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June 2014

Marion Edition - Monthly

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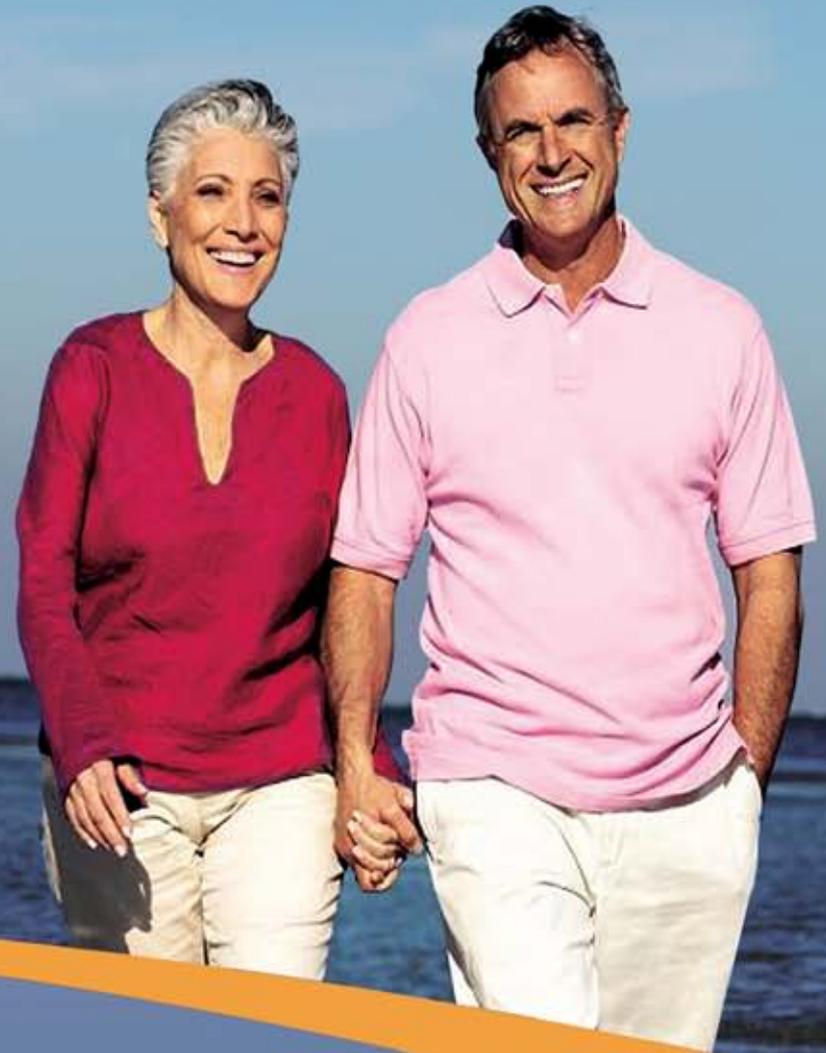
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WHEN I  
TOOK  
MY  
BACK  
BACK."**

— Lorraine (Actual patient)

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Life doesn't have to stop when pain strikes. We understand how important it is to return to normal, fun-filled activities like hitting the golf course with friends or swimming with the grandchildren on the weekend. Everyone deserves to live a happy, healthy, and pain-free life!

**Consumer Reports**  
September 2013 issue

**Newsweek** 2012  
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# Men's Health:

## Hormones don't just affect Women

By Dr. Gopinath S. Sunil

**A**s men age, we tend to experience a series of common issues. The "spare tire" around our mid-section, hair loss, and a decrease in sex drive to name a few. What is the common thread in all of these little presents that Father Time has given us? Hormones.

First, our thyroid is probably one of the most important pieces to our hormonal puzzle. What is the thyroid? The thyroid is a gland that is found below our Adam's apple at the base of the neck. It is butterfly-shaped with the two "wings" hugging the sides of one's windpipe and, not surprisingly, it can actually affect the quality of your voice. Its hormonal secretions also influence growth, body temperature, and metabolism. A slower metabolism is one of the leading causes of that extra weight that seems so hard to lose. As our thyroid produces less of these hormones, our bodies can't seem to keep up with our caloric intake.

Obesity, Diabetes, and even high blood pressure have all been linked to low testosterone. There are still varying opinions on why the link exists, but the connections are undeniable. Recently, research has uncovered something fascinating when it comes to

the relationship between low testosterone and these conditions. One group studied over two thousand men over the age of 45 and determined that certain associations appeared to exist. They discovered that if their subjects suffered from obesity or diabetes, their chances of having low testosterone increased more than 200%.

The fact is that growing older can be challenging. However, once it has been determined that a hormonal imbalance exists and is treated, it becomes more likely that we can halt or at least slow the progression of these disorders. Many researchers have ascertained that, by taking testosterone supplements, the subjects' libidos improved significantly. Thyroid treatments have also been shown to help with some of these conditions; such as, weight management.

If you have any questions regarding the role of hormones and their connection to Diabetes, weight gain, or any of the other challenges related to aging males, you can contact Dr Gopinath Sunil at (352) 671-2287. He is the medical director for The Gland Center located at Munroe Regional Medical Center, 1500 SW 1st Avenue, Ocala, FL 34471.



### Gopinath Sunil, M.D.

Graduated in medicine from India (University of Kerala) 1987

Post graduate diplomate in Reproductive Endocrinology - University of Geneva, Switzerland, 1991

Research Associate in Reproductive Endocrinology, Stanford University, CA

Residency in internal medicine, Mayo Clinic and Maricopa County Hospital, Phoenix, AZ

Fellowship in Endocrinology, Diabetes and metabolism - University of Minnesota, Minneapolis, MN

Consultant, Endocrinology - Cleveland Clinic, Naples, FL 2001-2003

Chief of Endocrinology, Physicians Regional Medical Center 2003-2007

Medical Director, Arizona Endocrinology & Diabetes, Scottsdale, AZ

Appointments: Member, Nutrition committee, American Association of Clinical Endocrinology (2011 - current)

Research: Obesity, Diabetes, thyroid disorders.



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## Using CT to Arrest Pain

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Dr. Williamson

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# WHY ALL BABY BOOMERS SHOULD BE TESTED FOR HEPATITIS C

By Rick L. Pesano, M.D., Ph.D., Medical Director, Infectious Diseases, Quest Diagnostics

**H**epatitis is an inflammation of the liver, caused by the hepatitis virus. Of the five different types of hepatitis virus (A, B, C, D and E), hepatitis C is the most common in the United States, affecting more than three million people. Hepatitis C is a serious condition that requires treatment, but because infected individuals often show no symptoms until serious liver damage has already occurred, many people are unaware that they are infected.

Recently, the Centers for Disease Control and Prevention added all “baby boomers” to the list of people who should be tested for hepatitis C. Individuals born between the years 1945 through 1965 should ask their physicians for the one-time test for hepatitis C at their next medical visit.

Chronic hepatitis C infections can last a lifetime, and can lead to liver damage, cirrhosis, liver failure, and liver cancer. In fact, liver damage occurs in an estimated 60-70% of people with chronic hepatitis C infection, and hepatitis C is the leading cause of liver cancer, liver transplants, and death from liver disease. Unlike hepatitis A and B, there is no vaccine for hepatitis C, which is spread by contact with infected body fluids such as blood or semen.

However, if asymptomatic individuals were aware that they were infected, they could be treated and possibly avoid liver damage. The Centers for Disease Control and Prevention’s recommendation that all baby boomers be tested for hepatitis C was made because over 75% of adult Americans with hepatitis C are baby boomers, and about 73% of people who die from HCV complications are baby boomers. Hepatitis C-caused deaths are on the rise, with 7,000 to 15,000 deaths per year from HCV.



Rick L. Pesano, M.D., Ph.D.

In making their recommendation, the CDC noted that testing is cost-effective and saves lives, and new hepatitis C treatments can cure up to 75% of those infected. Only the blood tests can determine whether or not you have hepatitis, and which type of the virus you have.

