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Health & Wellness[®] MAGAZINE

March 2016

Marion Edition - Monthly

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**New Cancer
Therapy**
Changing Lives

**Zika Virus
Infection**
Questions & Answers

**Tips When
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**The Health Benefits of
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**Is Good Health
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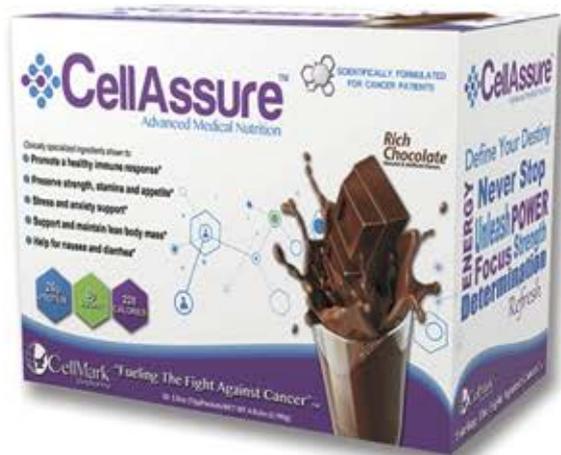
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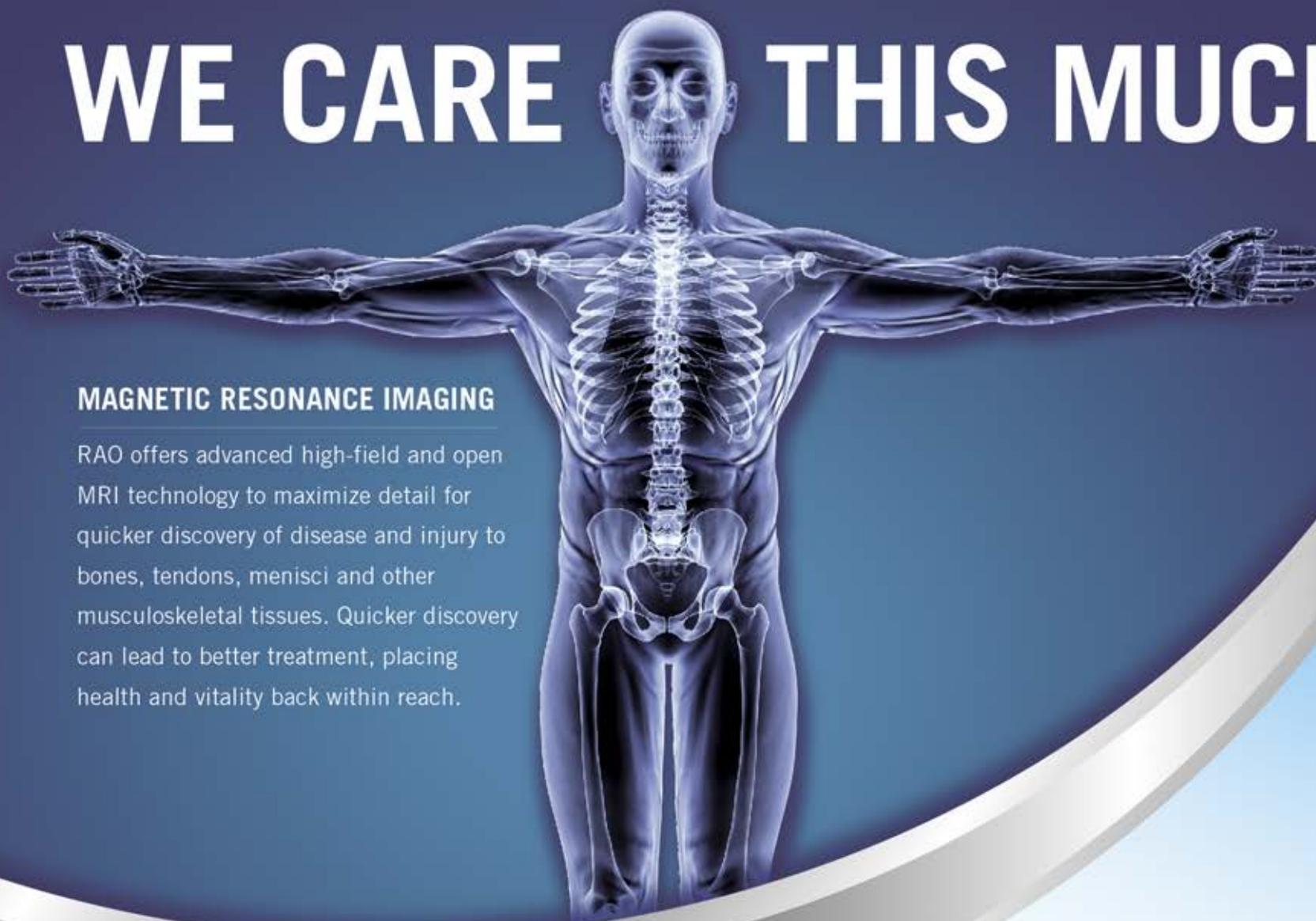


