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Health & Wellness[®] MAGAZINE

December 2025

Manatee/Sarasota Edition - Monthly

FREE 

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How GLP-1 Therapy
Addresses Weight Loss
& Insulin Resistance

FALLING DOWN

It's Not Inevitable,
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Through Screening

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A REVOLUTIONARY
APPROACH TO
PAIN MANAGEMENT
THIS DECEMBER

STAY HEALTHY THIS HOLIDAY SEASON

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For more than 70 years, Manatee Memorial Hospital has been a cornerstone of health and healing in Manatee County. Now, the hospital's entire campus has been updated to reflect our commitment to creating a welcoming and healing environment for patients, visitors and staff.

Exterior signage

As part of the ongoing revitalization, new exterior signage is being installed across the hospital's campus. The updated, well-lit signs help increase visibility and guide visitors more clearly. Representative of a renewed invitation to the community, we hope to reflect Manatee Memorial's legacy of quality care and forward-looking growth. Improved street signage is planned for 2026.

Parking lot

From the Outpatient Services Center to the Emergency Department and staff parking areas, every section of the hospital's parking lot has been graded, repaved and restriped. These improvements help promote a smoother, more accessible arrival experience for those visiting the hospital's campus.

Landscaping

The main entryway has been transformed from an overgrown area to a vibrant space filled with colorful flowers, decorative stonework and calming greenery. The refreshed, inviting landscape creates an environment of serenity and care – because healing begins the moment you step onto our campus.

Exterior painting

The exterior structures have received a stunning facelift with a fresh coat of white paint, accented by a sophisticated gray-blue trim.



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Take Control of Your Health with BodyView Preventive MRI by Encore Imaging

In an era where healthcare costs continue to rise and medical conditions often go undetected until they become serious, preventive medicine has never been more crucial. Encore Imaging's BodyView Preventive MRI represents a revolutionary approach to health screening, offering comprehensive peace of mind in under 60 minutes through advanced, radiation-free technology.

Knowledge Is Your Greatest Health Asset

The old adage "knowledge is power" takes on profound meaning when applied to personal health. BodyView Full Body MRI empowers individuals to take charge of their wellbeing by providing detailed insights into their body's current state. This innovative screening technology transforms the traditional reactive approach to healthcare into a proactive strategy that can literally save lives.

For individuals with a family history of cancer or other hereditary conditions, the psychological burden of uncertainty can be overwhelming. BodyView MRI addresses this concern head-on, offering a simple yet comprehensive scan that can deliver worry-free results or identify potential issues while they're still manageable. The relief that comes from knowing your body is healthy – or the advantage of early detection – cannot be overstated.

Comprehensive Screening Without Compromise

What sets BodyView apart from traditional screening methods is its remarkable scope and safety profile. This radiation-free scan screens for cancer and over 500 different medical conditions across 13 vital organs, providing a full internal snapshot of your health in a single session.

The scan examines critical areas including the brain, thyroid, spine, lungs, liver, gallbladder, pancreas, spleen, kidneys, adrenal glands, bladder, and reproductive organs (ovaries, uterus, and prostate). This thorough approach means that potential health issues across multiple body systems can be identified simultaneously, eliminating the need for multiple separate screenings and reducing the overall time and cost associated with comprehensive health monitoring.



The Power of Early Detection

Perhaps the most compelling aspect of BodyView Preventive MRI is its ability to reveal hidden conditions before they become symptomatic. Many serious health conditions, including various forms of cancer, develop silently over months or years. By the time symptoms appear, treatment options may be more limited and outcomes less favorable.

BodyView MRI changes this narrative by enabling early intervention. When conditions are detected in their initial stages, treatment is typically more effective, less invasive, and often less expensive. For health-conscious individuals who understand the value of prevention, this technology represents the ultimate proactive health tool.

Safety and Convenience Combined

Unlike traditional CT scans or other imaging methods that expose patients to ionizing radiation, BodyView MRI utilizes magnetic resonance technology that is completely radiation-free. This safety advantage makes it suitable for regular health monitoring without the cumulative radiation exposure concerns associated with other screening methods.

In less than an hour, patients receive a comprehensive health screening followed by a virtual consultation with a physician to review the results in detail, which would traditionally require multiple appointments,

various specialists, and extensive testing. This efficiency makes preventive screening accessible to busy professionals and anyone who values their time while prioritizing their health.

Investing in Your Future Self

BodyView Preventive MRI represents more than just a medical screening – it's an investment in your future health and quality of life. The peace of mind that comes from comprehensive health knowledge allows individuals to plan confidently, whether that means pursuing aggressive career goals, planning family expansion, or simply enjoying life without the nagging worry about undetected health issues.

For those ready to embrace truly preventive healthcare, Encore Imaging's BodyView MRI offers an unparalleled opportunity to gain comprehensive health insights quickly, safely, and conveniently. In the world of modern medicine, this level of preventive screening allows you to be in control of managing your health and your future.

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Why Adults Struggle Most in Restaurants and Crowded Places

by AudioNova

Many adults are surprised when they first notice that conversations in restaurants, family gatherings, or busy social settings feel harder than they used to. You might be able to hear every sound around you, yet the person across the table feels distant or unclear. You may find yourself nodding along or leaning in more often. You may even leave a noisy place feeling unusually tired, as if your mind was working overtime simply to follow along. This experience is far more common than people realize, and it often appears long before someone would consider themselves to have hearing loss.

There is a good reason adults struggle most in these environments, and it has to do with how the ear and brain work together. Understanding the science behind it helps remove the confusion and the frustration that many people feel.

The human ear is remarkable. It can pick up thousands of tiny details in speech and sound. The brain then takes those signals and sorts them so you can focus on what matters. The challenge is that most speech clarity comes from high frequency sounds. These sounds are soft, quick, and easy to lose in a room filled with background noise. For example, consonants like S, F, TH, SH, and CH carry the meaning in speech. They help our brain distinguish one word from another. When those sounds become harder to hear, people will often say that others are mumbling or that speech feels less crisp.

As adults get older, even as early as their thirties and forties, the tiny hair cells in the inner ear that detect high frequencies can begin to weaken. This is a slow and natural process, made faster for some people by noise exposure, work environments, genetics, and overall health. The important part is that this change affects clarity long before it affects volume. You may hear the sound of someone speaking, but the details of the words get lost.

Social environments make this even more challenging. Restaurants, parties, and cafes are filled with competing sound sources. Music, dishes, chairs moving, air systems, conversations from other tables, and the natural echo of the room all blend together.



Your ears are picking up every one of those sounds at once. When your brain tries to filter the voice you want to hear from everything else, the job becomes incredibly difficult. This filtering process is called auditory processing, and it becomes more demanding with age.

One of the most overlooked factors is the signal-to-noise ratio. This is the relationship between the voice you want to hear (the signal) and the sound around you (the noise). Even slight hearing changes can make the signal weaker, and even a moderate amount of noise can overpower the ability to follow speech. Adults often blame themselves when they cannot keep up, but the reality is that the environment is simply overpowering the clarity their ears can detect.

There is also an emotional side to this that many people do not talk about. Adults often leave noisy gatherings feeling drained or disconnected. They may stop speaking up as much or avoid busy places altogether. They may feel embarrassed asking people to repeat themselves. What they do not realize is that their brain has been doing the work of separating speech from noise on their behalf, and that work is exhausting. When hearing clarity changes, even slightly, the brain has to fill in the gaps. This can create listening fatigue, which is why some people feel mentally tired after conversations that used to feel effortless.

The good news is that struggling in noisy places is not a sign that something is wrong with you. It is a sign that your ears and brain are working hard in an environment that is genuinely difficult. It is also a sign that early hearing screenings can make a meaningful difference. These screenings show how

well you hear soft, high frequency sounds and how well you understand speech. They give you a clear picture of what is happening and help you know whether your challenges are simply environmental or if subtle hearing changes are beginning.

Adults who take a proactive approach often feel more confident afterward. They understand why certain situations feel hard. They know what is in their control. And if there are early changes, addressing them can make conversations feel more natural again. The goal is not to fear hearing loss. The goal is to protect communication, connection, and confidence.

Struggling in restaurants and crowded places is one of the earliest and most common signs of hearing changes in adults. It is also one of the easiest problems to misunderstand. When you know the science behind it, the frustration starts to fade. You realize that hearing is not just about detecting sound. It is about understanding speech in the middle of real life. When you take steps to understand your hearing earlier, you make it easier to stay connected to the people and the moments that matter most.



Rodney Robison, H.A.S.

Rodney Robison, HCP, is a Hearing Aid Specialist at AudioNova in the Sarasota clinic. His clinical specialties focus on transforming lives through improved hearing. He has witnessed profound moments, such as patients moving to tears upon hearing their wife's voice for the first time in years after receiving hearing aids. Rodney's favorite aspect of his work is helping people achieve a better quality of life.

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EMSCULPT NEO:

A Revolutionary Approach to Pain Management This December

By Dr. Michael Jonathan Clark

Mecember marks National Pain Management Awareness Month, making it the perfect time to explore innovative solutions that address both body composition and chronic pain. At Island ENT Wellness Spa and Audiology, we're proud to offer EMSCULPT NEO, a groundbreaking technology that's transforming how patients approach pain management while achieving their wellness goals.

Understanding EMSCULPT NEO

EMSCULPT NEO represents the latest advancement in non-invasive body contouring technology, combining two powerful modalities in a single treatment. This FDA-cleared device simultaneously delivers high-intensity focused electromagnetic energy (HIFEM) and radiofrequency heating to build muscle and reduce fat. However, its benefits extend far beyond aesthetics, offering significant advantages for those managing chronic pain conditions.