Since symptoms are not always evident, testing is critical to confirm whether you are infected. However, some individuals who have hepatitis might have these symptoms:

- Fever
- Fatigue (feeling tired)
- Loss of appetite
- Nausea, vomiting
- Stomach pain
- Dark-colored urine
- Diarrhea
- Gray-colored stools or pale stools
- Joint pain
- Jaundice (yellowing of eyes and skin)

Usually, there are no signs of chronic hepatitis until serious liver damage has developed.

The test for hepatitis C is very convenient and no preparation is required. Your doctor will probably order an antibody test (sometimes called an anti-HCV test), which is done through a blood draw from your vein. The blood sample will be analyzed for the presence of antibodies to the virus, which indicates exposure to the virus. If the antibody test is “nonreactive” (negative), hepatitis infection is not likely. If the test is “reactive” or positive, the person has been infected with hepatitis C. If your test is positive, your doctor will probably order an additional test to confirm the results of the antibody test.

In order to decide on the appropriate treatment plan, your doctor will also order tests to pinpoint the exact kind of hepatitis C virus that is present and to provide additional information that helps him/her develop a monitoring and treatment plan. These tests, which detect, analyze, and measure viral particles in the blood, also involve a simple blood test.

Quest Diagnostics, the world’s leading provider of diagnostic testing, information and services, offers a broad hepatitis C and B virus testing menu, including tests to help determine hepatitis C exposure and identify abnormal liver function; viral RNA testing to monitor viral load during therapy; and hepatitis C genotyping to aid in predicting treatment duration and success.

**If you do test positive for hepatitis C, do not panic.** Individuals who are aware that they have hepatitis C can be treated and possibly avoid liver damage, which is why testing is so critical. Hepatitis C treatments are effective in the majority of the patients with the virus, and new antiviral drugs are being introduced that show great promise for individuals with specific types of hepatitis C. Treatment for hepatitis C usually lasts about 6 to 9 months. If you have hepatitis C, you and your doctor can discuss treatment options that will help prevent further liver damage and disease and allow you to live a long, healthy life.

Successful treatment for hepatitis C does not necessarily protect a person for life. It is possible to be infected and get sick from hepatitis C again. So, it is important to follow these general steps for prevention of hepatitis:

- Wash your hands after going to the bathroom and before touching food.
- Use condoms during sexual relations.
- Avoid tap water when traveling in countries that may have water sanitation issues.
- Don’t share toothbrushes, razors, or nail clippers with an infected person.

If you are experiencing symptoms or you are a baby boomer in the target years, remember the recommendations of the CDC and ask your physician for a one-time hepatitis C test. If you have not been previously vaccinated or are unclear on your vaccination history, ask if you should be vaccinated against Hepatitis A and B. These life-saving tests and vaccines are convenient, widely available, and effective.

#### FOR MORE INFORMATION:

- CDC website: [www.cdc.gov/knowmorehepatitis](http://www.cdc.gov/knowmorehepatitis)
- National toll-free hepatitis C helpline: 877-435-7443 Sponsored by HELP-4-HEP, a partnership among several well-known and nationally recognized non-profits with a combined 90+ years’ experience in hepatitis C education, support and patient advocacy.



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**The Wellness Approach**

The wellness approach is to look for underlying causes of any disturbance or disruption and make whatever interventions and lifestyle adjustments that would optimize the conditions for normal function.

The main difference between wellness care and standard medical care is that wellness care seeks to turn on the natural healing ability. Wellness care does not add something to the system, instead it removes anything that might interfere with normal function. Wellness care trusts that the body would know what to do if nothing were interfering with it. Standard medical care, on the other hand, seeks to treat a symptom by adding something from the outside - a medication, a surgery or procedure.

**Inside Out vs. Outside In**

If a patient has high blood pressure, a standard medical approach would be to choose a drug that lowers blood pressure, and ask the patient to take the drug. This may serve to lower the blood pressure, but ignores the underlying cause that is making the blood pressure high, and runs the risk of side effects complicating the person's recovery. Whether it's a nutritional issue, faulty control by the nerve system or a manifestation of stress, the medication could decrease the blood pressure, leaving the problem causing the symptom of high blood pressure unaddressed.

**The Wellness Approach**

Wellness is a state of optimal conditions for normal function... and then some. The wellness approach is to look for underlying causes of any disturbance or disruption (which may or may not be causing symptoms at the time) and make whatever interventions and lifestyle adjustments would optimize the conditions for normal function. That environment encourages natural healing, and minimizes the need for invasive treatment, which should be administered only when absolutely necessary. When the body is working properly, it tends to heal effectively, no matter what the condition. When the body heals well and maintains itself well, then there is another level of health that goes beyond "asymptomatic" or "pain-free" which reveals an open-ended opportunity for vitality, vibrant health, and an enhanced experience of life. This is true for mental and emotional health as well as physical health. While some people may suffer psychological disorders, creating an atmosphere of mental and emotional wellness will address all but the most serious problems



**Chiropractic Care**

We provide advanced spinal correction and chiropractic adjustments utilizing "state of the art" chiropractic techniques. Never in the history of chiropractic care have chiropractors been able to provide the level of help and expertise that is available today. Many of the newest chiropractic techniques are actually safer, more comfortable and more effective than ever before. As a chiropractor who cares about utilizing the most advanced chiropractic techniques, Doctor Schuyler Grove has years of training, expertise and experience in helping patients get pain relief for back pain, neck pain, headaches, and other related conditions originating from the spine. Chiropractic care under a trained professional can even be used to prevent injuries and help you achieve total health or wellness



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**DR. SCHUYLER GROVE**

Dr. Schuyler Grove is an Ocala native who has returned to his hometown to bring optimal health and wellness to the community. Dr. Grove takes a "whole person" approach in chiropractic care, looking for the underlying causes of disease, discomfort, and pain, as opposed to just treating the symptoms. Dr. Grove also has training in the use of supplementation and nutrition to better assist his patients in their pursuit of health.

// INSTITUTE OF CARDIOVASCULAR EXCELLENCE //

# MEN'S HEALTH



// INSTITUTE OF CARDIOVASCULAR EXCELLENCE //

# DOC TALK

**We know all too well that heart disease is the leading cause of death for all Americans - men and women - claiming the lives of more than 616,000 annually, according to the most recent data.**

***“Recognizing and preventing men’s health problems is not just a man’s issue. Because of its impact on wives, mothers, daughters, and sisters, men’s health is truly a family issue.”***

**Congressman  
Bill Richardson**

*\*\* Credits: CDC.gov/heart and Heartbeat - A Blueprint for Men’s Health.*

But fewer people are aware that men are more likely than women to develop the disease earlier and die at younger ages. Fewer still know that close to 90% of sudden cardiac events occur in men and that for half of the men who die, the first symptom of heart disease is death.

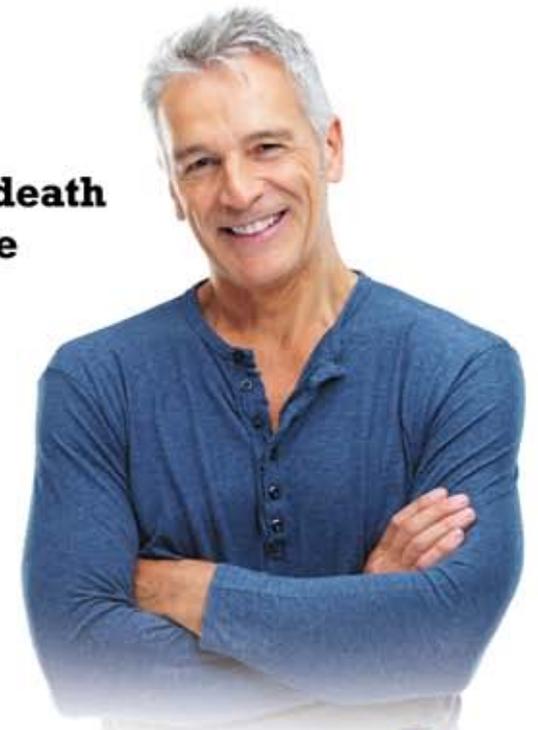
Let’s repeat that. For more than half of the men when die from heart disease, the *first* symptom is *death*.

