. Without the psychoactive component of THC, CBD is the safer alternative that promotes many of the same benefits of its sister product without the altered-conscious effect. Plus along with tinctures, gummies and candies, there are numerous other products that people love like bath soaks, face serums, topical creams, and pet products to name a few.

Subscription boxes are all the rage, and CBD boxes are a great choice due to the many advantages. We all want to live healthier, lives, so this is a great gift for almost anyone on your list—including yourself!

### How it Works:

Fill out the survey online.

Tell us about yourself and your needs and we'll use them to find the right box for you.

### Review Your CBD Box:

A certified Hemptender will handpick items for you based on your answers. Try them out for yourself and see what works.

### Update Your Selection:

Keep receiving the products you love and swap out any item to try something new. Hemptenders are always there to help you with your selections.

### What is in the Box?

We have many boxes to choose from.

### Here is an example: Seasonal Favorites Box

The Seasonal Quarterly CBD Box provides you with the experience of six (6) full-sized CBD products delivered directly to your door every three months. This is our personal favorite box as each seasonal box is unique for that season and contains the products, we use ourselves. This box not only offers the most products, it also offers the most bang for your buck with the highest level of discount when compared to the individual pricing of the products. Scroll down to see the exact product offering for this season's box:

- Spring, Summer, Fall, Winter
- Hemptender's choice! (Our faves of the season)
- Box items go with season
- Contains the most products out of all the boxes
- A convenient & enjoyable way to experience CBD
- CBD formulas with natural & ethically-sourced ingredients
- Stay stocked up with our auto-ship feature
- Huge discounts for the products you already love as opposed to buying individually
- 6 full-size products every 3 months

### Hempira Subscription Boxes Details

A CBD subscription box is a retail service that charges you a monthly fee to receive a variety of CBD products of your choice to your liking delivered to your door. As you may have noticed, CBD boxes are the latest trend in self-pampering.

Our CBD subscription boxes are ideal for those looking for the highest-quality CBD products customized to their needs delivered to their doorstep monthly. There's a wide selection of boxes to fit your needs, some come monthly with 3 full-sized products, and some come seasonally with 6 full-sized products curated to bring relevant and useful products every time. Plus, at any time you can pause or cancel your subscription so there's no need to worry about the lengthy agreements.

CBD boxes are a radical change in your lifestyle since they are about trying products from brands you may not have previously heard of, allowing you to find quality products for a constant regimen so that you can really feel the benefits of CBD in the long term without the negatives of lower quality items. If you're worried about trying products you may not like and wasting them, Hempra even offers a monthly sample CBD subscription box with 6 sample-sized products to test new and unique products at a fraction of the cost!

Plus, if you're ever feeling overwhelmed with selecting products for your CBD subscription box or are unsure of anything to do with CBD Hempra has Hemptenders standing by to assist you with any questions you may have or suggestions you may need! From creams and rubs for pain, discomfort, and skin conditions to tinctures and edibles to relax and focus on your day to day, Hempra offers you the best quality of CBD products on the market Hempra subscription boxes offer customization, savings, quality, and access to CBD products, and a longer-term solution for your CBD needs.

To find out more about Color Up Therapeutics or to Learn about our Subscription boxes, please visit, **Hempira.com**. In-person consultations are also available; please call or email at **239-778-8738** or email **Info@Hempira.com**.



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Dr Capiola's mission is to focus on the strengths inherent in all of us to help overcome any problems and life stresses that make us feel stuck and limited. He combines psychotherapy and medication management into all patient visits.

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# GROUNDBREAKING TREATMENTS FOR ED AND RETRACTION REFLEX

By Dr. Viviana Cuberos

**E**rectile Dysfunction (ED) is deeply related to vascular health. Many men that 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 that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

## P-Shot (Priapus Shot)

The P-Shot is spun down blood of platelet-rich plasma that is taken from the patient and injected back into their bodies. The P-Shot is comprised of the patient's stem cells that stimulate new tissue growth, collagen formation and is 100% natural, so the body accepts it 100% of the time with no adverse reactions. Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged or worn-out tissue.

The P-Shot also helps men with Peyronie's disease by stimulating circulation and lessening the scar tissue associated with the disorder. No longer do men have to rely on the tiny blue pill that causes so many adverse side effects. Now, there is a safe, natural alternative to help so many men with ED and Peyronie's disease.