The Connection Between Muscle Strength and Pain Relief

Chronic pain, particularly in the back, knees, and core areas, often stems from weak or imbalanced muscles. When muscles lack strength, surrounding joints and tissues compensate, leading to increased strain and discomfort. EMSCULPT NEO addresses this root cause by inducing approximately 20,000 supramaximal muscle contractions in just 30 minutes, equivalent to performing thousands of crunches or squats that would be impossible to achieve through conventional exercise.

This intensive muscle building helps stabilize joints, improve posture, and reduce the burden on pain-prone areas. Patients with lower back pain, for instance, often experience relief as their core muscles strengthen and provide better spinal support.

Benefits for Pain Management

Enhanced Muscle Support: Strengthened muscles provide better support for joints and the skeletal system, reducing strain that contributes to chronic pain. This is particularly beneficial for individuals with arthritis, joint instability, or degenerative disc disease.



Improved Mobility: As muscle mass increases and fat decreases, patients often experience improved range of motion and flexibility. This enhanced mobility can break the cycle of pain-induced inactivity that often worsens chronic conditions.

Non-Invasive Relief: Unlike surgical interventions or ongoing medication regimens, EMSCULPT NEO offers a non-invasive alternative with no downtime. Patients can resume normal activities immediately after treatment, making it an ideal option for those seeking pain relief without disrupting their daily lives.

Postural Correction: Poor posture is a significant contributor to chronic neck, shoulder, and back pain. By strengthening core and back muscles, EMSCULPT NEO helps patients maintain proper alignment naturally, reducing pain caused by postural dysfunction.

Inflammation Reduction: The radiofrequency component of EMSCULPT NEO generates controlled heating that can help reduce inflammation in treated areas, providing additional pain relief benefits.

Why Choose Island ENT Wellness Spa and Audiology

At Island ENT Wellness Spa and Audiology, we understand that pain management requires a comprehensive, personalized approach. Our experienced team evaluates each patient's unique needs

and develops customized EMSCULPT NEO treatment plans that align with their pain management goals.

This December, take control of your pain and wellness journey. EMSCULPT NEO offers a unique opportunity to build strength, reduce discomfort, and reclaim your quality of life without surgery or prolonged recovery periods.

Schedule a consultation with Island ENT Wellness Spa and Audiology today at 941-786-0386 to discover how EMSCULPT NEO can become an integral part of your pain management strategy. Let this Pain Management Awareness Month be the turning point toward a stronger, more comfortable you.

About Dr. Michael Jonathan Clark

Dr. Clark has surgical skills that encompass much of the head and neck, and really enjoys a challenge. Dr. Clark loves cochlear implants and their ability to replace the function of the inner ear by directly stimulating the auditory nerve. There is just something special about watching the face of someone hear for the first time in a long time. He also preforms ossicular chain reconstruction, which repairs the tiny bones in the middle ear. It's pretty amazing, really. He removes thyroids and parotid glands that have gone awry, or tonsils that won't stop getting infected. Dr. Clark offers balloon sinuplasty in office (or in the OR if needed) that is comfortable and heals within a few weeks, giving people a whole new way to breath easy. He also offers in office insertion of ear tubes, which he places with ease. Most importantly, Dr. Clark will explain any procedure he performs in detail and makes the patient feel confident and comfortable. He will also guide you through medical and lifestyle changes that may reduce your need for surgery. He really wants to find the best solutions for you and your family.



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STEP INTO THE NEW YEAR WITH HEALTHIER FEET

By Ron Adduru, DPM

The new year is a time for renewing focus on health. While most people resolve to hit the gym or overhaul their diet, a crucial part of wellness is often overlooked: the health of your feet.

As a podiatrist in Sarasota, Florida, at Family Foot & Leg Center, I see the impact that neglect can have on these foundational structures. Your feet are complex biomechanical marvels, and they bear the brunt of every step. For our active Florida lifestyle—from Siesta Key Beach strolls to marathon training—healthy feet are essential.

This year, I urge you to make a profound resolution: prioritize your foot health. It's not about dramatic changes; it's about establishing sustainable, foot-friendly habits. Here are the top five resolutions I recommend for a healthier year.

Resolution 1: Make Footwear a Foundation

Poor-fitting or unsupportive shoes are the primary cause of foot problems I diagnose, including **plantar fasciitis, bunions, and painful neuromas**.

Resolve to **purge your closet of worn-out or ill-fitting shoes**. Athletic shoes lose their shock absorption and support long before they look damaged—typically after about 400 miles, or six months of regular use. Wearing them risks an overuse injury.

Choose the right tool for the job. Don't wear flimsy sandals for a long walk. Invest in supportive, activity-specific shoes. When shopping, have your feet measured and shop later in the day when your feet are slightly swollen. Focus on comfort and support, ensuring room to wiggle your toes.

Resolution 2: Commit to Daily Foot Checks and Hygiene

It's easy to forget about your feet until they hurt, but daily inspection is your best defense against serious issues, particularly with conditions like diabetes.

Resolve to check your feet every day. Look for cuts, blisters, swelling, redness, or changes in the skin or nails. Early detection prevents minor issues from escalating. For instance, an unnoticed blister can become a serious infection, a concern relevant in our warm climate.

Your hygiene routine must be diligent:

- **Wash thoroughly**, paying extra attention to the areas between your toes.
- **Dry completely.** Moisture between toes encourages fungal infections like athlete's foot.
- **Moisturize** your heels and soles to prevent cracked skin, but avoid applying lotion between the toes.
- **Trim toenails straight across** to prevent painful ingrown toenails.

Resolution 3: Listen to Your Pain—Don't 'Walk It Off'

This is the hardest resolution for active Port Charlotte residents: **resolve to stop ignoring foot or ankle pain**.

Many believe that heel pain from running or a persistent ache is "normal." **Persistent foot pain is not normal.** Pain is your body's alarm system. Trying to "muscle through" can turn simple tendonitis into a chronic issue or a stress reaction into a fracture.

If you experience pain that lasts more than a few days, or if you notice significant swelling, numbness, or redness, schedule a professional evaluation. An early diagnosis of conditions like Achilles tendonitis or plantar fasciitis allows for conservative treatment, getting you back on your feet faster.

Resolution 4: Introduce Gentle Foot and Ankle Strengthening

As you pursue broader fitness resolutions, remember that your feet have muscles that need strengthening and stretching.

Resolve to dedicate five minutes a day to foot exercises. Simple routines can improve flexibility, stability, and reduce injury risk:

- **Towel Scrunches:** Use your toes to scrunch a towel on the floor toward you.
- **Ankle Alphabet:** Sit and "draw" the alphabet with your foot to engage the ankle's full range of motion.
- **Calf Stretches:** Use a wall or a stair step to stretch your calf and Achilles tendon, vital for preventing heel pain.

If starting a new high-impact routine, **pace yourself**. A sudden increase in activity can overload your feet. Gradually increase your mileage or intensity to allow your foundation time to adapt.



Resolution 5: Schedule a Foundational Foot Health Check

Your annual physical checks your heart and vision. This year, **resolve to schedule a check-up with a podiatrist**.

This is especially critical if you have diabetes, arthritis, or are over 50. Even without pain, a podiatrist can perform a biomechanical assessment, check circulation, evaluate the need for custom orthotics (to correct walking patterns), and detect subtle issues before they become major problems.

The new year is an opportunity to invest in your long-term mobility. By focusing on supportive footwear, diligent hygiene, recognizing pain, and building strength, you are safeguarding your ability to remain active and enjoy Florida Living in Charlotte County.

Your feet are your vehicle for life. This year, give them the care they deserve.

Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.



Dr. Ron Adduru is a podiatrist at Family Foot & Leg Center in Sarasota, Florida, specializing in complex wound care and deformity reconstruction. He is committed to helping the Sarasota community remain active and healthy.

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HEALING AT THE INTERSECTION OF MIND, BODY & ROOT CAUSE:

A Deep Dive Into Mind Body Medicine of Florida

In the heart of Sarasota sits a wellness center that refuses to treat patients like a series of symptoms, and instead invites them into a journey of transformation. At 2805 Fruitville Road, Suite 250, the team at Mind Body Medicine of Florida stands as a beacon of integrative care—where functional medicine, IV therapy, contrast therapy, yoga, and root-cause detox protocols come together under one roof.



Under the leadership of **Mark Sylvester, MD** — whose own story of illness and recovery led him to challenge the conventional model of medicine — this practice champions a philosophy of whole-person healing. “We don’t just address the symptom; we uncover the cause,” the website declares. For patients grappling with unexplained fatigue, brainfog, hormone imbalances or simply a desire to live more vibrantly, this is a place of possibilities.

Tailored protocols, not templates

At Mind Body Medicine of Florida, no two journeys look the same. The intake process involves deep dives into labs, lifestyle, environment, trauma, and nutritional status. From there, a bespoke plan might include integrative diagnostics, heavy-metal or biotoxin screening, IV nutrient infusions, cold-plunge/infrared sauna contrast, yoga or mindfulness classes in the Roots Collective, neurofeedback, and much more.



For example, the Vesta Chelation Method—a program founded by Dr. Sylvester himself—targets heavy metal and mold biotoxin burden, spanning the entire US in its online scope. It uses advanced testing (such as hair-mineral analysis and mycotoxin panels) and personalized protocols designed around five “pillars” of cellular healing: detoxification, metabolic support, gut restoration, brain/inflammation reduction and sustainable lifestyle mastery.