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CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



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To get your article published and for ad rates, call 239-588-1200
cristan@gwhizmarketing.com

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New Cancer Therapy is Changing Lives

By Dr. Stan Headley

The cancer world needed a game-changing product to give cancer patients more than just a "fighting chance" to survive cancer and the aggressive therapies used to kill cancer cells. Patients have two great fears, first is the fear of the cancer itself, and the second is the fear of treatments such as chemotherapy, radiation, and surgery. CellAssure is the game changer we've all been looking for!

Statistics show that 85% of cancer patients lose weight while 20-40% of cancer patients actually die from severe weight loss or a condition called cancer cachexia - not the cancer itself! You must win both the battle with the cancer as well as preventing the weight loss and debilitating weakness from cachexia. It is also crucial to understand that just because you may be overweight does not mean you are even remotely protected from cancer weight loss and cachexia.

Medical nutrition is proving to be the answer and the leader in medical nutrition made specifically for oncology patients is CellMark Biopharma. After years of research they've developed a revolutionary, non-drug medical nutritional product that is producing extraordinary results affirming the amazing clinically proven results from the chosen ingredients. The following provides a sample of the ingredients and their benefits that make up their patent-pending CellAssure formula.

Beta Glucan 1,3/1,6 – Decrease the size of the lung, liver and breast tumors in over 60% of patients when combined with chemotherapy then just chemotherapy alone! Works synergistically with anti-tumor monoclonal antibody therapy for greater results.

HMB – shown to increase LBM in 4 weeks in patient with cancer cachexia! As a combination therapy it is effective in increasing bodyweight in weight-losing patients with advanced stage 4 cancer!

Curcumin + Copper 2 – Demonstrated to be particularly effective for gastrointestinal (GI) cancers including oral cancer, stomach, colon, liver, as well as, multiple myeloma (bone cancer), and pancreatic cancer!

Pterostilbene - promotes cancer cell death via a mechanism involving lysosomal membrane permeabilization.

Silibinin - studies have demonstrated clearly that silibinin is effective in many types of cancers, including prostate, breast, lung, oral and osteosarcoma.

CellAssure is a simple once a day drink created from direct requests by physicians, dietitians and patients battling cancer. CellAssure's ingredients have been clinically proven to:

- Demonstrate Anti-Cancer / Anti-tumor effects
- Provide needed nutrition for cancer patients without adding sugar
- Improve immune system response
- Maintain or increase appetite
- Increase LBM (lean body mass)
- Reduce stress / anxiety and lower cortisol levels
- Provide relief with nausea/vomiting and diarrhea
- Mitigate anemia and improve my liver function

Cancer is a multi-faceted disease that attacks the body in many ways causing multiple serious side effects, each which needs to be addressed aggressively in order for the patient to maintain their health. CellAssure's mission is simple – keeping cancer patients as healthy as possible so their oncologist can kill their cancer with the least amount of side effects/health issues/problems.