One of the keys to improving the odds is simply awareness; for men to become better informed about managing risk and treating underlying conditions that lead such high death rates. And there’s no better time to start than National Men’s Health Week, June 9-15, 2014, celebrated each year the week leading up to and including Father’s Day.

Think you or a man that you love might be at risk?? Look at the list of statements below, published in *Heartbeat - A Blueprint for Men’s Health*. If any of them are true about you or your father, brother, son, cousin, husband or even friend, take note. Just one “Yes” answer means you are at risk. Two “Yes” answers doesn’t just double your risk — it actually quadruples it! Three “Yes” answers, 10 times the risk.

- I’m 45 or older. (your risk of developing cardiovascular disease doubles each decade)
- An immediate family member was diagnosed with high blood pressure or some other kind of heart conditions before age 55.
- I’m African American

- I get little or no exercise
- I’m overweight or obese
- I eat a lot of salty foods and/ or I add to whatever I’m eating
- My cholesterol is high
- I smoke (if you do you are two to four times more likely to develop heart disease than a non-smoker)
- I have high blood pressure
- I use recreational drugs, such as marijuana or cocaine
- I drink more than two alcoholic drinks per day
- I’m under a lot of stress, at work and/or at home
- I have diabetes (more than 80 percent of people with diabetes die of some kind of CVD)
- I’m taking prescription medications that affect blood pressure. This included Ritalin (drugs for Attentional Definite Disorder), steroids, migraine medications, any over-the-counter drugs than contain pseudoephedrine, and any medication that contains stimulants such as caffeine.



## Wear Blue Day

Plan a “Wear Blue Day” to help spread the knowledge of Men’s Health Week, June 9-15, 2014.



- Choose any day that works for your group of team.
- Choose BLUE. From blue accessories, to head-to-toe blue work attire, to an excuse to go casual, choose what works best for your group.
- Pick and choose. Your group can simply wear blue and have your group and anyone else who wants to participate, donate any amount for wearing blue.
- Choose a goal amount. Set a goal amount to raise, that way you have something to strive for.



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Cardiovascular  
Excellence**  
**Limbstitute**  
 Comprehensive vein care  
 and limb salvage



# Too Much Time in the Sun When You Were Younger? No One Needs to Know Now!

As Floridians, one thing is for certain—we love the sun. Even if you're not a fan of going to the beach or lazy days spent outside there is no escaping the sun's powerful rays. As the sun provides us many overall health benefits, it can also be detrimental to our skin. At ImageLift, wrinkles, brown spots, thinning skin, and discoloration are just some of the chief complaints we hear about sun damage every day.

To help stop or even reverse sun damage to the skin, be sure to try some of the following tips: Use sunscreen with an SPF of 15 or higher, know your skin type and exfoliate when there is dry skin,

stay hydrated, and wear the proper clothing when doing any activities outside.

As we get older though, that damage from the sun starts to show and can affect how we feel about our appearance, and our confidence. Leah Powell, an ImageLift patient and business owner, suffered from visible sun damage. She wanted to put her best face forward for her business. Leah decided to visit Dr. Rich Castellano for an expert opinion on getting a facelift.

"I had always thought that when I got older I would get it (a facelift), said Leah. "After being in the sun

all of my life and seeing what it (a facelift) did for my friend, I wanted to go ahead with it."

With the latest technologies and techniques available, we can help hide the effects of sun damage, and help you look and feel young again! ImageLift offers a wide range of procedures to help your improve your confidence and quality of life, including the ImageLift FaceLift.

The ImageLift Facelift consistently delivers the "WOW!" results while still maintaining a natural appearance. Our most popular facelift is split into three categories: small, medium, and large. Your ImageLift physician will help you determine which ImageLift Facelift is right for you! Results vary for each type of facelift, and are typical. You deserve to look and feel your best, so what are you waiting for?

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FACIAL PLASTIC SURGEONS,  
RANDALL WEYRICH, M.D. AND  
RICHARD CASTELLANO, M.D.**



## June Special The ImageLift with ComboLyte 1440 Technology

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One free area of laser  
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\*Available for a limited time at our Villages location at no charge to you.

Leah Powell had the Medium ImageLift.

At ImageLift, we are a National Center of Excellence for our long-term fillers, and we even train other doctors in the ImageLift techniques. The combined experience of two Double Board-Certified Facial Plastic Surgeons, Dr. Rich Castellano and Dr. Randall Weyrich, is sought across the country and internationally. They will absolutely provide you with a customized treatment plan that works for you and your individual needs, right here in The Villages, no travel required.

Our book is an easy read and an excellent resource. Here is a comment from ImageLift patient Leah, "I read the book and loved it! It really helped prepare me."

See Leah's testimonial at: [youtube.com/imagelift](http://youtube.com/imagelift)



RESULTS ARE TYPICAL AND DO VARY.

**Meet The Docs At An Upcoming Event**

**Thursday, June 5th @ 1:00 PM**  
Seminar at the Waterfront Inn

**Tuesday, June 10th @ 11:00 AM**  
Artefill Luncheon at the Villages Office

**Thursday, June 26th @ 1:00 PM**  
Seminar at the Waterfront Inn

**All Events are 100% Complimentary**



IMAGELIFT®

**Let us help you get that younger look back! Call now to learn what treatment is best for you at 855-968-8480 or visit our website at ImageLift.com**



# CELEBRATING NATIONAL CANCER SURVIVORS DAY... A FEW PICTURES ARE WORTH A THOUSAND CURES

InterCommunity Cancer Centers and Institute Recognizes  
Courageous Cancer Survivors and Supporters

**T**he American Association for Cancer Research's second *Annual Report on Cancer Survivorship in the United States* shows that as of January 2012, there were approximately 13.7 million cancer survivors in the United States, a number that is expected to rise by 31 percent to 18 million by 2022.

Anyone living with a history of cancer – from the moment of diagnosis through the remainder of life, is a cancer survivor, according to the National Cancer Survivors Day Foundation. Nearly 14 million Americans are now living with and beyond a diagnosis of cancer. In the United States, men have a slightly less than 1 in 2 lifetime risk of developing cancer; for women, the risk is a little more than 1 in 3. Learning about this disease is crucial, because many forms of cancer can be prevented and most cured if detected early.

Major advances in cancer prevention, early detection, and treatment have resulted in longer survival, and therefore, a growing number of cancer survivors. However, a cancer diagnosis can leave a host of problems in its wake. Physical, financial, and emotional hardships often persist after diagnosis and treatment. Survivors may face many challenges, such as limited access to cancer specialists and promising new treatments, inadequate or no insurance, financial hardships, difficulty finding employment, psychosocial struggles, and a lack of understanding from family and friends. In light of these difficulties, our community needs to focus on improving the quality of life for cancer survivors.





**PAYING TRIBUTE TO LOCAL SURVIVORS**  
InterCommunity Cancer Centers (ICCC) and Institute (ICCI) of Leesburg, Lady Lake and Clermont are paying tribute to local survivors by celebrating the 27th annual National Cancer Survivors Day® on Sunday, June 1, 2014. And while there are countless stories we can tell about our courageous cancer survivors, this year, we want to take this opportunity to share with you photos of the men and women who have overcome seemingly impossible odds.

We thank you all for your smiles, your indomitable spirit, and for inspiring us everyday to continue to fight the good fight.

**THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS**  
dedicated to empowering patients to have the confidence they need to change their lives. Radiation Oncologists Drs. Hal Jacobson, Herman Flink, Maureen Holasek and Alison Calkins bring exceptional expertise in treating breast, lung, prostate, gynecologic, skin and other cancers.

As part of a larger, nation-wide oncology group of physicians and specialists under Vantage Oncology, the oncologists at ICCC have access to aggregated clinical information and best practices from the treatment of more than 1,000 patients per day, enabling them to develop highly-effective and peer-collaborated treatments. This gives many of the centers that work with Vantage, including ICCC, the ability to offer university-quality treatment services in smaller and more rural areas. It gives local communities exceptional services closer to home and in a non-hospital setting. To learn more, please visit [www.ICCCVantage.com](http://www.ICCCVantage.com).