## The MagnYm™ Procedure

Hyperactive Penile Retraction Reflex, is when a flaccid (limp, soft) penis undergoes retraction upon contraction of a layer of connective tissue underneath the penis, foreskin and scrotum. This contraction of the penis naturally occurs in all males when exposed to cold temperatures, stressful situations, or rigorous physical activity but can also happen outside of these situations. Men also experience shrinkage with age or other medical conditions. There is a new treatment available that is not only non-invasive, but highly effective.



MagnYm™ is a quick 15-minute non-surgical male enhancement procedure that increases the length and girth of the flaccid penis due to shrinkage (Hyperactive Penile Retraction Reflex). In addition to enhancing flaccid penis size, MagnYm™ has also been shown to improve function, decrease occurrences of premature ejaculation, and grow body confidence.\*

## Science Behind MagnYm™

Similar to the way neuromodulators are used for surface wrinkles in the facial region, MagnYm™ uses neuromodulators to relax the muscles of the penis and promote increased blood flow. The muscles which control shrinkage will relax allowing for increased blood flow letting your manhood lengthen into its full glory!

## The Safety

The procedure is safe and well-tolerated by patients with little to no side effects.\*

The injections are localized and are not known to migrate to other parts of the body.

## The Results

### It can increase flaccid penis size

A recent survey of more than 4,000 US men found that guys' biggest complaint about their genitals was the length of their flaccid (non-erect) penis. More than one-quarter of respondents wanted theirs to be longer.

Source: <https://www.enhancehys.com/magnym>

## It might help guys last longer in bed

Premature ejaculation is the most common sexual problem reported by men. There are tons of treatments out there for it already, including 'delay sprays', Kegel exercises and behavioral methods like the stop-start technique but, BOTOX® might be another viable option in the near future.

## It could help treat erectile dysfunction too

A new paper published in The Journal of Sexual Medicine argues that BOTOX® could be a game changer when it comes to treating erectile function. The thought here is that BOTOX® could be used to paralyze the smooth muscles inside the chambers of the penis. By relaxing these muscles, blood should be able to flow into the penis more easily.

Results of MagnYm™ are typically seen within a few days of the procedure but can take up to 4 weeks to take full effect. A booster dose might be necessary. Results typically last 6 - 9 months. Repeat treatments are recommended to maintain results.\*

\*Individual results may vary

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# Managing and Reversing Diabetes

Denise A. Pancyrz - Diabetes Reversal & Holistic Lifestyle Coach, Speaker, Author

**D**iabetic medications work to lower blood sugar levels, but did you know that over time, they stop working, and the dose will continuously need to be increased. The worst part is these drugs are not making you better, and they are not curing diabetes. They are simply masking your problem. While these drugs may be essential in the beginning diagnoses for severe cases where A1C or fasting glucose levels are extremely high, these drugs are not a long-term answer. The root cause of your disorder is usually found in lifestyle choices such as diet or being sedentary.

## The Problem with Sugar

Sugar has no benefit to the body. It causes inflammation and contributes to numerous disease states. However, many people are confused and think they are doing well because they avoid table sugar, but they don't know that carbohydrates such as bread, pasta, white potatoes crackers and cereal all turn to glucose (sugar), and too much of these foods will cause blood sugar spikes.

Cleaning up your diet is one of the best ways to lower your A1C and to improve your insulin resistance issues. A healthy diet can improve a great deal of dysfunction that has been increasing in the body for years. Not one specific diet is suitable for all people: a diet that is customized to your needs, and genetics is essential to healing your insulin sensitivity. Each individual will need a custom-

tailored tweak to the right way of eating. After all, we are all different. Nutrition is a powerful mechanism to healing the body of many disease states, and it is certainly the case with diabetes.

If Diabetes is left untreated or mistreated, it can contribute to life-threatening and serious morbidities such as heart disease, stroke, dementia, and loss of vision.

High blood glucose contributes to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes hardening of the arteries.

Many people feel there is no way out and that they are destined to live with diabetes forever. With Denise Pancyrz's help, many people have reversed their diabetic condition and increased their health overall.

Denise Pancyrz understands your diabetic challenges, frustrations, and life-threatening health risks. She was once in your shoes but discovered a breakthrough and reversed her disorder. She now coaches others to help them get their lives back.

## DENISE A. PANCYRZ'S STORY

*National Diabetes & Holistic Lifestyle Coach - Speaker - Author*

I was a diabetic who was angered being burdened with diabetes. I was tired of taking medications and four insulin shots per day that did NOT make me feel better. The food I was taught to eat as a diabetic was not bringing me to a state of optimal health. It was keeping me medicated and constantly visiting Walgreen's, Diabetes Educators and the doctors.