Cancer weight loss is associated with poor outcomes for cancer patients—reduced response to therapy, reduced ability to deliver full doses of chemotherapy, stoppages of cancer therapies, increased toxicity, more complications and infections, lower quality of life, and reduced survival.

CellAssure gives patients the essential daily medical nutrition needed to maintain their bodyweight and allow their body to better withstand the rigors of cancer treatments. Remember – staying as healthy as possible allows you to fight cancer without having to stop critical oncology therapies and protocols.



Proper identification of nutrition problems and treatment of nutrition-related symptoms have been shown to stabilize or reverse weight loss in 50% to 88% of oncology patients.

When do I start taking CellAssure?

While most people think that their 'Day of Diagnosis' is when their battle with cancer begins – we know better. The fact is on the 'Day of Diagnosis' their body has already been compromised by the cancer and their nutritional challenges have already started. Cancer has already started waging war and the need for additional nutritional medication is now. It is recommended that you start taking CellAssure from your day of diagnosis forward. Proper nutrition is something helpful regardless of where you are in the cancer process. Of course following a healthy diet along with CellAssure makes the most sense and your healthy eating should continue even after you've won your battle against cancer!

CellAssure delivers on a level that brings smiles to patients, their families, as well as the physicians taking care of them – and as cancer patients we need a reason to smile. We need a reason to believe that we can overcome, conquer and beat cancer head on. There has never been a product like CellAssure before because there never has been a company like CellMark Biopharma™. CellMark Biopharma™ is the leader in advanced medical nutrition for all cancer patients offering unique products for cachexia, CellAssure, and chemo brain, Cognify (chemotherapy induced cognitive decline).

For more information visit: CellMarkBiopharma.com or call 888-444-7992.

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Congress and the Vatican Agree: Stem Cell Therapy Shows Promise in Curing Diseases

By Maren Auxier - Staff Writer

Stem cell therapy is gaining worldwide support from international policymakers, including the U.S. Congress and the Roman Catholic Church, helping progress the field of regenerative medicine. Congress passed the *Stem Cell Therapeutic and Research Reauthorization Act* on Dec. 16, 2015, securing stem cell industry funding for at least 5 more years. The Vatican also showed their support for stem cell therapy earlier this year, announcing *The Third International Conference on the Progress of Regenerative Medicine and its Cultural Impact* to be held within the Vatican April 28-30, 2016.

"It remains one of the best kept secrets in America that umbilical cord blood stem cells and adult stem cells in general are curing people of a myriad of terrible conditions and diseases in adults as well as children," said U.S. Representative Chris Smith (R-Hamilton, NJ)¹

The Vatican released a similar statement regarding the benefits of regenerative medicine. "The new field of regenerative medicine holds great promise to alleviate the pain and suffering for hundreds of millions of people around the world. We must unite to discover and advance such new therapies, and find ways to bring them to all those in need," said Cardinal Gianfranco Ravasi, president of the Pontifical Council for Culture.²

This may come as surprising news to people whose familiarity with stem cell therapy extends only to the controversy surrounding *embryonic* stem cells. It is a common misunderstanding that all stem cells are derived from human embryos. In fact, stem cells can be derived from umbilical cords, blood, fat and bone tissue. The Catholic Church's position is to support *ethical* stem cell research, which, under their interpretation, excludes the use of embryonic stem cells.

Regenerative medicine provides patients with alternatives to traditional invasive or chemical treatments. Regenerative medicine is helping people with multiple sclerosis, blindness, rheumatoid arthritis and lung disease.



International policymakers like the Vatican and U.S. Congress are calling for advancement of the field of regenerative medicine after seeing positive outcomes.

Lung disease is the third-leading cause of death in the United States, and traditional treatment options have not changed in 30 years. The advent of stem cell therapy represents the greatest advancement in decades for people suffering from a degenerative lung disease.