On another front, the InfuZen IV Lounge offers infusion therapies for hydration, recovery, nutrient optimization, detox and performance support—all administered in a relaxing environment.

Philosophy meets practice

What sets this center apart is the seamless integration of mind, body and environment. Dr. Sylvester argues that conventional medicine often stops too soon—focusing on pills and procedures when the upstream causes remain unaddressed. At this clinic, the questions become: Are you exposed to toxins? Is your nervous system in “fight/flight” mode? Are you metabolically stuck? Are you sleeping well? Are your mindset and relationships supportive of your health?

Within a calm, spa-meets-clinic setting, patients might move from a contrast therapy session (infrared sauna followed by cold plunge) to a vitamin infusion lounge to a one-on-one neurofeedback session. The aim: restore resilience, awaken vitality and reconnect patients to the natural healing potential of their own bodies.

Who comes here – and why it matters

The profile of patients is broad: someone with chronic Lyme or mold exposure seeking root-cause healing; an executive looking for IV support, hormone balance and nervous system reset; an athlete recovering from injury; a wellness-minded person wanting to age with grace. The common thread: a sense that the standard model hasn’t worked, and a desire for deeper answers. The center’s tagline speaks clearly: “We treat the whole person—not just your symptoms.”

A word of perspective

While the integrative and root-cause model brings hope to many, it is worth noting that some of these therapies (such as chelation for non-acute exposures, or high-dose nutrient IVs) exist in a space where conventional medicine is still evolving. Patients should remain informed partners in their care, understand which parts are evidence-based and which are more pioneering, and always coordinate with their primary physician.

In summary

If you’ve been searching for a healthcare experience that sees you, not just your lab results, and that weaves together cutting-edge diagnostics, lifestyle transformation, mind-body practices and environmental medicine—then Mind Body Medicine of Florida may be for you. For those ready to stop managing symptoms and start living from a place of rooted, holistic wellness, the path may just begin at 2805 Fruitville Road.



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MOVING CAN BE STRESSFUL, FREEDOM VILLAGE MAKES IT EASY

If you are a senior considering a move to a retirement community, you may be a bit overwhelmed with the prospect of having to sell your home and all that comes with downsizing, moving, and starting a new life.

You may be concerned – or even a little stressed – about the size of your new home and how you are going to fit your prized possessions into a smaller space. You could be flooded with thoughts about the logistics of the move itself and don't know where to start.

The best starting point to address these types of concerns is having a conversation with Jessica Campese, the move-in coordinator for Independent Living at Freedom Village of Bradenton, a Life Care retirement community that has been serving seniors since 1984.

"My job is to take away the stress of moving to our community," said Jessica. "Moving to a senior living community is a big decision, and most people feel overwhelmed when they start, but we have a great team here who will help seniors every step of the way."

Jessica meets with people who are considering a move to talk about one of the scariest realities they face: downsizing.

"We like to call it rightsizing," she says. "When people age, they need to simplify their lives and reduce the stress they feel."

Campese said that there are several things that cause seniors stress: managing a household, especially when a person lives alone; dealing with the overwhelming amount of stuff they have accumulated over the years; and worrying about what will happen if they become ill or who will care for them as they age and can no longer care properly for themselves.

"Moving to an independent living community takes away the pressure of owning a house," Jessica said. "As one of our residency counselors, Bruce Call, likes to say, 'you may love your house, but your house doesn't love you back.' Bruce is right, home



repairs, appliances breaking down, simple upkeep and chores cause pressure, not to mention the fear of living alone, especially during hurricane season."

Jessica said the second concern people have – worry about what to do with all of their stuff -- can be crippling.

"We all have a bunch of stuff, and people get attached to their stuff. Unfortunately, stuff that is meaningful to us isn't important to our kids or grandkids, so we need to purge."

"We listen to people to help them determine what is really important to keep, like family heirlooms, and help them sell other belongings or donate stuff to secondhand stores. It really is a wonderful feeling to declutter your life and start anew!"

Campese also assists people in renovating their new apartment home or villa, and of course, the move itself.

"We provide a full range of services, from helping seniors preserve and move their prized possessions, to choosing the right-sized apartment or villa, to selecting the paint colors and furnishings that will create a beautiful home. We have wonderful partners that specialize in helping seniors move."

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Five hundred of Freedom Village's 700 residents live in independent living; the community also features assisted living, memory care, rehab services and skilled nursing. The Life Plan contract option guarantees priority access to these services at a greatly reduced rate compared to market rates.

"The best part of my job is seeing an individual or couple become part of our community because their life changes in such a positive way," said Jessica. "The stress of everyday living melts away, and you can just feel the peace of mind and security our residents have. Freedom Village is a special place."

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by Prof. William J. Cole, Jr., DO
Double Board-Certified in PM&R Interventions & Regenerative Medicine

"YOUR LIFE WITHOUT PAIN, DRUGS, OR SURGERY."

DEAR PATIENT, if you're reading this, you're likely tired—tired of "one more pill," "one more injection," or "one more surgery" that never quite gives you your life back. **THIS IS NOT YOUR FAULT.** You've been offered the tools others know. But if all someone holds is a hammer, **EVERYTHING LOOKS LIKE A NAIL.** I'm writing to tell you there's a different path—one that respects your biology and aims at what you want most: **QUALITY OF LIFE**

*(FYI: COMMUNITY GIVE-BACK: SCHEDULE AN APPOINTMENT TODAY AND RECEIVE A **FREE WELLNESS GIFT** AT YOUR FIRST VISIT. Our way of saying "WELCOME—LET'S GET YOU BACK TO LIFE." (One per patient; details at checkout.)*

WHAT I BELIEVE (AND WHY IT MATTERS TO YOU)

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THE MISSION: Provide **PRECISION-GUIDED, DRUG-SPARING, SURGERY-AVOIDING** proven solutions that **TARGET ROOT CAUSES** and **RESTORE FUNCTION**—so you can finally live again.

THE MOVEMENT: Across America, Patients are Telling their Doctors, **"CANCEL THE SURGERY!"** Instead, they choose to **HAVE THE BODY HEAL THE BODY** with Dr. Cole, and with Great Success!

I trained for surgery for years until the catastrophic car crash that I survived. **I Know Pain** as a patient and doctor. But This Isn't About Me. **THIS IS ABOUT YOU—YOUR PROBLEMS, YOUR PAIN, YOUR FUNCTION, and YOUR FUTURE.** If drugs and surgery don't solve the problems, **WHY REPEAT IT?**

ASK YOURSELF THESE QUESTIONS:

- * How Many Surgeries Have You Already Had?
- * How many surgeries are you willing to have before you say **NO MORE?**

- * How Many of You Are Still in Pain After These Surgeries?
- * How Would You Like to Avoid Surgery and Drugs?
- * Do You Agree That **"Nothing Can Heal the Body Better Than the Body"**?

Now, ASK THESE QUESTIONS TO YOUR DOCTOR:

- * **WHICH DRUG OR SURGERY "HEALS MY BODY BETTER THAN MY OWN BODY?"**
- * **Are You Familiar with REGENERATIVE Stem Cell Therapy Studies That Prove THEY WORK?**
- * **Will You Hold My Surgery Until I Consult with Dr. Cole About Alternative Natural Treatments? Excuses, Misuse, And Abuse of Surgery for Patients *"Believe What the Doctor Tells Them..."***

I've met a patient with **21 SPINE SURGERIES**—7 cervical, 3 thoracic, 10 lumbar, 1 sacral—still in agony and being guided to "one more surgery", in Spite of Multiple Failed Surgeries before. Why not pursue a **Custom Treatment Plan** that is **DESIGNED & TARGETED** to YOU and YOUR NEEDS?

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- **ROOT-CAUSE CLARITY:** HANDS-ON EXAM, TARGETED IMAGING, and APPROPRIATE LABS to identify true pain centers—joints, muscles, nerves, tendons, ligaments, fascia, and the neuro-immune system.

- **STRAIGHT TALK:** show you **WHAT'S WRONG**, **WHAT IT MEANS**, and **YOUR OPTIONS**—so YOU decide with confidence.

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- **RE-TRAIN THE SYSTEM:** Protection periods, smart rehab, neuro-activation, and lifestyle upgrades to **LOCK IN** healing and produce better results and protect your gains.

- **MEASURE WHAT MATTERS:** **FUNCTION, FREEDOM, AND JOY**—because **THAT'S THE POINT.**

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- ATHLETES & ACTIVE ADULTS who want to keep moving—without fear (Pickleball Anyone?)

No single therapy is for everyone. **THAT'S WHY YOUR TREATMENT PLAN IS TAILORED TO YOU.**

REALITY CHECK (READ THIS TWICE)

YOU CANNOT "PT AWAY" a torn tendon, advanced cartilage loss, scar tissue, or a compressed nerve. You also can't medicate your way toward Natural Biologic Healing that needs **ACTIVATION, STIMULATION, AND DIRECTION TO HEAL**. When we find THE ACTUAL SOURCE, we can TREAT WITH PURPOSE.

What is More Important Than "QUALITY OF LIFE"...? NOTHING!

WALKING WITHOUT FEAR, SLEEPING THROUGH THE NIGHT, TRAVELING AGAIN, WORKING OUT, PICKING UP A GRANDCHILD—CONFIDENTLY! That's why we do this.

ARE YOU SEEING THE RIGHT DOCTOR?