**ABOUT VANTAGE ONCOLOGY**

Vantage Oncology offers a complete development, implementation and management solution for radiation oncology practices. It provides ownership opportunities that empower physicians to maintain control of their practice while leveraging the strength of the company's network and clinical resources. A multi-disciplinary team is committed to continuously raising the standards of cancer care. Vantage provides patients and their families with ultimate peace of mind through its commitment to clinical excellence and superior outcomes.

For more information, please visit [www.VantageOncology.com](http://www.VantageOncology.com).

**Vantage Oncology**

**InterCommunity Cancer Centers and Institute**  
*A Vantage Oncology Affiliate*

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(352) 326-2224  
[www.ICCCVantage.com](http://www.ICCCVantage.com)



Hal Jacobson, MD  
Herman Flink, MD  
Alison Calkins, MD  
Maureen Holasek, MD



## Dr. Anand Kesari Offers Innovative Full Spectrum Endoscopy Procedure for Improved Early Detection of Colon Cancer

Gastro-Colon Clinic is one of the first in the nation to use EndoChoice's Fuse™ endoscope system to reduce the 'miss rate' of lesions during colonoscopy



**A**lthough colonoscopy exams prevent many colon cancer deaths<sup>1</sup> and are the gold standard, for detecting colorectal cancers,<sup>2</sup> the procedure is not completely effective in preventing cancer cases.<sup>3</sup> For this reason, Gastro-Colon Clinic has invested in an innovative technology that significantly improves the accuracy of colonoscopy exams and can greatly reduce the number of potentially pre-cancerous lesions missed by standard, forward-viewing endoscopes.

The Fuse™ endoscope system from EndoChoice®, Inc. uses three small cameras at the tip of a flexible GI endoscope. "Unlike standard, forward-viewing endoscopes that use a single camera, the Fuse system lets doctors see nearly twice as much surface area," said Dr. Kesari.

"The Fuse endoscope is all about seeing more of the GI tract. It projects the expanded view on three screens to give physicians previously unseen views, such as behind colonic folds and difficult anatomy. We are pleased to offer this important new technology to our community."

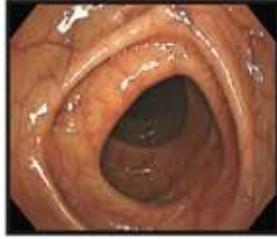
1 Zauber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. *N Engl J Med* 2012; 366:687-696

2 Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic colonography, and colonoscopy: prospective comparison. *Lancet*. Jan 22-28 2005;365(9456):305-311

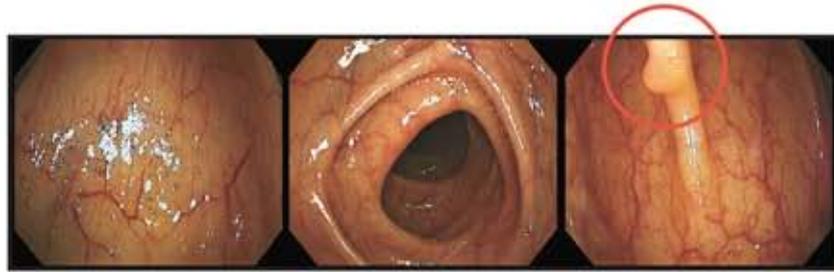
3 Brenner H, Chang-Claude J, Seiler CM, Sturmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499.



Dr. Anand Kesari



**Standard Colonoscope  
Limited 170° Field of View**



**Fuse™ Colonoscope  
Panoramic 330° Field of View**



The Fuse system recently received FDA 510(k) clearance for marketing in the U.S. “As an early adopter of the innovative Fuse system, Gastro-Colon Clinic is at the forefront of U.S. healthcare providers offering the best technology and procedures for detecting colorectal cancers,” said Dr. Kesari. “Our team is proud to be using the new system in our ongoing effort to reduce cancer and provide the highest quality care to our patients.”

In a multi-center trial conducted in the U.S., Europe and Israel, researchers performed a series of colonoscopies comparing standard, forward-viewing endoscopes and the new Fuse system.

The endoscope used in the first examination was selected randomly. After the first inspection, each patient immediately underwent a second colonoscopy performed by the same doctor, but with the competing endoscope. The 185 patient trial showed standard, forward-viewing endoscopes missed 41% of potentially pre-cancerous lesions,

or adenomas, while the Fuse system missed just 7%. Additionally, Fuse found 69% more adenomas when compared to standard, forward-viewing endoscopes. The results of this clinical study were presented at a major medical society meeting earlier this year and recently published in The Lancet Oncology.

“Standard, forward-viewing endoscopes provide up to 170 degrees of forward vision. The advantage of Fuse is that it allows endoscopists to examine twice the anatomy with a wide 330 degree view. This is especially advantageous because adenomas can be missed in difficult to find areas of the anatomy,” said Dr. Kesari. “The findings are compelling and support the data from previous studies showing the limitations of standard, forward-viewing endoscopes. EndoChoice’s innovative Fuse technology dramatically improves the effectiveness of this life-saving procedure. And improving the effectiveness of every procedure we perform here at Gastro-Colon Clinic is what we’re all about.”

Patient scheduling with the new Fuse system is now underway at Gastro-Colon Clinic. More than 15 million colonoscopies are performed across the United States each year and most insurance companies cover the costs for those patients over age 50.



**Gastro-Colon Clinic  
Dr. Anand Kesari**

7535 SW 62nd Court,  
Ocala, Fl. 34476

1400 US 441 N. Bldg. 930,  
The Villages, Fl. 32159

1389 S. US 301,  
Sumterville, Fl. 33585

7578 SE Maricamp Rd. #102,  
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**(352) 237-1253**  
[www.gastro-colon.com](http://www.gastro-colon.com)

**Ask your Doctor to refer you to Dr. Anand Kesari of Gastro-Colon Clinic for all your GI and Colonoscopy needs. Get the best possible endoscopic evaluation around.**

# Health & Beauty Benefits of Apple Cider Vinegar!

**Y**ou may already have a bottle of apple cider vinegar stashed away in your cupboard for the occasional salad dressing or marinade, but have you ever thought to use it daily to aid in your appearance and overall health? If not, apple cider vinegar has long been touted for its amazing health and beauty benefits.