The Lung Institute (www.lunginstitute.com) helps fight lung diseases by harvesting stem cells from a patient's own blood, fat tissue or bone marrow in a minimally invasive outpatient procedure. Stem cells act as your body's natural healing system, working to promote healing and reduce inflammation. While current stem cell treatments are not considered to be a cure for lung disease, they have shown the ability to improve patients' quality of life.

Lung Institute patient Becky D. explains how stem cell therapy improved her quality of life.

I wanted to be able to do all my activities of daily living without being short of breath, which is showing and all that stuff...and I do. I wanted to be able to walk across a soccer field to see my grandson play soccer, and I can. I wanted to be able to dance a little again, and I did.

According to a white paper recently released by the Lung Institute, 84 percent³ of patients who received stem cell therapy for COPD experienced an improvement in their quality of life. Several patients also saw an improvement in pulmonary function. COPD is a degenerative disease, making any improvement in lung function in such a case truly remarkable.

While the field of regenerative medicine is relatively new, it has made great strides in a short period of time and shows great potential to revolutionize the healthcare industry.

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

1 <http://chrissmith.house.gov/news/documentsingle.aspx?DocumentID=398635>

2 <http://www.cbsnews.com/news/vatican-announces-third-regenerative-medicine-conference/>

3 <https://lunginstitute.com/resources>

STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

“Stress incontinence” is a reality for millions of women in America today. The “stress” is not emotional or mental pressures. Rather, it’s physical pressure put on the bladder that can cause urine leakage. Something as simple as a sneeze or a cough might trigger a leak. Standing up suddenly, lifting something heavy, exercise; anything that puts pressure on a bladder can be problematic.

Stress incontinence is the most common form of incontinence in women. It’s an unwelcome embarrassment for 1 in 4 women aged 15 through 44—1 in 3 women aged 45 to 64. It is so embarrassing in fact, that fully *two out of three women never mention it to their doctors*. Those who do, wait an average of *over six years* before seeking help.¹

The good news is, when they finally do speak up they discover that their problem is, for the most part, easily cured. Often all it takes are a few lifestyle changes—exercise, lose weight, quit smoking, forgo the diet soda refills—and voilà—no more problem! Here’s why....

The root cause of stress incontinence comes from weak pelvic floor muscles, simple as that. How you came to *have* those weakened muscles could be from pregnancy and/or childbirth, carrying excess weight, decreased estrogen levels due to peri-menopause or menopause, or simply aging.

SO, HOW DO YOU FIX IT?

Weight loss may be one of the most effective ways to drastically improve or even “cure” stress incontinence. According to Kristene Whitmore, M.D., chair of urology and female pelvic medicine and reconstructive surgery at Drexel University College of Medicine in Philadelphia, “Dropping pounds eases the pressure on your bladder and pelvic floor.... In one study, women who lost 17 pounds reduced leaking episodes nearly 50%. Even those who lost a mere three pounds were 28% drier.”

1. <http://www.goodhousekeeping.com/health/a13570/urinary-symptoms/>

Also, watch what you drink—sip don’t chug—and you can also make a huge difference. Coffee is a major culprit. If you must drink it, think moderation. Water or herbal teas are better but even those need to be sipped over time. Finally, cut back or eliminate those elements in your diet that are known to irritate bladders: caffeine, carbonation, alcohol, artificial sweeteners, citrus and tomato juice.

One word—*kegels!* Many are already familiar with these go anywhere, exercise anytime little gems. Kegels are pelvic floor strengthening exercises. A doctor or physical therapist can show you how to perform the moves correctly to derive the most benefit. Keep at it daily for six to eight weeks to give the exercises the best chance to work.

All of the above are steps you can take to mitigate the effects of or even cure stress incontinence on your own. If those prove less than satisfactory, treatment can become more aggressive with a little help from your doctor. There are devices available he or she can prescribe to help.