(This is an Essential Question in Your Quest for Less Pain and Better Function)

- Did they LISTEN to your history, problem list, mechanism of injury, and the full story?
- Did you get more than a "5-minute visit" with HANDS-ON EXAM of the exact problem areas?
- Did they order the CORRECT LABS/IMAGING for your case, or just the same old tests?
- Did a BOARD-CERTIFIED PHYSICIAN evaluate you (not just an assistant)?
- Were you offered MULTIPLE TREATMENT OPTIONS—including ADVANCED REGENERATION?
- Did they explain RISKS, BENEFITS, AND ALTERNATIVES clearly of Surgery vs Others?
- Do they measure FUNCTION & QUALITY OF LIFE, not just "pain level today, and here's your drugs"?

If not, YOU'RE NOT IN THE RIGHT PRACTICE, as You Deserve Better Care, Consideration, and Quality.

HOW TO START (COPY THESE)

Walk in prepared and ask:

- WHICH DRUG OR SURGERY WORKS BETTER THAN GOD GIVEN ABILITY TO HEAL?
- HOW WILL YOU CORRECTLY DIAGNOSE MY UNDERLYING PROBLEMS?
- HOW WILL YOU TARGET THE TRUE PAIN GENERATORS—WITH GUIDANCE?
- PLEASE CANCEL MY ELECTIVE SURGERY WHILE I SEEK A "CLARITY CONSULT" WITH DR. COLE FOR ADVANCED REGENERATIVE OPTIONS.

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14 Important Health Screenings for Older Adults

As you get older, your health needs change a lot. What worked when you were in your 30s might not be enough when you hit your 60s.

The best way to catch new issues is through preventive screenings — so you can deal with them before they get too far along. That gives you more options and better outcomes. And at ArchWell Health, we believe those are the best results of all.

14 Tests to Maintain Senior Health

ArchWell Health offers many on-site preventive health screenings to give your physician the full picture of your health. Here are the 14 screenings we recommend for your best health in your 60s and beyond:

1. BLOOD PRESSURE CHECKS

Why to get it

High blood pressure (hypertension) is a very common problem as people age. Even if you have no risk factors for cardiac events, your arteries, which carry blood throughout your body, do become less flexible as you get older. Uncontrolled, it can lead to cardiovascular disease and stroke, among other health issues.

How it's done

A healthcare professional takes a simple check via an arm cuff. If it reads dangerously high, your provider may recommend an at-home kit for more regular checks.

What happens next

Your doctor will recommend a hearty healthy regimen that may include:

- Medication
- Exercise
- Healthy eating such as the Mediterranean and DASH diets
- Quitting smoking and drinking less alcohol
- Managing stress through meditation, psychotherapy, yoga and mindfulness

2. CHOLESTEROL CHECKS

Why to get it

According to the Centers for Disease Control, almost 12% of people over the age of 60 have high cholesterol, which can dramatically increase your risk of heart disease and stroke. However, there are no symptoms, so you will never know you have it without checking — until it may be too late.

How it's done

Your healthcare professional takes a blood sample — also called a lipid panel or lipid profile — after you have fasted for 9 to 12 hours. The National Heart, Lung and Blood Institute recommends annual screenings for people over 65.

What happens

If your cholesterol falls outside of normal ranges, ask your physician about:

- Statin medications
- Upping your exercise
- Healthy diets rich in unsaturated fats (again, the Mediterranean Diet is a great one)
- Quitting smoking

3. COLORECTAL CANCER SCREENING

Why to get it

The third most common cancer and the second most common cause of cancer-related deaths around the world, colorectal cancer presents mainly in people over the age of 50.

How it's done

The American Cancer Society recommends that people at average risk should get their first screening by age 45, and then continue up to age 75. At home stool tests that detect the presence of blood should be done every one to three years or colonoscopy every ten years. People at increased risk — family history of colorectal cancer or certain kind of polyp, or a personal history of IBD or colorectal cancer — should be screened more frequently, as advised by your physician.

What happens next

Your ArchWell Health provider can order you an at home stool test to quickly get your colorectal cancer screening results.

During a colonoscopy, polyps will be removed during the procedure. If there are any potential cancer sites, your physician will discuss further diagnostic and treatment procedures. If a stool test of CT colonography detects potential hotspots, you will have to go for a full colonoscopy.

4. DEMENTIA SCREENING

Why to get it

Early detection of dementia gives you a chance at the most optimal treatment, time to plan for the future and also participate in decisions about long term care, financial and legal issues.

How it's done

You can receive a cognitive assessment anytime you visit your ArchWell Health doctor. The Alzheimer's Association also provides simple screening tests that you can take yourself or can be administered by a trusted family member or friend. Make sure to talk with your primary care provider about your results.

What happens next

If you or a loved one is showing concerning signs of dementia, see a primary care provider at ArchWell Health who can take a more in-depth assessment and answer questions. The Alzheimer's Association also

offers support groups, a free 24/7 helpline and other useful tools for people with dementia and their caregivers.

5. DEPRESSION SCREENING

Why to get it

Older adults are at increased risk of developing depression because of life changes, loneliness and dealing with multiple health issues. (Eighty percent of older adults have at least one chronic health condition, and 50 percent have two or more).

How it's done

Your provider will ask 2 simple screening questions at your ArchWell Health visit. If you are struggling with depressive episodes, you can talk to an ArchWell Health doctor or social worker to discuss your options for getting back on track. Your primary care doctor may refer you to a therapist or psychologist for more help. If you are in a mental health crisis, call 9-1-1 or call the National Suicide Prevention Hotline (1-800-273-TALK).

What happens next

Many people who struggle with depression find relief with therapy, antidepressants or both at the same time. Also, do not isolate yourself. Reach out to others, find new social outlets or join support groups.

6. DIABETES SCREENING

Why to get it

Diabetes affects around 33% of people aged 65 and over. If not controlled, it can lead to heart disease, kidney, nerve, foot and eye damage, and more.

How it's done

The American Diabetes Association recommends that people age 45 and over should get screened every three years.

- The A1C Test measures average blood sugar levels over a 2-3 month period.
- The fasting Blood Sugar Test measures blood sugar after fasting overnight.

What happens next

Your ArchWell Health doctor will create a plan with you to manage your diabetes through diet, exercise, blood sugar testing, taking medication as prescribed and managing stress. Your provider can also help you prevent type 2 diabetes through behavioral changes.

7. EYE EXAM

Why to get it

Your vision changes as you age, and some eye diseases are symptomless until it's too late to reverse the damage.

How it's done

The American Academy of Ophthalmology recommends that people over the age of 65 go for a full eye exam every year or two. In addition to checking your

regular visual acuity and depth perception, your ophthalmologist or optometrist will check for glaucoma, cataracts, age-related macular degeneration and diabetic retinopathy.

What happens next

Depending on the results, your physician will advise you on steps to take to preserve your vision for years to come. If you have low vision, they can even help you with safety precautions around your house.

8. FALL RISK ASSESSMENT

Why to get it

Falls are the second leading cause of unintentional injury deaths worldwide, and people over the age of 60 experience the greatest number of fatal falls.

How it's done

ArchWell Health recommends that all seniors get an annual fall risk assessment. Your health provider will go over your fall history, test your balance and cognition, perform a physical exam and review your medications.

What happens next

Even if your results put you in the low-risk category, your physician can talk to you about changes you can make in your home to prevent falls, exercises to improve balance and strengthen important muscles, and provide referral to a physical or occupational therapist if needed.

9. HEARING TEST

Why to get it

Hearing loss progresses with age, sometimes starting as young as your 30s or 40s. Experts have found that even mild hearing loss can cause seniors to isolate, which can lead to depression. Don't let your loss of hearing impact your ability to meet up with friends and maintain an independent life.

How it's done

See a hearing specialist such as a licensed audiologist or otolaryngologist (ENT), who will administer hearing tests that measure the level and type of hearing loss.

TIP: Traditional Medicare does not cover hearing tests or hearing aids, which is one reason you might want to look into choosing a Medicare Advantage Plan. In 2021, around 97% of Medicare Advantage Plans offered some hearing benefits. Look at each plan to see what best fits your needs, especially which brands and types of hearing aids are allowed.

What happens next

If you have hearing loss, your healthcare provider will lead you through getting fitted for appropriate hearing aids. If the loss is profound, you may qualify for cochlear implants, which are generally covered under traditional Medicare.

10. HEART TESTS (EKG AND ECHO)

Why to get it

Statistically, if you are over the age of 65, you are at a higher risk for developing cardiovascular disease than younger folks.

How it's done

- Echocardiogram: Ultrasound that assesses heart function
- Electrocardiogram (EKG or ECG): Measures the heart's electric signals

What happens next

Your provider can perform an Echo and EKG right in the ArchWell Health center. If abnormalities are found, your healthcare provider will advise you on lifestyle and diet changes, and medication. You may need more in-depth testing such as a cardiac stress test, a cardiac catheterization, or major intervention such as angioplasty.

11. LUNG CANCER SCREENING

Why to get it

According to the American Cancer Society, most people are 65 or older when diagnosed with lung cancer. The average age is 70. While it is the leading cause of cancer death in the United States, early detection can reduce mortality.

How it's done

The U.S Preventive Services Task Force notes that anyone who currently smokes, quit in the past 15 years, or once smoked 20 packs per year should start getting yearly lung cancer screenings between the ages of 50 and 80. Screening should stop once the patient has not smoked in over 15 years, or has a life-limiting health issue.