I wanted my life to be different and the medical community told me it was highly unlikely. In fact, I was told the amount of medication and insulin would increase as I age. However, I learned that you could improve or eliminate disease with proper nutrition, not with unnecessary medication.

I feel better and stronger in my 50s, than I did in my 40s. I have more energy, reversed diabetes, eliminated inflammation that was leading me to heart disease, eliminated IBS and intestinal issues ~ no more stomach aches after meals, my seasonal allergies are gone and a slight skin issue on my elbow healed. I almost forgot, I lost weight in the process.

I know it sounds too good to be true that proper nutrition was able to heal me—I'm living proof. As a national coach, speaker and author, my mission is to help others to achieve optimal health through holistic lifestyle changes. Certified in holistic nutrition and homeopathy, I can bring awareness to diabetics to make lifestyle changes for a lifetime and reverse the effects of diabetes.

**If you are tired of living with diabetes and are worried about your future and your health, contact Denise for personalized coaching and accountability to live your best life in optimal health.**

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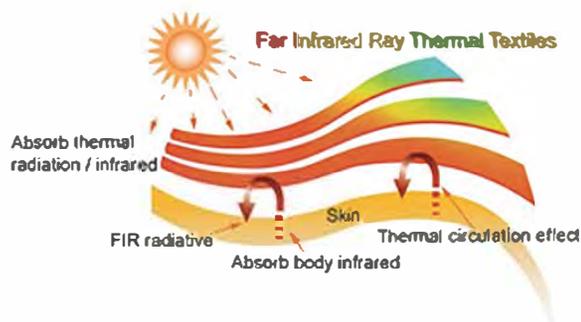
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# Harness the Healing Power of the Sun with Far Infrared Therapy

**M**any of my patients tell me that they use their heating pads and electric blankets regularly. They tell me that the heat makes them feel better. What they don't know is that the price of that heat is direct, intense exposure of harmful EMFs to their body. EMF stands for electromagnetic field. This is emitted from any electric wires that have current running through them. These become a problem with nearly any electric heat source. There is evidence indicating that EMFs can be harmful, especially with prolonged and direct exposure, such as a heating pad. So what do you do if you love the heat but want to eliminate the EMFs? You explore the amazing benefits of far infrared (FIR) therapy.

Far infrared therapy does NOT produce any harmful EMFs like regular table warmers, electric blankets and heating pads. FIR therapy allows you to harness the healing power of the sun without the dangerous ultraviolet rays. The Jade Vitality FIR heating pads are made from high-quality, natural polished jade stones and tourmaline discs. These stones provide powerful, penetrating far infrared heat and abundant negative ions. Jade is known to open the heart chakra.



In addition to the FIR aspect of the Jade Vitality heating pads, negative ions are also produced. Negative ions are invisible molecules in the air produced in nature. They are considered the anti-oxidants of the air. When inhaled, negative-ions have been shown to improve mood, reduce depression and boost energy.

One of the most sought out benefits of the FIR mat is full body pain relief. There is a noticeable reduction in stiffness, tension, inflammation and pain. FIR speeds healing to wounds and injured body parts. While your pain is dissolving, internally the mind starts to calm and you become emotionally more balanced as stress and tension melt away.

## Studies of Far Infrared (FIR) Therapy Show:

- Chronic Pain Relief
- Faster wound healing
- Improved quality of life
- Improved cardiac and vascular function
- Reduction of PVCs
- Reduced oxidative stress
- Significant reduction of allergy symptoms
- Reduction of menstrual cramp pain
- Improved mood
- Anger Reduction
- Increased ability to relax
- Lowers blood pressure

## Biological Effects of FIR:

- Decreases inflammation
- Increases cellular metabolism
- Increases circulation
- Promotes angiogenesis
- Increases nitric oxide production
- Increases detoxification