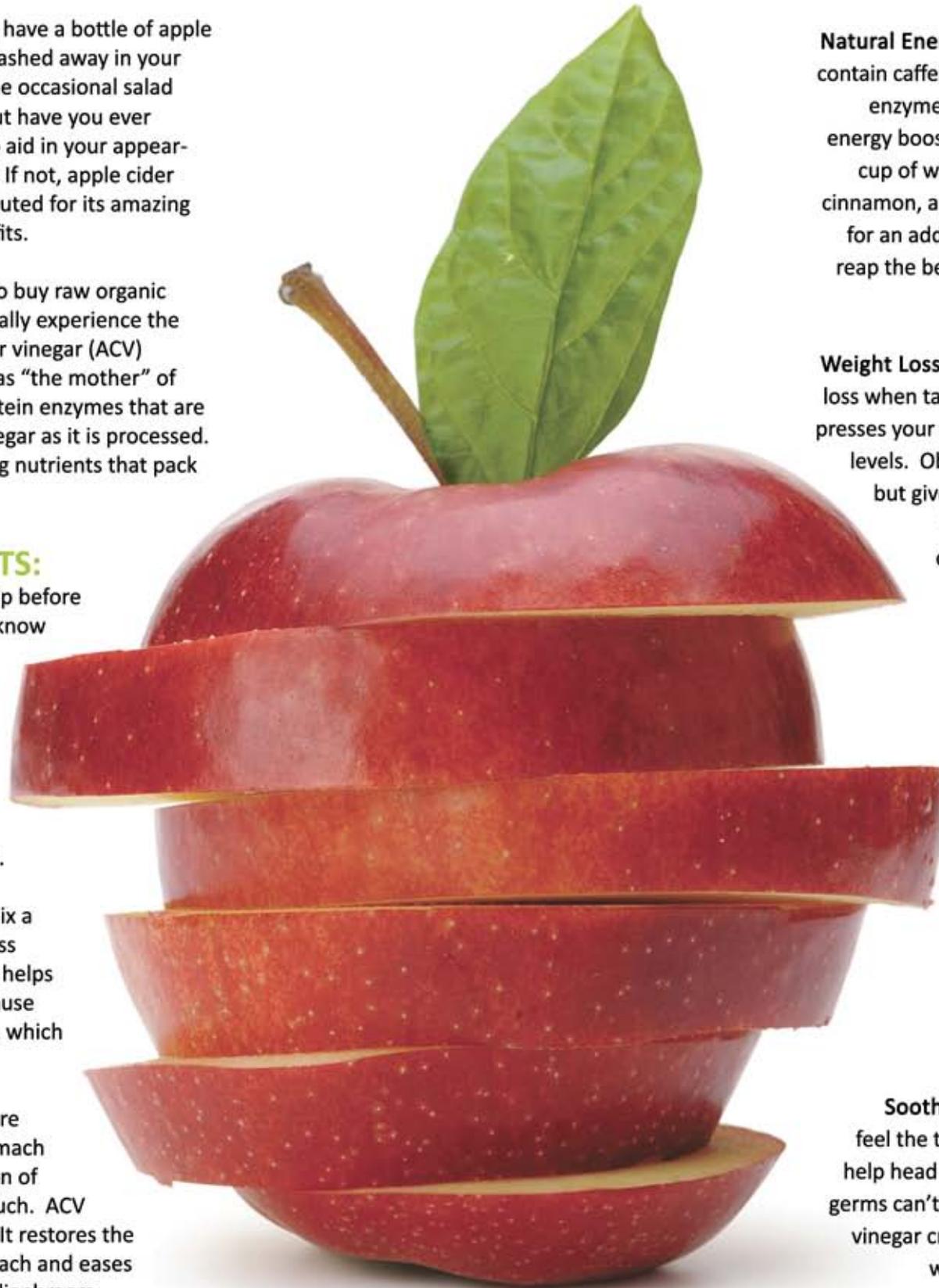
First off, it is important to buy raw organic apple cider vinegar to really experience the benefits. Raw apple cider vinegar (ACV) contains what is known as “the mother” of vinegar – strand-like protein enzymes that are stripped out of clear vinegar as it is processed. It’s these additional living nutrients that pack the punch in raw ACV.

## HEALTH BENEFITS:

**Prevent Indigestion** – Sip before eating, especially if you know you’re going to indulge in foods that cause heartburn. Add 1 teaspoon of honey and 1 teaspoon ACV to a glass of warm water and drink it 30 minutes before you dine.

**Clear a Stuffy Nose** – Mix a teaspoon of ACV in a glass of water and drink. This helps with sinus drainage because ACV contains potassium, which thins the mucus.

**Hiccup Help** – Hiccups are often caused by low stomach acid slowing the digestion of protein, or eating too much. ACV can be a great solution. It restores the acid balance in the stomach and eases irritating spasms of the diaphragm.



**Natural Energy Booster** – While ACV may not contain caffeine, it’s packed with nutrients and enzymes that can help give you an added energy boost. Add 2 teaspoons of ACV with a cup of water, some honey, a few dashes of cinnamon, and maybe even a dash of cayenne for an added kick. Combine in a shaker and reap the benefits of added energy, increased metabolism and overall health.

**Weight Loss Aid** – ACV is a great aid in weight loss when taken before a meal because it suppresses your appetite and controls blood sugar levels. Obviously, diet and exercise are key, but give ACV a try too. Just add a couple teaspoons to a glass of water and drink before meals or sip throughout the day.

**Relieve Arthritis Pain** – The potassium in ACV may be especially beneficial because it works to prevent calcium build-up in the joints, which is linked to joint stiffness.

**Improve Bone Health** – The abundance of calcium, potassium and magnesium makes ACV a good candidate for maintaining bone health.

**Soothe a Sore Throat** – As soon as you feel the tingle of a sore throat, take ACV to help head off the infection. Turns out, most germs can’t survive in the acidic environment vinegar creates. Mix ¼ cup ACV with ¼ cup warm water and gargle every hour.

**Bye-Bye Bad Breath** – Due to its acidic properties, ACV makes a wonderful remedy for bad breath or halitosis. Add ½ tablespoon of ACV into a cup of water and gargle the mixture in your mouth 10 seconds at a time until cup is empty.

### BEAUTY BENEFITS:

**Alleviate Age Spots** – ACV contains sulfur that fights the effects of aging, including age spots. Dab age spots, or liver spots, with ACV every night before bed. Do not wash off until morning. If you feel a stinging sensation, dilute the vinegar with water.

**Sunburn Soother** – Sooth those sunburned shoulders by applying a water-diluted ACV soaked washcloth to instantly soothe and promote healing. You can also add a cup to your bath and soak in it with the added benefit of softer, more moisturized skin all over.

**Acne Remedy** – ACV kills bacteria and balances skin's pH level. It also absorbs excessive oil from our skin, which is a leading cause of acne. Apply a few drops to a cotton ball and rub on your T-zone.

**Bath Solution** – Add one to two capfuls of ACV to your next warm bath. It draws toxins out of the body, leaving behind toned and moisturized skin.

**Wart Removal** – Try placing a cotton pad soaked in ACV on top, then secure with a

bandage. Leave on overnight and remove in the morning. If you stick to this consistently for a week, you should start to see results.

**Ease Varicose Veins** – ACV is great for varicose veins because it improves circulation in the vein wall and helps to ease the bulging and swelling vein so it is less noticeable and less painful. Simply dab it on before going to bed.



# SUMMER FUN IN THE SUN AND SAFETY

**N**ow that the sun sets later in the day and children get to play outside longer, it's time to get out the sunscreen and bug spray to protect your child. Sunscreen is essential to reduce your child's risk of sunburn and skin cancer. Try to apply the sunscreen 15-30 minutes before they go out to play, and reapply every 2 hours. Even if your sunscreen says it is waterproof, it needs to be reapplied after swimming.

## Choosing a Sunscreen

When choosing a sunscreen, look for a "broad spectrum" sunscreen since it will protect against both ultraviolet A (UVA) and ultraviolet (UVB) sunrays. Sunscreens with SPF (Sun-Protective Factor) of 30 block 97% of the UVB radiation and are great for long days of outdoor play. For infants under 6 months whom sunscreen isn't recommended, keeping them in the shade and covered is the general rule. If the sun can't be avoided, small amounts of sunscreen can be applied to the face or back of hands if necessary. Whatever you do when out in the sun, don't forget the sunglasses to protect your child's eyes from the damaging effects of the sunlight.

## Protection from Ticks

With the warmer weather, bugs begin to crawl about. Ticks become a problem when walking in tall grasses or wooded areas. Long pants and shirts, in combination with insect spray, can reduce tick attachment. Insect sprays with 20% DEET applied to the skin has been shown to prevent tick attachment. Spraying your children's clothes also acts as a repellent. Once indoors from play, remove your child's clothes and check him/her carefully for ticks – especially in the groin, waist, armpit, and hairline. Ticks generally need 48-72 hours to transmit disease. Removal before that time reduces your child's risk.

If you find a tick attached on your child, grab it with a pair of clean tweezers as close to the body as possible and pull upward with steady pressure. With luck, the tick will disengage but sometimes the tick breaks off and you are left holding pieces! Don't dig out the pieces since they will dissolve eventually. No need to worry if over the next 1-2 weeks a small red itchy bump develops over the site of the bite. That is triggered by the tick's saliva and may remain for a week. Call your pediatrician if your child develops fever, headache or a rash 1-3 weeks after a tick bite since these can all be signs of a serious tick borne illness.

## Protection from Mosquitos

Mosquitos are another warm weather pest. Eliminate standing water on your property to decrease breeding areas. If your child will be out playing in the early morning or at dusk, make sure you spray them with insect repellent. DEET is the standard insect repellent to which all others are compared with concentrations between 10-75%. Newer agents such as Picardin appear to be as effective as 20% DEET but have a shorter duration of action. Studies show that all are safe to use in children down to age 2 months. Beware of combination sunscreen/insect repellent products since reapplication required to maintain sunscreen protection may result in excessive DEET exposure.