What happens next

If your test reveals an abnormality or suspicious node, your doctor may have you come back for further testing, such as a biopsy or PET scan to see if it is cancerous. If there is cancer, potential treatments include excision, radiation and chemotherapy. Immunotherapy or targeted therapies, which reduce damage to healthy cells, may also be an option.

12. MAMMOGRAM

Why to get it

The American Cancer Society recommends that women ages 40 -54 should get yearly mammograms; after the age of 55, if you have never had breast cancer and do not have risk factors, you can switch to every two years, if you wish.

IMPORTANT: Men can get breast cancer and should be screened if they have any risk factors: BRCA1 or BRCA2 gene mutations, family history, aging, radiation exposure, history of heavy drinking and more.

How it's done

A mammogram is a low-dose x-ray. Medicare covers the costs of yearly screening mammograms for all women over 40.

TIP: Many women try to schedule a mammogram during Breast Cancer Awareness Month in October, but unfortunately screening centers can be busy at that time. Try scheduling your appointment in the summer to make sure you get in before the end of the year.

What happens next

Your ArchWell Health provider will receive the results of your mammogram and be ready to discuss with you. If the mammogram reveals something concerning, you

may be given a breast MRI to get a closer look. If that isn't conclusive, you may have to get a tissue biopsy.

13. PROSTATE CANCER SCREENING

Why to get it

In America, thirteen out of 100 men will get prostate cancer; your risk increases as you age.

The American Cancer Society recommends this screening schedule:

- Age 50 for men at average risk of prostate cancer and are expected to live at least 10 more years
- Age 45 for men at high risk: which includes being African-American, or having a father or brother diagnosed under the age of 65
- Age 40 for men at even higher risk: More than one first-degree relative diagnosed under the age of 65

How it's done

You will be given a prostate-specific antigen (PSA) blood test and possibly a digital rectal exam.

What happens next

If results are normal, your health provider will discuss when the test should be repeated, depending on your risk factors. If they are abnormal, this doesn't always mean the presence of cancer. Your doctor will advise on whether you should wait to repeat the test, take a different kind of test or get a biopsy.

14. SKIN CHECK

Why to get it

Skin cancer is the most common cancer in the United States. The earlier you catch it, the better your outcome. However, the sun damage you do to your skin through burns and tans when you are younger often don't show up until much later in life. That's why most skin cancers aren't diagnosed until after the age of 65. And one in five Americans will develop it by the age of 70.

How it's done

You should be doing a self-exam once a month for suspicious spots that are new or changing. Have a partner, ArchWell Health provider or caregiver help you with the hard-to-see places. Go over your risk factors (personal and family history, history of sunburns, fair skin, light colored eyes, advanced age) with your provider to assess how often you should be checked. During the exam, the provider checks your skin all over for spots that are asymmetrical, scaly, bleeding have a jagged border, uneven color, larger than a pencil eraser, or changing.

What happens next

Your physician will biopsy a suspicious spot. If the results are abnormal, you may get an x-ray or CAT scan to see if the cancer is contained or has spread. Treatment options include radiation, Mohs surgery, cryotherapy, chemotherapy, immunotherapy, drug therapy and more.

Find an ArchWell Health center near you to start working on checking these screenings off your list!

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FALLING DOWN: IT'S NOT INEVITABLE—IT'S PREVENTABLE THROUGH SCREENING

By RICK WEBER

Falls kill.

Those two words aren't designed for shock value—they're an increasing reality. Falls among adults 65 and older caused over 38,000 deaths in 2021, making it the leading cause of injury-related death for that group, according to the Centers for Disease Control and Prevention (CDC). In 2021, emergency departments recorded nearly three million visits for older adult falls.

It couldn't happen to you? If you're in that age group, there's a 25% chance you will fall this year.

Elizabeth Templeton's passion is to do something about it. Templeton, DPT, GCS, WCS, CEEAA, is a physical therapy professor in Florida Gulf Coast University's Department of Rehabilitation Sciences.

She believes falls in older adults are preventable when risk factors are identified early through proactive screening. Early detection and intervention are critical, not only for traditional physical risks like balance and strength deficits, but also for often-overlooked contributors such as continence issues and pelvic floor function.

"From my clinical experience, I have observed that older adults are unaware of the importance of fall prevention, while others may resist seeking help due to stigma," she says. "There is strong evidence that demonstrates individuals may resist seeking help due to denial or self-perception, and that sedentary lifestyles are associated with persistent inactivity and increased fall risk.

"By broadening our understanding of fall risk, we can create more comprehensive and effective prevention strategies."

Fall rates can decrease by approximately 23–24% in high-risk groups when older adults are evaluated for fall-risk factors—such as a history of falls, balance or gait impairments, medication side effects and potential hazards in the home—and receive personalized interventions such as exercise programs, home safety modifications or medication adjustments, according to the Journal of the American Medical Association (JAMA).

The American Geriatrics Society and British Geriatrics Society advise that all adults over 65 should be screened annually for a history of falls or balance impairment. Screening involves asking about previous falls, balance problems and related symptoms. If risk is identified, a multifactorial fall-risk assessment is performed, which evaluates the circumstances and frequency of falls, associated injuries, medications (including over-the-counter), comorbidities, activities of daily living, use of assistive devices and fear of falling.

Screenings can be accomplished through self-reported prescreen questionnaires or through an intake interview. The CDC has identified a group of objective screening tools that can be done quickly and safely by a medical professional such as a physical therapist, including gait speed measurement and the Timed Up and Go (TUG) test.

Templeton says primary care providers can screen for falls during an individual's Annual Wellness Visit, which is typically reimbursed by Medicare. Community-based programs, senior centers and public health initiatives may also offer fall-risk screening using validated tools such as the STEADI Stay Independent questionnaire, which was part of research Templeton conducted at FGCU.

"Based on the frequency of falls in older adults, they should take the results very seriously—gait speed isn't just a predictor for falls but also for mortality and frailty," she says. "Depending on the deficit identified, some recommendations may be to increase lighting their home, such as installing motion lights or nightlights, or removing throw rugs.

"If we identify a patient may be at risk for falls based on polypharmacy (taking five or more medications daily), as a doctor of physical therapy, I will recommend that the individual see their prescribing provider to review their medications and their effect on falls. If we are assessing the individual at a community event, we may recommend they seek out formal physical therapy or occupational services."

Templeton's initial clinical passion developed through specialized training in pelvic floor rehabilitation following graduate school. The pelvic floor—a complex group of muscles within the pelvis—plays a vital role in bowel and bladder control, sexual function and overall pelvic stability.

"Because it sits at the body's center, where the pelvis is connecting the upper and lower extremities, I quickly realized that the pelvic floor cannot be treated in isolation because it influences nearly every aspect of movement and function," she says.

Several years into her career, while working in Cherry Hill, New Jersey, as a geriatric clinical specialist across multiple assisted living facilities, she began noticing a pattern: Many resident falls occurred when individuals were walking to or from the bathroom. This observation became the bridge between her two areas of focus.

Drawing on her background in pelvic health, she started incorporating pelvic floor muscle training and practical behavioral strategies, such as limiting fluid intake a few hours before bedtime and reducing bladder irritants like caffeine and alcohol, into her fall-prevention programs.

"This integrated approach deepened my commitment to both pelvic health and fall prevention, recognizing how closely these systems are connected in promoting safety, independence and quality of life for older adults," she says.

Through her work with the Shady Rest Institute for Positive Aging at FGCU, she has been focusing on investigating how older adults perceive their risk of falling compared to what objective screening tools tell us about their actual risk.

"It's been fascinating to see how confidence, awareness and physical ability all come together in fall prevention," she says. "I'm fortunate to mentor a wonderful group of student researchers who are continuing this work and taking it a step further, exploring how pelvic floor health may also play a role in fall risk through subjective questionnaires. It's an area that doesn't get enough attention, and we're excited to bring more awareness to it."

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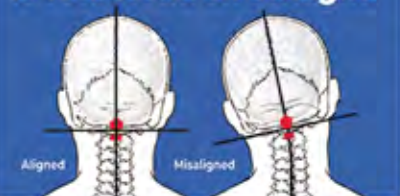
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Upper Cervical Care Beneficial for Children

By Dr. Drew Hall

Some adults may wonder why more and more children are starting to see Upper Cervical Chiropractors. That's a good question and the answer is simple: whether we have a large spine or a small spine, if that spine is creating nerve distress then our bodies will not be able to operate properly.

The Nervous System is the Master Control of the Body

The nervous system is the master control system of our body and the messages exchanged between the brain and body (through billions of nerves) guide the transformation of a newborn child into an adult. Each message provides instructions to the child's growing body to provide for growth and repair of tissues, coordination of muscle activity, immune function, respiration and digestion among others.

As with adults, an upper cervical (neck) misalignment can have significant effects upon the nervous system's ability to transmit information to and from a child's body. If communication channels become fuzzy, distorted or damaged then we experience all sorts of communication errors. For babies and children, this ineffective communication may play out as colic or irritability, an inability to suckle and breastfeed, poor sleep and immunity, frequent ear infections, developmental delays, digestion issues, asthma, behavioral problems, low energy, inability to concentrate, headaches, etc – the list is endless. In fact, regardless of what the end result or symptom may be, all roads lead back to the body's ability to self-regulate and function at a peak level.

While upper cervical care may be able to help with a number of health issues, our focus is not treating conditions; rather, our focus is on ensuring the nervous system has every opportunity to work efficiently and effectively.

How Do Children get Nerve Irritation?