## Conditions that Respond Well to Far Infrared Therapy:

- **Rheumatoid Arthritis:** reduction of pain, stiffness and fatigue
- **Ankylosing Spondylitis:** reduction of pain and stiffness
- **Type 2 Diabetes:** Improved quality of life
- **Chronic Heart Failure:** improved cardiac and vascular function and reduced oxidative stress
- **Allergies:** significant improvement of eye itching, nasal itching, nasal stuffiness, runny nose, and sneezing
- **Depression:** statistically significant improvements in somatic complaints, hunger, and the ability to relax.
- **Dysmenorrhea:** reduction of menstrual cramp intensity
- **High Blood Pressure:** Diastolic blood pressure drop was 1.8 times greater and the systolic drop was 3.3 times greater than the exercise only control group
- **Obesity:** Subjects in the FIR study group lost 1.8 times as much weight and 4.6 times as much body fat as the control group
- **Congestive heart failure:** 3 Japanese studies have shown that there was a significant improvement in numbers and clinical symptoms.
- **Lymphedema:** significant reduction of limb circumference

Research has been done on all of the above conditions. However, I would like to highlight three intervention studies by Japanese researchers looking at the effect of FIR for patients with congestive heart failure (CHF). The first study looked at the ability of FIR to improve endothelial function. The endothelium is the inside lining of the blood vessels. The at-risk group enjoyed a significant improvement in brachial artery dilation without the use of nitroglycerin. This widening of the artery was almost as good as the widening seen in the control group of healthy men.

The second study looked at FIR therapy versus bed rest for congestive heart failure patients. The FIR group experienced improvement in the endothelial dependent dilation of the brachial artery, while the control group had no change. In addition, 17/20 in the FIR group reported an improvement in their clinical symptoms.

The third study investigated the effects of FIR therapy in a group of patients experiencing at least 200 premature ventricular contractions (PVCs) in a 24 hour period. The treatment group experienced a dramatically lower number of PVCs than the control group. The treatment groups average of PVC reduced from 3,161 per 24 hours to an average of 848 per 24 hours. The control group only reduces from 3,161 to 3,097 PVCs per hour.

Many massage therapists and acupuncturists use electric table warmers to keep their clients warm. Unfortunately, many are unaware of the harmful EMFs that clients are exposed to during the entire treatment session. These EMFs are working against the healing you went there to experience. In my office, the treatment tables all have a far infrared mat. This will keep you warm AND provide all of the benefits discussed in this article. Just by laying on the table, healing will begin before I even start the acupuncture. Studies show that the far infrared table mat can increase the effectiveness of the acupuncture by up to 30%.

If you want to experience the healing benefits of far infrared paired with a balancing acupuncture treatment, schedule now. You can call my office during regular business hours, (239) 260-4566 or check out my website at [www.AcupunctureSolutionsOnline.com](http://www.AcupunctureSolutionsOnline.com). Come on in and melt the stresses of this crazy world away.

# Holiday Fun for the Whole Family

**C**elebrating the holidays with family meals and activities is what the season is all about, and when those moments and at-home projects are kid-friendly, you can get the whole gang involved.

A simple weeknight at home during the holiday season can turn into family fun time starting with a recipe like these Reindeer Hot Dogs, a dish that requires little prep time and allows for help from little ones. Made with Gwaltney Hot Dogs, a tasty, kid-friendly dinner solution requires just a handful of easy-to-find ingredients.

Once everyone is finished eating and all have pitched in to help with cleanup, turn your attention to a family activity that transforms everyday supplies into this Wooden Snowman Ornament for seasonal decor to hang on a tree or elsewhere in the house.

Find more kid-friendly recipes to involve the whole family at [gwaltneyfoods.com](http://gwaltneyfoods.com).



### Reindeer Hot Dogs

Prep time: 20 minutes

Servings: 10

- 1 can refrigerated crescent rolls
- 1 package Gwaltney Hot Dogs
- 1 slice white cheese
- black olives
- ketchup

- Heat oven according to crescent roll package directions.
- Cut hot dogs into three equal sections.
- Lay out crescent rolls and wrap around middle sections of hot dog pieces.
- Cut triangles out of end sections to look like antlers.
- Cut two slits at top of dough; press end hot dog pieces into slits.

Bake according to crescent roll package directions. Cut out small circles from sliced cheese for reindeer eyes. Cover cheese pieces with small slices of black olives for pupils. Add ketchup to hot dogs for red noses.