If your child gets bitten by a mosquito, they may develop a red, swollen, itchy bump. If your child is young and hasn't been bitten before, the swelling can be quite dramatic and frightening though not life threatening.



Topical hydrocortisone along with some oral diphenhydramine can help dramatically. Be sure to check with your pediatrician for your child's correct dose. As the season progresses, the degree of reaction to the bites should "calm" down. If the bite becomes angry looking, very painful or pus-filled, call your pediatrician right away.

With proper protection, the summer can be lots of fun. Just make sure to protect your child's skin with sunscreen and bug spray whenever they are outside playing.



**SAFETY: it takes all of us**

## PUT AN END TO DISTRACTED DRIVING

### First Aid Tips

If you witness a traffic crash, call 911.

Do not remove victim(s) from the vehicle(s)—leave this job for ambulance staff, police or firefighters.

Provide first aid, especially rescue breathing/CPR, bleeding control and treatment for shock.

### Get certified through NSC

NSC provides CPR & AED training through both classroom and online courses. Find a training location near you, or view a demonstration of NSC online training at [nsc.org/onlinetraining](http://nsc.org/onlinetraining).

**NATIONAL SAFETY MONTH 2014**

**National Safety Council**  
1121 SPRING LAKE DRIVE  
ITASCA, IL 60143-3201  
(800) 621-7619  
**NSC.ORG**

Cell phone use while driving has become an unfortunate part of our culture, but is a very dangerous activity that shouldn't be considered a necessity – business or otherwise. There are steps you can take to make it easier to put down the phone when you are behind the wheel, and break the habit for good.

- Schedule calls for times when you will not be driving
- Tell other people not to call you when they know you are driving
- Plan your day ahead of time so you won't need to use a cell phone while driving
- Change your voicemail greeting to something like: "Hi, you've reached (insert name). I'm either away from my phone or I'm driving. Please leave a message." You also can let callers know approximately what time you will be available again so they know when to expect to hear from you.
- If a ringing phone is too tempting, get in the habit of silencing your phone before you start to drive, or lock it in the trunk or glove box



- Work with your coworkers and family members on breaking the habit and hold each other accountable
- Allow enough time during your commute for stops so you can pull over and park in a safe location to check email and voicemail messages
- Consider using call-blocking technology when you are driving
- Remember, hands-free devices don't make you safer – while they allow for one more hand to be placed on the steering wheel, they do not reduce cognitive distraction to the brain

### Don't let your cell phone drive you

No phone call is worth a life. Want to do more? Encourage your family and friends to put down their cell phones while driving, and speak up if you are riding with a driver who is using a cell phone. You also can refrain from talking on the phone with others if you know they are driving.

#### Green Cross Tip

Your brain can miss seeing up to 50% of the roadway environment when you are talking on a cell phone while driving – focus on the road and just drive.

# Prostate Cancer & Prevention

*Do we know enough to significantly reduce our risk of Prostate Cancer?*

Written by, Carolyn Waygood, Certified Natural Health Professional & Plexus Ambassador

**P**rostate cancer is currently the second leading cause of cancer death in men in the U.S., and it's about time we help educate men on ways to reduce their risk of this debilitating disease beyond the typical advice to "eat right and exercise more". While eating a diet high in cruciferous vegetables and reducing saturated fats (among other things) has been known to reduce risk of many diseases including prostate cancer, and the link between regular exercise and better health is widely known, we now know there are many other ways to reduce one's risk of developing prostate cancer. "Prostate cancer may seem inevitable in some men", reports Positive Med in an article entitled "Dramatically Reduce Prostate Cancer Risk". However, "growing evidence suggests you can dramatically reduce the risk of this cancer, and slow its progression if you already have it". Since there are ways to delay cancer's development or inhibit its growth, why aren't we broadcasting it over the radio? Do your part in sharing this important information this June (Men's Health Month), and pass this article on to the men in your life!

## It's Better to Prevent than to Treat

Most medical professionals know that over the course of a lifetime a man could engage in healthy dietary practices consuming a lot of **tomatoes, cruciferous vegetables, green tea, pomegranates, and soy protein**, and probably significantly lower their risk of prostate cancer. "There are a number of good opportunities for men to avail themselves with potentially preventing prostate cancer", admits Dr. Gerald L. Andriole Jr, MD, Professor and Chief, Division of Urologic Surgery, Washington University School of Medicine, in his paper titled *Contemporary*

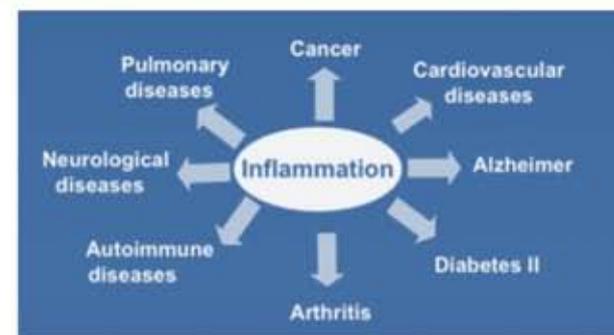


**Prostate Cancer Prevention.** "We know about vitamins and minerals, specifically selenium and vitamin E, and we know there's good laboratory data that **COX-2 inhibitors** (COX-2 is an enzyme responsible for inflammation and pain) may be effective preventatives of prostate cancer. I think there is a lot of good news out there about prostate cancer prevention."

## Start by Reducing Inflammation

Based on data from a new study at the Johns Hopkins Kimmel Cancer Center, published April 2014 titled *Biomarkers & Prevention.*, men who suffer from chronic prostatitis (inflammation of the prostate gland) may have close to twice the risk of developing prostate cancer compared to those without inflammation. Although the study can't prove which came first "the chicken or the egg", in other words it is indeterminable whether inflammation played a factor in the development of cancerous cells, or whether the presence of cancer cells instigated the inflammation, both medical and scientific research has linked chronic inflammation to many diseases, including cardiovascular disease, diabetes, arthritis, Alzheimer's, and prostate cancer. "This study is a big step in preventing prostate cancer and advocating surveillance of men with BPH (Benign Prostatic Hyperplasia) and chronic prostate inflammation. Treating and avoiding inflammation of the prostate could reduce the number of cases yearly which develop into prostate cancer." added Dr. David Samadi, Chair of Urology and Chief of Robotic Surgery at Lenox Hill Hospital in New York City.

As explained in a paper entitled "Inflammation and Prostate Cancer" published by the National Institute of Health, "Chronic inflammation has been associated with the



development of malignancy in several other organs such as esophagus, stomach, colon, liver and urinary bladder". The report explains that inflammation is thought to promote the development of cancer by causing cellular damage. Could it be that inflammation, either in conjunction with other things, such as diet and heredity, or by itself, is the cause of the oxidative damage that leads to cancer? There is precedent for this idea. Inflammation is known to cause damage to cells and to DNA. It is already known that long-term inflammation is associated with many kinds of tumors. For example, chronic hepatitis causes cancer of the liver; chronic stomach inflammation causes stomach cancer; reflux esophagitis, over time, can cause cancer of the esophagus. "Natural health practitioners are taught to consider chronic inflammation as the precursor to most diseases", notes Carolyn Waygood, Certified Natural Health Professional and student of Naturopathy. "As a result, if we can reduce or control chronic inflammatory conditions, we can potentially reduce the risk of many associated illnesses."

As with every illness, a Natural Health Professional would ask "what is causing the inflammation, and how do we reduce or eliminate it?". Since the prostate is located adjacent to the bladder, urethra and rectum, chronic strain or injury to these anatomical structures could contribute to surrounding inflammation. Therefore, the optimal health of these body parts may reduce one's risk of localized inflammation and ultimately developing prostate cancer. Drinking adequate amounts of water can help flush the bladder and keep the urethra clean, and maintaining healthy body pH levels and avoiding over-acidity of the urine and other body fluids may also improve bladder and urethra health. Maintaining healthy digestion and elimination is important to colon health, and avoiding chronic constipation will help reduce strain in the rectal region which could, in turn, cause swelling of the prostate. It is also known that elevation of estrogens in the presence of testosterone results in a prostate-specific inflammatory response. So maintaining a balance of these powerful hormones can also help maintain prostate health. "Although many things could be responsible for inflammation of the prostate", advises Ms. Waygood, "educating oneself of common inflammatory factors is powerful ammunition in the fight against prostate disease."