Nerve irritations (or vertebral subluxations) occur as a part of normal daily life. They result from physical, chemical and emotional stressors or 'insults' to our health, such as knocks and falls, bad posture, prolonged postures, stomach sleeping, poor food choices, dehydration, exposure to chemicals and toxins, and stress and anxiety.



Even before these lifestyle stressors have an impact, nerve irritation can occur in the uterus from awkward positioning, restriction of movement, and exposure to toxins, and from birth complications such as long labors, very fast labors, forceps or caesarean delivery. Even during the gentlest of births, presentation of the baby's head through the birth canal requires physical pressure exerted by the mother. This can force the baby's neck to twist or bend causing misalignment of the upper cervical vertebrae.

A study published in the *Journal of Manual Medicine* revealed that nearly 80% of all children are born with blocked or reduced nerve impulses due to a misalignment of the top bone in the spine called the Atlas. Dr. Gutmann, the medical doctor who performed the research, concluded that the blocked nerve impulses can cause motor and developmental impairments, as well as lowered resistance to infections, especially ear, nose and throat infections.

If the newborn makes it through the birthing process unaffected, the inevitable tumbles and falls of childhood increase the risk of injury to the upper cervical spine potentially compromising brain-body communication.

When we appreciate how important the nervous system is and how easily it can be hindered and impaired it makes sense that more parents are having their child's spine and nervous system assessed.

10 Reasons Parents Take Their Children to See Upper Cervical Doctors

1. To maximize the child's brain and nerve development (neural plasticity).
2. To enhance their child's overall health and wellbeing.
3. To strengthen immunity and reduce the incidence of colds, ear infections and general illness.
4. To help with colic and irritability.
5. To help with asthma, breathing difficulties and allergies.
6. To improve spinal posture.
7. To improve their child's ability to concentrate.
8. To assist with behavioral disorders and enhance emotional wellbeing.
9. To help alleviate digestive problems.
10. To assist with bed-wetting and sleep issues.

Because the upper cervical spine is the most mobile area of the entire spine, it is particularly vulnerable to injury, making it the most common location for spinal problems to occur. Get your children checked for a misalignment today!

If you are interested in learning more about how upper cervical care can benefit the smaller and younger members of your family, call Sarasota Upper Cervical Chiropractic and schedule a consultation with Dr. Drew Hall. Call 941-259-1891 today!



Dr. Drew Hall



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TBS: Osteo – Because Bone Structure Matters

Osteoporosis is a condition characterized by the weakening of bones, leading to an increased risk of fractures. Early detection and management of osteoporosis are crucial for preventing fractures and maintaining bone health. One innovative technology that has been integrated into imaging services for the diagnosis and management of osteoporosis is TBS iNsight™.

TBS iNsight™ is a software solution designed to assess bone microarchitecture, providing valuable insights into bone quality beyond what traditional bone density measurements can offer. TBS stands for Trabecular Bone Score, which refers to the evaluation of the microarchitecture of trabecular bone, the spongy bone tissue that makes up the interior of bones.

This technology enhances the screening process for osteoporosis and fracture risk by offering a more comprehensive understanding of bone health. Traditional methods, such as Dual-Energy X-ray Absorptiometry (DEXA) scans, primarily focus on bone mineral density. While bone mineral density is important in assessing bone strength, it doesn't provide a complete picture of bone quality.

TBS iNsight™ works by analyzing the texture and pattern of trabecular bone in the spine. Trabecular bone is vital for maintaining bone strength, and changes in its microarchitecture can indicate osteoporosis-related issues. The software generates a TBS score, which is then used with bone mineral density measurements to assess overall bone health.

The integration of TBS iNsight™ into imaging services brings several advantages to the table:

- 1. Improved Fracture Risk Prediction:** By assessing trabecular bone microarchitecture, TBS iNsight™ enhances the fracture risk prediction beyond what traditional methods can achieve. This additional information is valuable for healthcare providers in identifying individuals at a higher risk of fractures.
- 2. Personalized Treatment Approaches:** Understanding bone mineral density and trabecular bone quality allows for more personalized approaches to osteoporosis management. Healthcare providers can tailor interventions based on a more comprehensive patient bone health assessment.



**Ask your medical provider
about Advanced Bone
Densitometry with TBS!**



50% of patients at risk of fracture are potentially missed by bone densitometry alone! You need additional information about your bone quality! This can be assessed by TBS.

3. Early Detection: TBS iNsight™ contributes to the early detection of changes in bone microarchitecture, enabling proactive measures to be taken before significant bone loss occurs. Early intervention is crucial in preventing fractures and maintaining overall bone health.

In addition to the exciting integration of TBS iNsight™ into our imaging services for osteoporosis diagnosis and management, some key points enhance the overall patient experience and accessibility to this advanced technology:

- **Availability Across Locations:** TBS iNsight™ will be available at all three of our locations by mid-December. This widespread implementation ensures that patients can conveniently access this innovative screening technology, making it a seamless part of their healthcare journey.
- **Patient Empowerment:** To maximize the benefits of TBS iNsight™, we encourage patients to proactively ask for TBS when scheduling their annual Bone Density/DEXA exams. This prompts a discussion between patients and healthcare providers about the relevance of TBS in their specific bone health assessment.
- **Insurance Coverage:** Good news for patients—insurance is covering the cost of TBS iNsight™. While we have taken steps to facilitate insurance coverage, we still encourage patients to inquire with their insurance providers to ensure a clear understanding of the coverage details.
- **Efficiency and Safety:** Integrating TBS iNsight™ into the screening process comes with no additional time requirements for the exam. Patients can expect the same efficiency level during their Bone Density/DEXA scans while gaining the added benefits of TBS iNsight™. Importantly, there is no increase in radiation exposure associated with the inclusion of TBS iNsight™, ensuring the safety of the screening process.

By disseminating this information, we aim to empower patients to participate in their bone health actively. The ease of access across our locations,

insurance coverage, and the seamless integration of TBS iNsight™ into existing screening procedures underscores our commitment to providing comprehensive and patient-friendly healthcare services.

As always, readers are encouraged to discuss the inclusion of TBS iNsight™ in their screenings with their healthcare providers. This collaborative approach ensures individuals receive personalized guidance based on their unique health needs and circumstances.

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Stay Healthy This Holiday Season:

How IV Therapy Can Boost Your Travel Immunity

The holiday season brings joy, celebration, and unfortunately, increased exposure to germs. Whether you're navigating crowded airports, spending hours on planes, or gathering with family and friends from different locations, your immune system faces unprecedented challenges during holiday travel. Ultimate IV and Wellness offers a powerful solution to help you stay healthy and energized throughout your seasonal adventures: the Immune Boost IV.

The Hidden Risks of Holiday Travel

Holiday travel creates the perfect storm for illness. Airports and airplanes are enclosed spaces where hundreds of people congregate, breathing recirculated air and touching common surfaces. Add to this the stress of travel logistics, disrupted sleep schedules, and dietary changes, and your immune system becomes significantly compromised. Studies show that your risk of catching a cold increases by up to 20% when flying, making preventive measures essential for maintaining your health during the busiest travel season of the year.

Why IV Therapy Outperforms Oral Supplements

When you take vitamins orally, your digestive system must break them down, resulting in absorption rates as low as 20-50%. Ultimate IV and Wellness's Immune Boost IV delivers essential nutrients directly into your bloodstream, achieving 100% absorption and providing immediate benefits to



your immune system. This means your body receives the full potency of immune-supporting vitamins and minerals exactly when you need them most.

The Power of Immune Boost IV

The Immune Boost IV from Ultimate IV and Wellness is specifically formulated to strengthen your body's natural defenses. This powerful infusion typically includes high-dose vitamin C, zinc, B-complex vitamins, and other immune-enhancing nutrients that work synergistically to protect you from illness. Vitamin C, a powerful antioxidant, helps white blood cells function more effectively, while zinc plays a crucial role in developing and activating immune cells.

Optimal Timing for Maximum Protection

For best results, schedule your Immune Boost IV 24-48 hours before traveling. This timing allows your immune system to reach peak performance just as you encounter the heightened germ exposure of holiday travel. Many travelers also opt for a follow-up treatment after returning home to combat any pathogens encountered during their journey.

Additional Benefits Beyond Immunity

Beyond immune support, clients report increased energy levels, improved hydration, and faster recovery from jet lag. The comprehensive nutrient blend helps your body manage travel-related stress while keeping you feeling vibrant and healthy throughout your holiday activities.

Don't let illness derail your holiday plans this year. Visit Ultimate IV and Wellness before your next trip and experience the confidence that comes from giving your immune system the ultimate protection. Your healthiest holiday season starts with one simple infusion.

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BREAKING THROUGH CHRONIC PAIN:

How Myofascial Release Offers Hope When All Else Fails

By Michael Via, MSPT

For millions of people living with chronic pain, the journey to relief can feel endless. After exhausting traditional medical treatments, surgeries, medications, and conventional therapies, many find themselves trapped in a cycle of temporary fixes that never address the root cause of their suffering. However, there's a therapeutic approach that's offering new hope to those who have tried everything else: Myofascial Release.

Understanding the Hidden Culprit

Myofascial Release targets the body's fascial system—a continuous web of connective tissue that surrounds and supports every muscle, bone, nerve, and organ in your body. When trauma, inflammation, or surgical procedures damage this system, they create restrictions that can generate crushing pressures of up to 2,000 pounds per square inch on pain-sensitive structures.