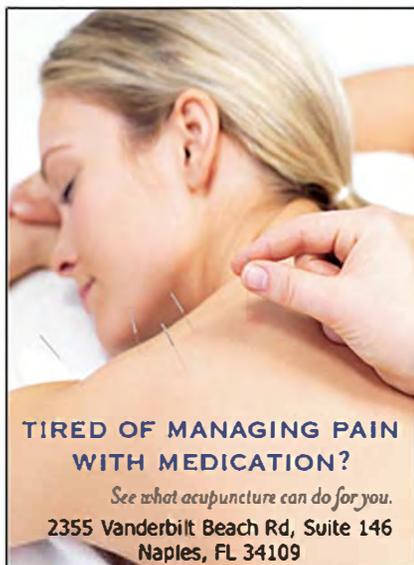


### Wooden Snowman Ornament

Craft courtesy of Gwaltney

- 7 ice pop sticks
- Hot glue gun
- Foam paintbrush
- Black paint
- Glitter
- White paint
- Googly eyes
- Colored craft foam
- Sequins
- Buttons
- String

- Line up six ice pop sticks next to each other vertically.
- Place line of hot glue horizontally across sticks, about one-third of the way down, and adhere seventh stick to create brim of snowman's hat.
- Using black paint, brush top third (brim to top of hat) and let dry.
- Mix glitter into white paint and brush lower two-thirds of sticks, creating snowman's face.
- Use googly eyes, colored craft foam, sequins and buttons to create details of face and hat, such as mouth, nose and hat decor.
- Glue piece of string to backside to hang ornament.



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# INTERESTED IN STRAIGHTENING YOUR TEETH WITH CLEAR ALIGNERS?

## THE TOP 7 THINGS YOU SHOULD KNOW ABOUT INVISALIGN

**S**traightening teeth has become a relatively standard procedure from the young and old alike for various reasons, which may include TMJ disorders, digestive conditions, periodontal disease, or for aesthetic reasons. Most people feel more confident when they have a symmetrical, bright smile, and for both children and adults, properly aligned teeth can significantly boost their self-confidence. But what about clear aligners? Do they straighten teeth as effectively as metal braces? Below, are the most common questions associated with braces and aligners.

### #1: Do clear aligners effectively straighten teeth?

Years ago, traditional orthodontic braces were considered the only option for straightening severely crooked teeth. However, clear aligners are now able to move teeth with advanced technology, which enables more difficult cases of overjet, overbites and crossbites to be treated very effectively in most cases.

Each aligner adjusts your teeth by applying a specific amount of pressure to certain teeth according to the plan that your dentist creates for you. You will receive a few trays at a time that you are instructed to change throughout the time allotted between appointments.

### #2: What are the benefits of aligners vs. metal braces?

Flossing and cleaning the teeth efficiently is easier with aligners because you just pop out the trays and clean your teeth as you normally would. Aligners are always removed to eat, so enjoying nutritious meals is also easier because you don't have to worry about breaking a wire or getting food stuck in your braces. You do not have to see an orthodontist, as many dentists are trained and certified to provide clear aligners.

### #3: How long does treatment take?

Treatment varies from patient to patient. Aligner treatment can take anywhere from a few months

to a few years, depending on the complexity of the case. Your dentist will give you an idea of your treatment length during your consultation.

### #4: How often should I wear aligners?

You will wear your aligner trays as directed by your doctor, which is usually two to three weeks per step, at least 22 hours per day. You will only take them out to eat and brush your teeth.

### #5: How often do I need to see my dentist?

Because the aligners progress in moving the teeth is monitored closely by your dentist, check-ups are typically scheduled every six to eight weeks, but the patient will change their clear aligners every two weeks on average depending on based on your dentist's recommendations.

### #6: How much does it cost?

The cost to patients is generally comparable to other orthodontic options, ranging from around \$2,000 to \$8,000, depending on the complexity of the treatment involved.

### #7 The Benefits of Straightening Your Teeth

Getting orthodontic treatment has numerous benefits; some of these include, fewer incidences of head, neck and jaw pain, better digestion, increased periodontal health, clearer speech, and a beautiful smile.



Straightening your teeth is a really great way to improve your overall appearance and health, as it can have a positive psychological effect on a person's self-esteem and outlook. Straighter teeth can improve your wellbeing and lift your spirits. And when the people in your life see you smile more confidently, everyone is positively affected.



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# Compounded Hormone Replacement Therapy

**U**pon aging, women will start to experience symptoms of hormonal imbalance, which can be related to perimenopause, menopause, postmenopause, giving birth or from a hysterectomy.

Females tend to experience an imbalance of estrogen, testosterone, and progesterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency. Bone loss in women can exacerbate stress fractures caused by osteopenia or osteoporosis.

Changing the hormone levels through bio-identical hormone therapy can alleviate or in many cases eliminate these symptoms and life fluctuations. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

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 patients 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. For example, a very popular synthetic estrogen cream that many physicians prescribe is made from a pregnant horse's urine. Most people can see why the body would not fully accept this substance.