A vaginal pessary is a specialized device shaped like a ring with two bumps on it. It is placed around the urethra to support the bladder and reduce leakage during activities. A urethral insert is another choice. Similar to a small tampon, it’s inserted for extra help when certain physical activities are anticipated—though it can be worn all day if desired.



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Surgery is the final choice available to someone suffering from the effects of stress incontinence. There are several procedures that can be performed. Consult with your doctor to see which one he or she may recommend.

The bottom line is, stress incontinence is more inconvenient and embarrassing than it is life threatening. Clearly, there are options out there. Most are non-medical lifestyle changes a person can adopt to take control of their particular situation. Many will greatly reduce or even eliminate the problem altogether. And while stress incontinence is nothing to sneeze at...it’s not a condition you’ll have to live with, either.



HAVE YOU HEARD THE NEWS CIRCULATING ABOUT CIRCULATION?

The vascular system performs one of the body's most important functions: carrying blood, oxygen and nutrients to tissues throughout the body. So it should be of no surprise that circulatory system disease and dysfunction can cause serious health problems.

In the U.S. alone, vascular disease causes 715,000 heart attacks each year. Even more alarming, as many as 20% of adults over age 55 have peripheral artery disease (PAD), a circulatory disease in which arterial plaque restricts blood flow to the extremities, usually the legs and feet. The most common symptom of PAD is called intermittent claudication, a medical term for painful cramping in the legs or hips during activities like walking or climbing stairs that typically disappears when the legs are at rest. PAD symptoms can also include numbness, tingling and weakness in the lower legs, burning, aching and/or coldness in the feet or toes, and a leg or foot wound that won't heal.

Because PAD is most common in people over 50, many folks disregard symptoms as a normal part of aging, but PAD is usually a sign of widespread atherosclerosis, meaning blood flow to the heart and brain is also restricted. The good news is that, once diagnosed, there are treatments to arrest and correct PAD.

The Board Certified Interventional Radiologists of RAO's Center for Vascular Health (CVH) have effective, quick and painless tests to diagnose PAD, as well as a full spectrum of quality vascular testing and treatments for a variety of conditions. CVH's medical team utilizes the latest technology and procedures to diagnose and treat vascular disease, including arterial angiograms, uterine artery embolization, tumor ablation, catheter placement, CTA heart vessel evaluation, even permanent treatment for varicose veins. CVH also offers non-vascular treatments to address spinal pain syndromes, including steroid injections, nerve root blocks and more.

If you have a vascular or spinal pain condition and would like answers, the friendly staff of CVH is happy to assist you. When warranted, we will work closely with your doctor to help get you back on the road to optimal health.

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THE HEALTH BENEFITS OF DIETARY SUPPLEMENTS

With the popularity of fast and inexpensive processed food, many of us struggle to get all the nutrients we need out of our diets. As a result, dietary supplements are growing in popularity and are now a multi-billion dollar industry. Still, many of us remain either confused by what to take or skeptical of what the actual benefits of these supplements might be.

There are six essential nutrients that we need to get each day: proteins, carbohydrates, fats, vitamins, minerals and water.

The best source of these nutrients is a healthy, balanced diet, comprised of fresh, whole foods and an abundance of fruits and vegetables.

Getting all the nutrients we need on a daily basis can be a difficult task. Most people find it daunting to incorporate the recommended amount of fruits and vegetables, high-fiber whole grains, healthy fats and lean protein. So, what is one to do?

Even people who strive to eat a healthy diet can sometimes miss essential nutrients. Therefore, nutritional supplements, when taken appropriately, can be beneficial to almost anyone's diet.

Multivitamins

The first supplement to consider adding to your diet is the multivitamin.

There are many essential vitamins and minerals found in multivitamins that can be difficult to attain solely through one's diet. The health benefits of these nutrients are hard to ignore. Calcium makes your bones stronger. Vitamin B12 gives you more energy. Vitamin D boosts your immune system.