The frustrating reality is that these restrictions often remain invisible on standard diagnostic tests like X-rays, MRIs, CT scans, or electromyography studies, leaving patients feeling dismissed and their pain unexplained. This diagnostic blind spot contributes to the stress and frustration experienced by countless individuals who know something is wrong but can't get concrete answers from traditional medical testing.

Think of these fascial restrictions as an internal straightjacket, creating a web of tension that pulls and compresses throughout your body. Restrictions in one area create compensatory patterns that can manifest as pain and dysfunction in seemingly unrelated parts of the body. While traditional medicine focuses on masking pain symptoms with medications, and conventional physical therapy treats only the surface effects, Myofascial Release addresses the underlying structural cause of the problem.

The Gentle Power of Sustained Pressure

The John F. Barnes' Myofascial Release Approach represents a paradigm shift in pain management that prioritizes safety, gentleness, and lasting effectiveness. This technique involves applying gentle, sustained pressure directly to fascial restrictions without oils, creams, or machinery. The direct skin contact enables therapists to accurately detect fascial restrictions and apply the appropriate amount of pressure needed for release.

The key lies in the "time element"—allowing the viscous properties of fascia to respond to low-load pressure applied slowly and consistently. During treatment, skilled therapists use their hands to detect restrictions and apply sustained pressure for extended periods, sometimes several minutes at a time. This approach leverages the piezoelectric phenomenon, where gentle, prolonged pressure allows the viscoelastic fascia to elongate and release naturally.

Unlike aggressive massage or forceful manipulation techniques, Myofascial Release works with the body's natural healing mechanisms rather than forcing change. Each treatment session is uniquely tailored to the individual, recognizing that every person's fascial restrictions and pain patterns are different.

Why Traditional Approaches Fall Short

The reason many patients experience only temporary relief with conventional treatments becomes clear when you understand fascial restrictions. Traditional physical therapy, massage, and medical interventions often treat symptoms while leaving the underlying fascial straightjacket intact. It's like trying to fix a house's foundation problems by only painting the walls—the cosmetic improvements are temporary because the structural issue remains.

Myofascial Release takes a whole-body approach, recognizing that restrictions in one area can create compensatory patterns and pain throughout the entire system. This comprehensive perspective explains why patients who have traveled from around the world seeking this treatment often find the lasting relief that eluded them through other methods.

A Beacon of Hope

The transformative power of Myofascial Release is consistently demonstrated in patient testimonials. Dawn Scheffer, who suffered from TMJ dysfunction, found success with this approach after tirelessly seeking treatment elsewhere without success. Peter Dorsa, himself a physical therapist with nearly three decades of experience who began studying Myofascial Release in 1994, describes the technique as "one of the most effective manual therapy treatments that exists."

These success stories reflect a broader pattern seen in patients who travel from around the world specifically seeking Myofascial Release treatment when traditional medicine, surgery, and conventional therapy have failed to provide lasting relief.

For those who have exhausted other options and feel trapped by chronic pain, Myofascial Release offers something precious: the possibility of authentic healing rather than temporary symptom management. By addressing the fascial system's restrictions at their source, this gentle yet powerful technique can break the cycle of chronic pain and restore the freedom of movement and quality of life that seemed lost forever.

If you're living with chronic pain and feeling hopeless about finding relief, Myofascial Release may be the comprehensive solution you've been searching for.

Call Now and SAVE \$25 OFF Initial Evaluation!

About

Michael Via, MSPT, is a licensed Physical Therapist who brings over 29 years of comprehensive physical therapy experience to his practice, including 10 specialized years in pelvic floor rehabilitation. He graduated from the University of Miami in 1994 with his Masters of Science in Physical Therapy (MSPT) degree and has since become expert-level trained in John F. Barnes Myofascial Release, a distinction that reflects his deep commitment to this transformative treatment approach. His extensive training also includes Herman and Wallace pelvic floor assessment and treatment certification, as well as completion of Titleist Performance Institute Level 2 Medical, Level 2 Fitness, and Level 2 Junior Training programs. As the owner of Michael Via Therapy and Training Services since 2012, Mike has built his practice around a passion that drives his daily work: providing clients with the incredible feeling of chronic pain relief, particularly when other treatment avenues have previously failed them, making him a beacon of hope for those who have exhausted traditional therapeutic options.

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GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED

By Dr. David S. Zamikoff

With remarkable outcomes, GAINSWave is growing in popularity in regard to treating erectile dysfunction (ED) and Peyronies Disease, yet it's also used as a preventative treatment. GAINSWave treatment is available for any man looking to enhance sexual health and performance. A medical condition like ED or Peyronies disease does not have to be present for men to benefit. In fact, many healthy men without an issue opt for treatment to "biohack" or optimize their performance as a prevention method.¹

How Can GAINSWave Prevent & Treat ED?

The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through soundwaves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. These soundwaves or 'shockwaves' also are beneficial in preventing the buildup of plaque and increasing blood vessel growth and circulation. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of

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new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronies disease (scar tissue) as well as enhance sexual performance.

Younger Men Should Seek Treatment Early

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

Men are Preventing ED with GAINSWave

Many men are now understanding the importance of this technology and how it can benefit them in the long term. GAINSWave offers immediate results that are cumulative. Much like living a healthy lifestyle, starting GAINSWave treatments early is another way men can be proactive about their health.

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

Source: GainesWave
<https://www.biospace.com/article/releases/mobility-spine-and-sports-is-helping-men-wave-goodbye-to-erectile-dysfunction-with-cutting-edge-gainswave-treatment/>

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HOW ACUPUNCTURE WORKS: Understanding Its Role in Pain Management

By Dr. Angelina Pullen, DAcCHM, LAc, BS, Dipl. OM, LMT

Pain affects millions of people worldwide, disrupting daily activities and diminishing quality of life. While conventional pain medications remain popular, many individuals are turning to acupuncture as an effective complementary approach. This ancient Chinese practice, involving the insertion of thin needles into specific points on the body, has gained substantial recognition in modern medicine for its pain-relieving properties. Understanding the mechanisms behind acupuncture's effectiveness can help patients make informed decisions about incorporating it into their pain management strategies.

Acupuncture operates through several interconnected physiological mechanisms that work together to reduce pain and discomfort. One of the primary ways acupuncture alleviates pain is through the release of endogenous opioids. When needles stimulate specific acupuncture points, the body responds by releasing endorphins and enkephalins, natural pain-relieving chemicals produced in the brain and nervous system. These substances bind to opioid receptors throughout the body, producing analgesic effects similar to pharmaceutical pain medications but without the risk of addiction or severe side effects.

The gate control theory of pain also helps explain acupuncture's effectiveness. This theory suggests that non-painful input, such as the sensation created by acupuncture needles, can close the neural gates to painful input, preventing pain signals from reaching the central nervous system. By activating large nerve fibers through needle stimulation, acupuncture essentially blocks the transmission of pain messages carried by smaller nerve fibers, reducing the perception of discomfort.

Neuroimaging studies have revealed that acupuncture influences brain activity in regions associated with pain processing. Research using functional MRI scans demonstrates that acupuncture can modulate activity in the limbic system, which governs emotions and pain perception, as well as in other pain-processing areas of the brain. This neuromodulation helps explain why acupuncture can be effective for chronic pain conditions where the nervous system has become hypersensitive.



Inflammation plays a significant role in many pain conditions, and acupuncture has demonstrated anti-inflammatory effects. Studies indicate that acupuncture triggers the release of adenosine, a naturally occurring compound with anti-inflammatory and analgesic properties. Additionally, acupuncture can reduce pro-inflammatory cytokines while promoting anti-inflammatory responses, helping to address the underlying causes of pain rather than merely masking symptoms.

The autonomic nervous system, which regulates involuntary body functions, also responds to acupuncture treatment. By influencing the balance between the sympathetic and parasympathetic nervous systems, acupuncture can reduce stress responses that often exacerbate pain conditions. This regulation promotes relaxation, improves blood circulation, and facilitates the body's natural healing processes.

Acupuncture has proven particularly effective for various pain conditions, including chronic lower back pain, osteoarthritis, migraines, tension headaches, and neck pain. Clinical trials have shown that patients receiving acupuncture often experience significant improvements compared to those receiving standard care alone. Many healthcare providers now recommend acupuncture as part of a comprehensive pain management approach, especially for patients seeking to reduce reliance on pain medications.

The cumulative effect of acupuncture treatments is another important consideration. While some patients experience immediate relief, others find that benefits increase progressively over multiple sessions. This cumulative response suggests that acupuncture creates lasting physiological changes rather than providing temporary symptom relief.

As research continues to unveil the complex mechanisms underlying acupuncture's pain-relieving effects, this ancient practice gains further validation in contemporary healthcare. Whether used independently or alongside other treatments, acupuncture represents a valuable tool in the multifaceted approach to pain management.

Modern pain management increasingly recognizes the value of integrative approaches that combine conventional and complementary therapies. Acupuncture fits naturally into this paradigm, offering a safe, low-risk option with minimal side effects. For individuals struggling with chronic pain, acupuncture provides hope beyond pharmaceutical interventions.

About Dr. Angelina Pullen, DAcCHM, LAc, BS, Dipl. OM, LMT

Dr. Pullen is a board-certified Doctor of Acupuncture and Chinese Herbal Medicine dedicated to holistic, patient-centered care. She earned both her Bachelor's Degree in Health Sciences and Master's Degree in Oriental Medicine from the East West College of Natural Medicine, followed by a Doctoral Degree in Acupuncture with a specialization in Chinese Herbal Medicine from the Pacific College of Health and Science.