**Prostate Cancer: GET THE FACTS**  
Other than skin cancer, prostate cancer is the most common cancer in American men.

**1 in 6** men will be diagnosed with prostate cancer during his lifetime.

**2.5M** Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.

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The **Plexus Fast-Relief Pain** supplement was specially formulated to help reduce inflammation using well-known anti-inflammatory enzymes such as Serrapeptase and Bromelain. Serrapeptase is known as the "Miracle Enzyme," and with more than 25 years of research in Europe, has proven to deliver significant relief from pain and inflammation without the usual side effects of NSAIDs. Bromelain is another enzyme

shown to possess substantial anti-inflammatory and anti-pain properties. But what truly sets the Plexus Fast-Relief Pain capsules apart from other anti-inflammatory products on the market is the added ingredient ETARol™. This patented, highly purified extract of the New Zealand green lipped mussel contains all the potent and wide-ranging properties of its source, including anti-inflammatory support, pain relief and tissue regeneration. Scientific findings show ETARol™ is the superior source of the green lipped mussel, and is known to be a 5-LOX inhibitor (like COX-2, the biological compound 5-LOX also plays a major role in the inflammatory process) in patients with arthritis. Taking between 2 to 4 Fast-Relief Pain capsules daily, depending upon the severity of inflammation, has shown to significantly reduce pain and chronic inflammation.

The **Plexus BioCleanse** supplement was formulated to improve intestinal health and bowel elimination while improving body pH and oxygen levels. An oxygenating magnesium complex, BioCleanse helps restore health of the intestinal muscle used to move waste out of the body, and reduce inflammation caused from acidic conditions. Oxygen works to neutralize acidic conditions while improving cellular health, and inhibits the growth of pathogens in the intestinal tract which may also lead to inflammatory conditions. Men who suffer from chronic constipation have found relief with daily use of Plexus BioCleanse, and may also benefit from the Plexus ProBio5 supplement. When problems with elimination are linked to inadequate digestion, the healthy probiotics and helpful digestive enzymes contained in ProBio5 can help. While important enzymes such as protease and peptizyme help break down food more fully, added probiotics help maintain bacterial balance. Together, these powerful daily supplements help maintain intestinal health and may reduce strain and inflammation associated to chronic constipation.



### The Link Between Prostate Disease and Elevated Glucose & Inulin Levels

According to the National Institute of Health, "the effect of insulin resistance was apparent"<sup>1</sup> in recent studies addressing the association between prostate cancer risk and insulin sensitivity or resistance. Although past research has frequently shown that obesity is a strong risk factor for adult-onset diabetes, the link between obesity and cancer is less widely known. But that is changing. Recent studies have confirmed that excess weight is associated with the incidence and mortality of a number of cancers, such as colon, pancreas, and kidney, in addition to aggressive prostate cancer in men and breast cancer and endometrial cancer in women. More recently, researchers have narrowed down one of the primary culprits in the link between weight and cancer – insulin resistance. Insulin resistance is a condition whereby some organs become resistant to insulin's ability to shuttle glucose into cells, especially after eating a meal high in carbohydrates.

Edward L. Giovannucci, MD, ScD, Professor of Nutrition and Epidemiology at Harvard School of Public Health explains it this way; "The link between insulin resistance and cancer may be related to the compensatory high levels of insulin. Insulin is an important growth factor for body tissues. Typically, insulin increases when nutrients are plentiful, and drops dramatically during a fasting state. Insulin may signal cells to increase rapidly in number through a variety of mechanisms. Insulin could directly signal growth, or it could do this by increasing the levels of other potent growth factors (insulin-like growth factors [IGF]), or it could make cells more sensitive to other growth factors. Although cancer is a complex, multifactorial disease, one of the consistent characteristics of cancer cells is their ability to grow uncontrollably and to be resistant to programmed death. Thus, growth factors are critical to the initial development of cancers, as well as to their progression."



**Plexus Slim**, a powdered drink mix formulated using natural ingredients and designed to help balance blood sugar while increasing insulin sensitivity and breaking down glucose, was originally created to help Type 2 Diabetics better manage glucose & insulin levels. Now available through Plexus Health Ambassadors, Plexus Slim has helped people all over the world lose weight, balance blood sugar, control the appetite, and achieve greater energy – naturally! Men who face an increased risk of prostate or other disease due to excess weight or insulin resistance, may find help

losing weight and balancing glucose levels with Plexus Slim & Accelerator. Mixing one packet of Plexus Slim into a bottle of water, shaking, and drinking each morning before breakfast, and taking 1 to 2 Plexus Accelerator supplements along with any other daily vitamins, has helped hundreds of thousands of people lose weight naturally, and improve glucose and insulin levels.

*Richard is 5' 4", and at his worst weighed 305 lbs. and was on a fist-full of medications for blood pressure, his heart, and high triglycerides and cholesterol levels. "We went to a trade show and saw a Plexus booth," Richard said. "I wanted nothing to do with this 'wonder product.' My wife loved me so much that she went behind my back and bought some. I am so thankful she did; Plexus has saved my life." Now, nine months after starting with Plexus, Richard has lost 45 lbs., and nine inches around his waist. In December, his doctor took him off the last of his medications! "I feel a responsibility to share Plexus with everyone. My future was so bleak and now I get to be there for my kids and grandchildren."*

**- Richard Chamberlain**



**Interested in learning more?** Come visit with Carolyn and your local Plexus Representatives at a June "Introduction to Plexus" event Saturday June 21st from 10 AM to 11 AM hosted by Ancient Ways Martial Arts Academy located at 3405 Cortez Road West, Bradenton, FL 34210! R.S.V.P. to Carolyn at (941) 713-3767, and receive a FREE GIFT! You can also contact Carolyn at Carolyn@BetterBreastCheck.com to schedule a FREE initial consultation. To purchase your Plexus natural health products, visit [www.Waygood.MyPlexusProducts.com](http://www.Waygood.MyPlexusProducts.com) today!

1. J Natl Cancer Inst. 2003 Jan 1;95(1):67-71.

# Can You See Me?

**W**elcome to June. The summer months are upon us and everyone would like to see crisp and clear at all the beautiful sights of summer. Now you can. The whole month of June is known as cataract awareness month.

Cataracts are more common in adults 70 and older but according to the Prevent Blindness America (PBA) cataracts can affect more than 22 million Americans aged 40 and older. Cataracts is a clouding of the eye's lens which blocks or changes the passage of light into the eye. Unlike many eye diseases, however, vision loss due to cataract can be restored. Cataract surgery is one of the most common performed today in the United States and has a success rate of 95%. Studies have shown that hip surgeries has declined with people that had cataract surgeries.

Cataracts do not cause pain, redness or tears. Changes in your vision may be a sign of cataracts.

**These changes can include:**

Blurred vision, double vision, ghost images and a feeling of a film over the eyes.

Lights may seem to dim for reading or for close up work. You may feel startled by bright or strong lights.

Halos around lights.

Changing eyeglass prescription often, but does not seem to help.

Some may even notice the cataract. This looks like a milky or yellowish spot on the pupil. The center of the eye is normally black.



Cataracts can't be cured with medications, dietary supplements, exercise or optical devices. The only effective treatment for cataracts is surgery to remove the clouded lens. More than 2.7 cataract surgeries are performed each year. Normally this is an outpatient procedure with minimal pain. During surgery the clouded lens is removed and implanted with a clear new artificial lens. This lens is permanent and does not require replacement or cleaning.

Even though cataracts are a normal part of aging, there are certain factors that increase your risk significantly.

Ultraviolet lights- It is so important to wear a good pair of sunglasses with protective coating.