Multivitamins are not intended to take the place of a healthy diet, but they can provide a healthy foundation.



Overall, the multivitamin is the single most diverse supplement you can add to your diet.

There are a few things to consider when taking a multivitamin. Not all multivitamins are made equal. Many multivitamins contain synthetic nutrients instead of natural ones, which are harder for the body to absorb. It is recommended to take an all-natural multivitamin derived from actual food sources so the body can absorb a much larger percentage of its nutrients.

Additional Vitamins and Minerals

In addition to a multivitamin, sometimes other vitamin and mineral supplements are needed:

- **If you're a vegetarian or vegan.** Vegetarians often lack nutrients found in meat, like B12 and iron. A multivitamin should stabilize your B12 intake, but many find the need for an additional iron supplement. For vegans, who might miss out on their daily dose of calcium and Vitamin D, drinking soy milk or any other fortified milk alternative will help keep levels up.

- **If you're feeling down.** People with low levels of vitamin D, magnesium and omega-3s are more likely to show signs of depression. When this happens, He recommends adding all three. Omega-3s have been shown to support brain health and magnesium has been shown to help the body feel calm, relaxed and satisfied.

- **If you want to boost your body's resilience.** The spice Turmeric and Flax seed oil help to reduce inflammation in the body and fight off sickness. This oil helps support the joints and improves heart and brain health.

Healthy Fats

Another important nutrient we should be supplementing our diets with is fat. It is a common misconception that fat is bad for us when, actually, quite the opposite is true. The body uses fat to do everything from building cell membranes to performing key functions in the brain, eyes, and lungs. Fats also play a vital role in our cardiovascular health as well as in the maintenance of our skin and hair.

The problem with fat is that people eat too many trans fats, often found in processed food, that not only raise cholesterol, but also increase the risk of heart disease.

Healthy fats, such as monounsaturated fat, polyunsaturated fat, and the super-healthy fats omega 3 fatty acids, can actually improve the overall health of the heart.

When combined with exercise, taking an omega 3 supplement can also combat the problem of high triglycerides and low, good (HDL) cholesterol – another common medical problem caused by diets high in trans fat. Therefore, it is important to make sure our diets include a good amount of these healthy fats.

Fish oil, which contains concentrated omega 3 fatty acids, is perhaps the best nutritional supplement for healthy fats.

Protein

Another good dietary supplement to consider is protein. Protein is one of the body's main building blocks for muscle, bone, skin, and other tissues. Often found in the form of powders or shakes, protein supplements repair muscles and help the body recover from exercise. If your diet is low in protein-rich foods, such as fish, poultry, beans, nuts and whole grains, then you may want to consider adding a protein supplement.

Protein supplementation can be harmful to certain populations, especially those with diminished kidney function. Before adding protein, or any other nutritional supplement to your diet, you should check with your doctor to make sure it is safe for you.



1750 SE 28th Loop
Ocala, FL 34471
(352) 351-4634
ocalafamilydoctor.com



David L. Oliver, D.O.

- **Board-Certified:** American Board of Osteopathic Family Physicians
- **Residency:** Columbia Medical Center-Peninsula, Ormond Beach, FL
- **Chief Resident**
- **Doctor of Osteopathy:** West Virginia School of Osteopathic Medicine
- **Bachelor of Science:** Biology, Freed-Hardeman University, Henderson, TN



Rafael Rosa-Algarin, M.D.

- **Internship:** San Juan Municipality Hospital- Centro Médico, Rio Piedras, PR
- **Graduated of:** Doctor of Medicine- San Juan Bautista School of Medicine, Caguas PR
- **Graduate School:** Public Health/Environmental Health, UPR, Centro Médico, Rio
- **Piedras, PR**
- **Bachelor of Science:** Biology. UPR, Rio Piedras PR
- **Language Spoken:** English, Spanish

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With the new year already here and the holiday season behind us there is no better time than the present to get started on a path of achieving a healthier lifestyle. Maybe you put on a few extra pounds over the holidays and want to fit back into your favorite clothes or maybe you were recently diagnosed with high blood pressure, diabetes, high cholesterol or sleep apnea and are concerned about your overall health? Perhaps you don't have the energy you used to have or suffer from knee, hip or back pain and just want to feel energized and pain free again? Eighty to ninety percent of common medical issues are weight and lifestyle related. The good news is if your weight and overall lifestyle are corrected many of those medical problems improve or are totally eliminated and you can feel better about yourself and enjoy all that life has to offer.