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

Bio-identical progesterone will provide the most efficient way to mesh with the body's natural progesterone receptors. This is critical because body receptors are structure specific. A few of the benefits from bio-identical progesterone are proper embryo development and survival, increase in bone health, protection against breast cancer and endometrial growth, an antidepressant effect, controlling blood clotting and an increased sex drive. The side effects are fatigue and lack of energy or drowsiness.

On the contrary, Progestin (synthetic) doesn't have quite as many benefits. In fact, it has more negative effects, like, miscarriages, weight gain, decreased sex drive, increased risk of breast cancer, high risk of fractures and osteoporosis, increased blood clotting risks, anxiety, depression, migraine headaches and other health related disorders.

Opposite of what some uninformed physicians believe, women that have had a hysterectomy see just as many benefits with progesterone therapy. It's has been widely studied and proven that bio-identical, hormone replacement is just as important and beneficial for their health, even though they no longer have a uterus. For women, progesterone is essential for all of life's stages, and it provides beneficial results outside of the uterus because progesterone receptors are embedded in almost every cell in the body. Women without a uterus still need progesterone therapy.

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Obviously, the bio-identical progesterone hormone therapy is the better option due to its ability to work with the body naturally, and due to the proven health benefits that coincide with the treatment. At MISIRx Pharmacy, they understand the importance of providing this type of hormone therapy for their patients.



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# Chefs For Seniors Nutrition Tips

In 2013, Nathan Allman started Chefs for Seniors with his Father Barrett, a long time restaurant owner. Chefs for seniors makes customized meals for the week in their clients home while offering companionship and nutrition safety checks.

Nathan Allman explained, "My father and I started cooking for clients in the Madison, Wisconsin area ourselves, but quickly realized that we'd tapped into a real need in the community. We were soon hiring chefs and expanding to new markets. We now have franchises operating throughout the country and have served thousands of clients. I've seen firsthand the impact proper nutrition has had on our client's lives."

## Nutrition Tips for Seniors

For older adults, proper nutrition is especially important for maintaining or improving health and overall well-being. While everyone's exact dietary needs are different and should be discussed with a healthcare professional, the following nutrition tips are some of the best practices for seniors.

### Portion Control

To reach or stay at a healthy weight, how much you eat is almost as important as what you eat.

Aging causes changes in metabolism and activity levels. Seniors typically have a slower metabolism, which means the body doesn't digest food and absorb nutrients as quickly. Therefore, seniors don't need to eat as much, but should focus on the nutrient density of their food choices.

It's important to eat healthy foods to ward off disease and illness. We have an epidemic of diabetes in our society, along with cardiovascular disease and cancer.

### Healthy Eating Tips

- Eat less sugar
- Limit sodium
- Eat plenty of vegetables and fruit
- Eat calcium-rich foods
- Eat breakfast
- Eat more protein
- Add beans, nuts and seeds to your diet
- Ask your provider about the best diet for you

There is no one diet that is right for everyone. Diets should be custom tailored to your specific needs.



## About Chefs for Seniors

As individuals age, shopping and preparing meals can become a difficult task. With so many other issues to worry about such as being a caregiver, suffering from arthritis, or other disorders that limit mobility, cooking is one thing that many seniors wish they didn't have to do. 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.

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.

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. 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.

## What if I Have a Special Diet or Dietary Concerns?

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.

## Do I Have to Supply the Cooking Equipment?

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!

*You don't have to be a senior to enjoy the professional chef prepared foods! Contact Chefs For Seniors today to find out more.*



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# How to **ENJOY** Having Your Home Professionally Cleaned

**Y**our 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 one of the best feelings around!

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# The Holidays Are Joy-Filled and Celebratory, BUT How Do You Avoid Pet Hazards at This Time of Year?

A few classic pet scenes from *Christmas Vacation* keep us laughing every year— The slobbering, menacing dog is nosing through the trash, hacking on bones under the table, the tree has a rogue squirrel in it that wreaks havoc on the entire house within seconds, and Aunt Bethany accidentally wrapped up her cat as a Christmas gift. Always a great hit for a good time, but in real life, these scenarios are extremely dangerous. *Hopefully, no one you know accidentally wraps up their cat.*

When it comes to our pets, Christmas decorations can be rather captivating, and their curiosity may get the better of them. Cats and dogs may find it irresistible to play with the decorations, and dogs often try to eat them. This is a major health hazard to the safety of our beloved pets, as tinsel and ribbons can tangle around the intestines, which is a life-threatening situation, and usually requires extensive surgery to remove.