Licensed by the State of Florida and Nationally Certified through the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), Dr. Pullen also holds certification in Advanced Acupuncture Point Injection Therapy (APIT).

With over 26 years of experience in the massage therapy field, Dr. Pullen brings a rich background in holistic health and wellness. Her practice integrates the wisdom of traditional Eastern Medicine with modern biomedical understanding, allowing her to effectively address a wide range of conditions—including chronic pain, stress-related disorders, digestive concerns, women's health issues, headaches, autoimmune and preventive wellness.

Renowned for her compassionate and personalized approach, Dr. Pullen designs individualized treatment plans that may include acupuncture, herbal medicine, homeopathy, cupping, tui na (Oriental medical massage), and TCM nutrition. She is deeply committed to identifying and treating the root cause of illness rather than merely managing symptoms, empowering each patient to achieve lasting balance and well-being.

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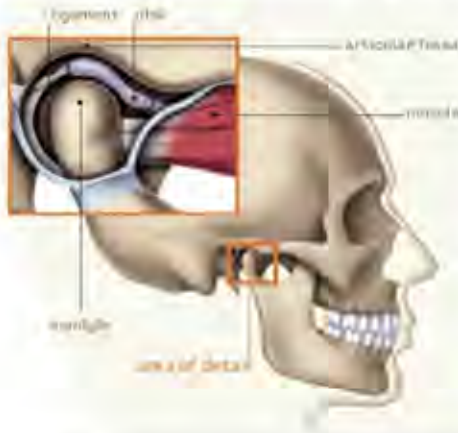
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The Daily "Grind"

By Dr. Joseph Farag

Too much stress can contribute to a wide range of health problems. From a dental perspective, stress often plays a role in the development of Temporomandibular Disorders, or TMD. Grinding of teeth which causes headaches, jaw soreness and pain, among many other symptoms can be exacerbated during times of high stress. The temporomandibular joint (TMJ) is the hinge joint that connects the lower jaw to the temporal bone of the skull, which is immediately in front of the ear on the side of your head. The cause of TMD is not clear, but dentists believe that symptoms arise from problems with the muscles of the jaw. Severe cases can be caused by injury to the jaw. In more common cases, grinding or clenching of the teeth puts a lot of pressure on the TMJ and people feel tooth sensitivity, earaches, and neck tension and pain.



Treatment Options

If stress is causing you to grind your teeth, ask your doctor or dentist about options to reduce your stress. Also, avoid foods and drinks that contain caffeine, alcohol, and do not chew gum. Relax your jaw muscles at night by holding a warm washcloth against your cheek. When these

options do not relieve your pain, your dentist can offer a variety of treatment modalities for your specific case. An occlusal guard, often called a nightguard, can be fabricated by your dentist to allow your muscles to rest and protect your teeth from further wear.

Patients who present with TMD should also have an occlusal analysis

This helps determine if there are any bite discrepancies that may be corrected with a simple procedure to reshape how the teeth come together when you bite. Medications such as over the counter ibuprofen are helpful because they reduce inflammation to aid in the healing process. Occasionally, a mild muscle relaxant may be prescribed for a few days or weeks to help relieve pain. Surgery for TMD should only be considered after all other treatment options have been tried and you are still experiencing severe, persistent pain.

Relaxation Techniques May Help Alleviate TMJ Symptoms

Simply becoming more aware of tension-related habits — clenching your jaw or grinding your teeth — will help you reduce their frequency. Because stress can contribute to TMJ disorders, relaxation techniques like yoga, meditation and deep breathing may also help alleviate TMJ symptoms.

This season, survive the holiday grind with a little planning, prioritizing and perhaps a trip to your dentist. To learn more about TMD or to schedule an appointment, please call Dr. Joseph Farag at Port Charlotte Dentalcare, 941-764-9555.



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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, BSc, DC

VAX-D, short for Vertebral Axial Decompression, is a patented non-surgical therapy proven to successfully treat chronic low back pain, caused by prolapsed, bulging, herniated or degenerative discs, facet syndrome, stenosis and sciatica. Even post-surgical patients and those suffering from central canal or foraminal stenosis have reported significant pain relief with VAX-D therapy. Over a series of relaxing treatment sessions, patients experience powerful pain reduction and healing. Some patients even notice relief after just one visit.

VAX-D's proven and patented technology is currently being utilized by leading physicians in orthopedic medicine, pain medicine, neurology and other specialties in hundreds of clinics around the world. Many doctors choose VAX-D over other devices because it employs the original, patented technology from which decompression therapy was born. VAX-D effectiveness is backed by clinical research. Back pain has grown to be a \$54 billion industry and has literally become a national epidemic. Due to the astounding array of varied treatment options, finding a back pain solution can be a daunting task. Knowing that a product backs its claims with clinical research makes all the difference, and that is what VAX-D offers. A recently completed 2 1/2 year study has demonstrated that VAX-D achieved a remarkable 88% success rate in the 283 chronic back pain patients studied! The patients selected for the study had been unsuccessful at finding relief with at least two previous non-surgical treatments.

VAX-D is not to be confused with traction. VAX-D lengthens and decompresses the spine, reversing high intradiscal pressure through the application of negative pressure via a patented "slow ramp-up" process. This reversal of pressure creates a vacuum inside the discs that not only takes pressure off of pinched nerves, but helps to reposition bulging discs and pull extruded disc material back into place. Simultaneously, nutrients, oxygen and fluids are drawn into the disc to create a revitalized environment conducive to healing. VAX-D stimulates the body's repair mechanism, providing the building blocks needed to actually mend injured and degenerated discs. VAX-D's process is the only patented treatment clinically proven to decrease disc pressures to the negative levels needed to facilitate healing!

How does VAX-D work?

High intradiscal pressures cause discs to bulge out and press painfully on nerve roots. They also make for a compressed, anaerobic environment unsuitable for healing. Decompression produces and sustains negative pressures within the disc, creating a vacuum effect which draws in nutrients and fluids to promote the repair of injured discs and surrounding tissues. This vacuum has also been shown to aid in the retraction of escaped cushioning gel from herniated discs. Much like gauging the air pressure in a car tire, scientists have been able to use pressure sensors to



measure the various pressures put on spinal discs while lifting, standing, sitting, lying down, undergoing traction, and during VAX-D Therapy. Like other pressures found in the body such as blood pressure, intradiscal pressure is measured in millimeters of mercury (mmHg). While traction, physical therapy and manipulation may reduce disc pressures to as low as 40mmHg, only VAX-D has been shown to achieve negative pressures within the spine. Clinical studies have shown that, with VAX-D Therapy, negative pressures as low as -160 mmHg* are created within the injured disc during the treatment session!

The key to the "distraction" of VAX-D is achieved through an intricately timed series of pulls, holds, and releases over the course of a treatment session. VAX-D's biofeedback system adjusts this curve of tension specifically to each patient's needs, making every session a truly individualized treatment.

VAX-D Therapy involves three phases that repeat fifteen times throughout a treatment session: the Decompression Phase, the Retraction Phase, and finally, the Rest Phase. During the Decompression Phase, tension slowly mounts, lengthening the spine; up to 99 pounds of tension may be exerted directly on the injured discs. This is where spinal pressures drop and decompression actually occurs. During the Retraction Phase, tension is slowly decreased and the spine is retracted slowly. This is followed by a short Rest Phase.

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

- You have chronic and/or severe back and/or neck pain caused by bulging or herniated discs. Degenerative disc disease, sciatica, and/or facet syndrome.
- You have been diagnosed with a clinically unstable low back.
- You have failed back surgery syndrome.
- You have been told to consider surgery.

Many patients have experienced more than a 50% reduction in pain after their first treatment! For those suffering from herniated and degenerated discs, the escaped nucleus pulposus may be partially or completely retracted back into the disc after just the first session (though usually it takes longer), relieving a great deal of pain. However, pain reduction does not indicate full recovery, and a full

recovery is essential to preventing re-injury. Each treatment session lasts approximately 45 minutes. A typical VAX-D treatment regimen consists of about 20 sessions. Some conditions require fewer visits; some require more. Many patients report relief from their pain and other symptoms during the first few treatment sessions, and most experience dramatic pain relief after completion of their prescribed VAX-D Therapy program.

VAX-D therapy is a non-surgical procedure to reduce pain by decompressing your spine and reducing the stress and pressure on your discs and spinal nerves. Contact Dr. Craig Aderholdt, at 941-756-5528 for a **free consultation** to see if you are a candidate for this revolutionary procedure. We hope you enjoy the information within and share it with others.

Contact Dr. Aderholdt today to find out if you can finally relieve your pain and suffering with this proven safe and effective nonsurgical breakthrough for neck and back pain.

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Dr. Craig S. Aderholdt, BSc, DC



At Back Pain Institute of West Florida, located in Bradenton, FL, our number one concern is to help our patients with a natural approach to pain treatment. Dr. Craig Aderholdt, BSc, DC, received his undergraduate degree from Pennsylvania State

University State College, and his Doctor of Chiropractic from life University School of Chiropractic in Marietta, GA. He then later graduated Cum Laude.

Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant. He was also voted a Bradenton Herald People's Choice Awards Winner for 2008, 2022 and is the Manatee Herald-Tribune Awards winner for 2015, 2016, 2017, 2020 and 2021 and Sarasota Herald-Tribune finalist for 2016, 2017, 2018, 2020, 2021, 2023 and winner in 2019 and 2024.



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It's A Wonderful Life

By Pastor Timothy Neptune

Every 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.



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

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Source: Data pulled from internal reporting from January to December 2024

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