Lifestyle Solutions MedSpa specializes in helping people achieve and maintain a healthy weight through physician-directed individualized programs that teach you how to achieve a healthy, realistic, sustainable lifestyle. "We educate, motivate, inspire, and hold people accountable so that each person starts feeling better about themselves and starts to develop a new healthier routine without feeling like they are on a "diet" or part of a "diet program", says Dr. Michael Holloway, medical director and founder of Lifestyle Solutions MedSpa, "With over 12 years of experience in this field we have become very good at what we do...most people who start our program are very successful and achieve good outcomes. We have helped people get their blood pressure and diabetes under control without the need for medication as well as help people reduce or eliminate many of their common medical conditions so they can feel healthy and confident.

The MedSpa takes the approach that focusing on the individual and establishing a positive, up-beat attitude is key. You will feel the difference from the minute you pull up to the facility and walk through their doors...it is unlike most anything you have experienced...a far cry from the typical sterile, bland, medical facility. You will also be greeted by their warm and friendly staff. "We raise the bar high in the area of customer service", says Shannon Holloway, the MedSpa's executive director and co-founder, "We see ourselves as much in the hospitality industry as the medical field. We want each and every client to feel uplifted and happy about coming to see us. Emotional health and well-being is a large part of one's daily attitude which makes a huge difference as someone works towards their goals of losing weight and developing a revitalized feeling about themselves."

Lifestyle Solutions MedSpa offers much more than just weight-loss programs. The menu of services they offer include numerous FDA approved facial and body aesthetic treatments and procedures all of which are non-invasive and have the benefit of little to no downtime but deliver incredible results.

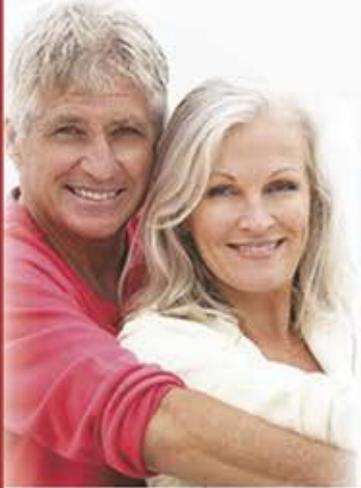
"If someone is looking for a total body make-over we can make that happen", says Dr. Holloway, "We offer everything from Botox® and Restylane® to laser hair removal, facial resurfacing, rosacea and sunspot reduction to Coolsculpting® which dramatically reduces that undesirable diet and exercise resistant body fat we accumulate as we age. We also have a fabulous permanent make-up artist from Japan who has been with us for over five years. She performs some of the best eyebrow and eyeliner results I have ever seen."

The MedSpa also offers a simple and effective way to "escape" from the busy stressful world and take an afternoon to just pamper yourself or you and your spouse or just have a "girls' day out". There are two adjacent amazingly adorned spa rooms that can be booked for a "spa party" where each person can choose from a list of massages, facials or other desirable relaxing treatments and then enjoy a healthy revitalizing lunch while sitting just outside on the private French-style patio all while enjoying relaxing music, soothing sounds from a nearby waterfall and watch the butterflies mingle around the flower garden.

If all this sounds too good to be true, well, it isn't...Dr. Michael Holloway and wife, Shannon, challenged themselves over the past two years to design and construct a new facility in the heart of the Villages® community that they consider to be one of the top MedSpas you will find anywhere around the world. And once you experience the facility and everything they have to offer we think you will agree. You just simply need to come experience Lifestyle Solutions MedSpa. They have two equally unique facilities located in Ocala and Lady Lake. Call and make your appointment for a free consultation TODAY!