The same issue holds true for holiday glass decorations and tree ornaments. If your pet bats them around the floor or paws at them on the tree, they can shatter and cause lacerations internally and externally. Tree lights can cause the same scenario, but with the added worry of getting a jolt of electricity. And we certainly don't want pets getting tangled up in lights or having the tree fall down on them.

It's best to monitor your pet. Never let them play with the decorations and keep them blocked off from the area when you're not home.

## Food Concerns

Many foods, drinks, herbs, and ingredients are toxic to our pets. When we think of some of the top contenders, most people are aware of the health hazards that chocolate can induce in pets, and with Christmas just around the corner, what better time to discuss these foods and the risks they pose to our pet's wellbeing.

Chocolate causes severe toxicity with just a minimal amount, especially dark chocolate. Some of the side effects are vomiting, diarrhea, lethargy, seizures, rapid heart rate, and in some cases, death. The smaller the breed, the more dangerous chocolate can be, as well as the amount of chocolate the animal has ingested.



Raisins, grapes, and cherries are also very toxic to animals. Grapes and raisins affect the liver and kidneys in dogs and cats. Even if eaten in small amounts, it can cause significant damage and death. Cherries are poisonous to cats and dogs and can cause respiratory failure and death. The pits and seeds in fruits (cherries, avocado, peaches, apples) contain cyanide, so these are especially toxic and can also cause choking.

Sugar is not necessarily toxic, but it is not suitable for cats or dogs to eat sugar, because as with humans, sugar can lead to diabetes, obesity, shaking, lethargy, and dental decay. Sugar alternatives like xylitol are incredibly toxic to dogs. Don't ever let your pet eat candy, mints, toothpaste, or gum made with xylitol or other sugar substitutes.

Nuts can cause severe reactions in dogs and cats, this especially true of macadamia nuts. If your pet gets into holiday candy that is packed with chocolate and nuts, this can be a double whammy. If it also has dried cherries or raisin, it's not a good combination. But again, if this happens, it's important to try and figure out how much they consumed and also to take their size into consideration. If a Chihuahua eats a box of dark chocolate, then you definitely will want to seek medical attention. It's always best to be proactive, so even if a Border Collie eats the same amount, getting them checked out will be the best option for your pet's health.

Aside from candy, some people think it's okay to feed animals leftovers or give them food scraps from the table but understanding the difference between safe foods and the dangerous ones is imperative to your pet's health.

## Holiday Food Hazards

Onions and garlic can cause anemia in pets. Anything in that family, such as powdered spices, chives, scallions, shallots, these are all very toxic to cats and dogs.

Bones may seem like a reasonable thing to give a dog, but they can splinter very easily, which can cause choking, blocked airways, and internal bleeding. Fat trimmings or other fatty foods can lead to liver and pancreatic disorders. Salty Ham is a big no-no for pets too, as their sodium tolerance is very limited.

Mushrooms in the yard are especially toxic to animals. Even if your curious puppy eats a small mushroom, the toxicity can cause severe gastrointestinal issues, seizures and even death.

There are so many things that can cause toxicity in your pets; it is best only to feed them their allocated dog or cat food and treats. If your pet gets into candy or other toxic foods, don't hesitate! Get to your veterinarian's office or the Animal ER as soon as possible.

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**Spiritual Wellness****It's A Wonderful Life**

By Pastor Timothy Neptune

**E**very year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine **what you are going to love**. To have a wonderful life, you start by having an

attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... **how am I going to live?** To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.

The third issue to settle is...**who are you going to help?** If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



*Tim Neptune is the lead pastor of Venture Church Naples, located on the campus of Florida South Western State College in Naples, FL.*

*For church times and other information, visit [www.venturenaples.com](http://www.venturenaples.com) or call (239) 775-5323.*