Other risk factors include eye injury, diabetes, family history of cataracts, previous eye surgery, prolonged use of corticosteroids, exposure to ionizing radiation, and smoking.

You can reduce the risk by not smoking and avoiding tobacco smoke, eating a balanced diet, protecting yourself from the sun, staying on top of your health problems and getting your eyes checked regularly. It's important to have your eyes examined by an ophthalmologist every four years after age 40, and at least every other year after age 65. If you experience any signs or symptoms of a cataract, visit your eye doctor right away.

We may not be able to prevent cataracts but we can sure try to prolong them. Let us all see clearly, have your eyes checked during the month of June.

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## The Rub

By Alex Anderson

Last June I had the privilege of spending some time with Pastor Rick Warren and a few other awesome pastors in Orange County, California. Even though it had been a brief six weeks since Pastor Rick had lost one of his sons, he was incredibly warm and very engaging.

As I was waiting a few days later at the John Wayne International Airport to jet my way back to Florida, the authenticity of my time with Pastor Rick began to alter me. I knew that I had been in the presence of a world-class leader whose resume would contest any on the planet. Besides being the founder of Saddleback, the eighth-largest church in America, his book, *The Purpose Driven Life*, has sold over 30 million copies. He has been a presenter on the famous *TED Talks* and holds the Guinness World Record for the largest collection of books signed by the author. He has also spent the last 10 years or so teaching leadership to thousands of pastors in lands where a lack of resources generally prevents such privileges.

He truly is an amazing person to achieve so much, but the uncompromising disposition that stood out to me was his humility. He carries a natural warmth and authentic love for others. I was changed for the better by hanging out with him that day. Being with Pastor Rick reinforced my desire to be a world class Christ-follower and leader.

My pastor, Randy Bezet, often says, "Life change happens in context of relationships." And this is absolutely true. I know no quicker or more direct way to alter our lives than to have an authentic relationship with someone who is different. It can work in either direction by the way, for the best or the worst. We seem to "rub off" on each other as Pastor Rick has on me (thanks Pastor Rick).

**In the same way that iron sharpens iron, a person sharpens the character of his friends.**  
~Proverbs 27:17 (Voice)

The "rub off" can be subtle or drastic, but it appears in many different ways. Selecting our close friends is alarmingly important to our future since they can change our beliefs, emotions, self-esteem and our



long-term decisions. Author Jim Rohn was fond of saying, "You are the average of the five people you spend the most time with." So take a minute and find out your answers to these life-altering questions.

Quickly name out loud your five closest friends and ask yourself these questions.

How much money do they make? How much do I make? How much love do you see expressed in their relationships? How much love do I express and receive? Are they healthy or sickly? How is my health? Are they happy with their relationship with God? Then ask yourself, "Am I happy with my relationship with God (you can be by the way)?"

It's downright eerie how true these results can be and what kind of comfort, or more critical yet, a wake-up call they can be.

In 1999 I had the opportunity of meeting Charlton Heston, the actor who played Moses in the 1956 Cecil B. DeMille classic movie, *The Ten Commandments*. In Mr. Heston's case, at 6'3" tall with a big smile and a strong handshake, he made quite the impression on me. One of my childhood movie heroes, he was bigger than life. At 78 years old he was the picture of perfect health and manliness.

Being in his presence sent me back to my childhood days, playing and working on the farm.

Meeting and shaking Mr. Heston's hand, much like meeting Pastor Rick Warren, was a lifetime opportunity for me.

Both of these life-moments came my way, but the decision to follow through and connect with them, was my personal decision. These types of life-moments can be by design; more frequent and intentional.

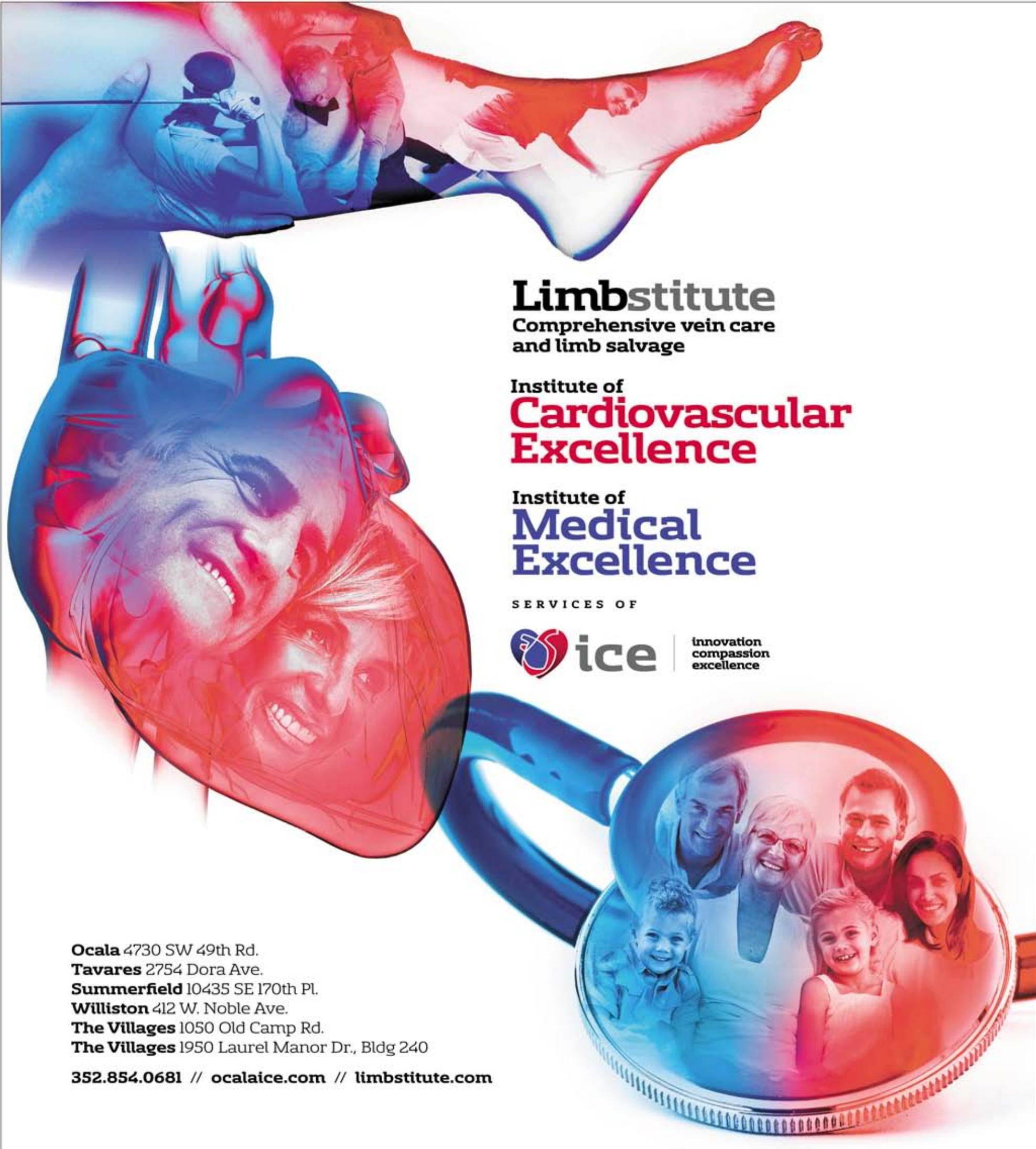
Here are actions you can take that give you the same life impact when you are intentional. Step 1: Decide what part of your life you want altered and improved. Step 2: Ask God to help you be aware of life-changing role models that have the aspect of life you seek. Go ask them. I have done this many times with great success. God has provided a mentor on every occasion. Step 3: Give back. Be of service to the mentor and to God, by being a mentor.

**"You have not because you ask not..."**  
James 4:3 KJV

Intentionality, prayer and the courage to ask are the keys. This is your life, so get started, and send me an email with how it turns out. I know what will happen if you do. Your life will get better.

To your spiritual health,

Alex E. Anderson  
Author of the book, *Dangerous Prayers*  
www.dangerous-prayers.com



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