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# FOOTXPERTS

## Your Foot Shape Affects Your Entire Posture

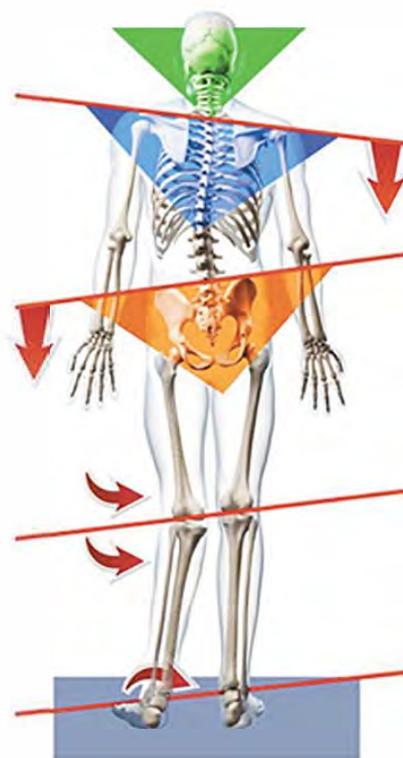
By Marek Zajac, FootXperts CEO

**T**he majority of people may not have pain in their feet, but further up the anatomical chain. Many studies, including those in the Orthopedic Physical Assessment, state that 80 percent of people have foot dysfunctions which don't necessarily cause foot pain, but are responsible for their back pain, sciatica, sacral joint pain, hip joint pain, posture problems, knee pain, osteoarthritis, pelvic imbalance and other painful conditions.

The reason and explanation for that is simple: Your body works as a chain of muscles and bones and your foot shape has an immediate effect on our entire posture. Differences in shape between the right and left foot (which can be discovered with a 3D foot scan) cause a shift in your pelvis. Hip and lower back pain are typical symptoms. Furthermore, the foot shape directly affects your leg axis. Flat feet and pronating ankle, or high arches and supinating ankle cause a rotation of your legs with negative effects on knees and hips. Untreated, this conditions can lead to permanent damages and chronic pain in muscles, ligaments and joints.

And there is even more about your feet and their importance for a healthy and happy life. As the foundation of your body your feet are sending impulses to your brain. Based on those impulses you have a postural awareness, you can stand, walk, run, jump and maintain balance. The information your feet provide to your brain can become weaker when we get older (balance issues occur) or certain conditions can disturb this system, such as Neuropathy, Parkinson's and different types of physical and cognitive disabilities.

**Often underestimated, custom foot orthotics can help with structural problems and balance issues. They can help you with foot pain, knee pain, hip and back pain, prevent injuries, support your entire posture, help with balance and muscular problems.**



**YOUR FOOT SHAPE AND YOUR LEG AXIS AFFECT YOUR POSTURE.**

**FOOT PAIN, KNEE PAIN, HIP PAIN AND BACK PAIN ARE TYPICAL SYMPTOMS.**

In over 20 years of work in the field of biomechanics and orthopedics we could help countless clients with pain relief and more quality of life. We've equipped people of all ages, walker, runner and top athletes. We work with podiatrists, orthopedic clinics, physical therapists and chiropractors. There are no limitations in age or grade of mobility.

In two current cases we helped toe walking kids (4 and 5 years old) to change their gait and to walk normally. Yes, we're even able to change the muscular tension in your calf muscles in order to bring the heel back to the ground, which avoided unnecessary surgery.

We use state-of-the-art 3D scanning systems, we check your posture and we analyze your gait as well. We take measurements of your shoes to ensure a perfect fit and we can even design custom foot orthotics for your sandals. There are huge difference in quality and knowledge in the market. Make sure the foot orthotics you decide on are really designed and produce to address your individual needs and differences on the left and right side. Don't buy overpriced, hard and rigid mass produced plastic insoles. When you receive them right away then it's an over-the-counter product and not custom made for you!



**FOOTXPERTS  
LOCATED IN CAPE CORAL**

**Marek Zajac, Founder and CEO**

20 years of experience in the field of biomechanics and orthopedics combined with state of the art German engineering. Our vision is it to provide the best possible custom foot orthotics for patients and clinics.

### **Who we are and how we work:**

Our clients (from top athletes to people of all ages and kids) all suffer from different painful symptoms or will develop them over time because of misaligned feet and legs, joint problems, bad posture and balance issues.

We help them through a special type of Custom Made Foot Orthotics that goes beyond the typical arch supports. We design and produce every pair (even the left and the right side) 100% individually.

### **Our solutions help with**

- Foot Pain - Knee Pain - Hip Pain - Back Pain (related to foot shape and leg axis)
- Balance and Perception Issues (Neuropathy, Parkinson's, Kids with special needs)
- Muscle- and Joint Problems (muscular over tension, muscular dystrophy)
- Posture and Stability (Poor posture, bad gait)

**ARE YOU EXPERIENCING ANY OF THE ABOVE MENTIONED CONDITIONS? VISIT US!**

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# FOOTXPERTS

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