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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



Although colonoscopy exams prevent many colon cancer deaths¹ and are the gold standard, for detecting colorectal cancers,² the procedure is not completely effective in preventing cancer cases.³ 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 Rokey 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.



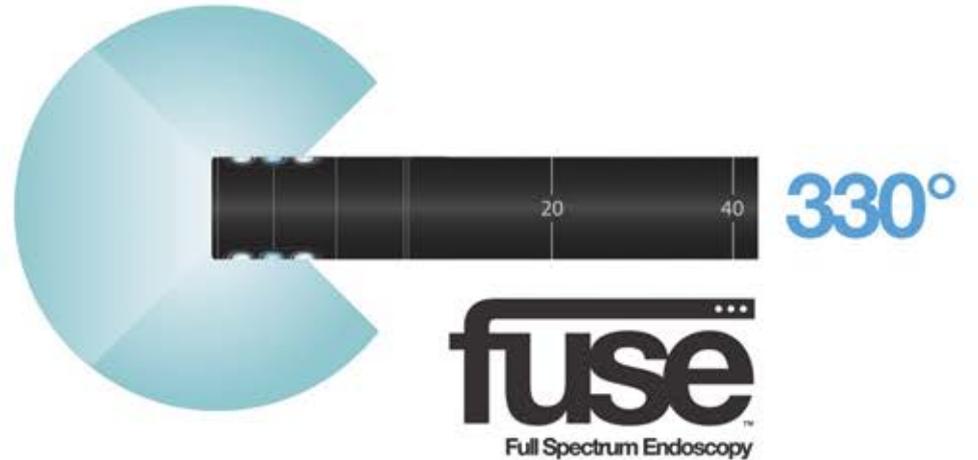
Dr. Anand Kesari



**Standard Colonoscope
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**Fuse™ Colonoscope
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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**

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MARCH IS COLON CANCER AWARENESS MONTH

Colon Health, Common Diseases, and Treatments

By Anthony V. Delorio Jr., MD, FACS

In discussing colon health, there are two key factors to consider. First, to achieve a healthy colon, one must regulate diet and supplements to normalize bowel movements. Crucial to that is the incorporation of fiber within the diet either through the foods eaten or a fiber supplement. I am often asked how much fiber supplement should be taken. The amount of supplement should be determined by the amount of fiber in the diet. That is, a patient who takes in a fair amount of fiber within the diet in the way of fruits and vegetables probably doesn't need supplementation. A patient who takes in only a moderate amount of fiber within the diet may need only a small supplementation. And, one with very little fiber in the diet may need full supplementation. In addition and equally important, is the consumption of water with any variety of fiber. Fiber serves to bulk the stool but water must be incorporated to soften it. Daily intake of water should be approximately 6-8 eight ounce glasses. The adequacy of the amount of fiber and fluid can be judged by the consistency of stool being solid but soft. Also, a patient can consider the use of probiotics particularly if he/she had recently been on antibiotics recently.

Second, regular maintenance evaluations of the colon should be undertaken in the way of colonoscopy. In general, the current recommendations from the American Cancer Society include commencing colonoscopy at age 50, earlier if there is a family history or genetic predisposition to colon cancer. Follow up colonoscopies are determined by the findings. If there are no findings on the initial scope, subsequent colonoscopy can be performed in 5-10 years. If polyps are identified and removed, follow-up colonoscopy should be considered in 3-5 years.



So what if the colonoscopy is abnormal?

Common treatable findings can include everything from colitis to inflammatory bowel disease to diverticular disease to hemorrhoids to polyps to cancers.

Colitis is simply an inflammation of the colon. It can be infectious or ischemic in origin. Infectious colitis can arise from viral or bacterial infections. Viral colitis is treated symptomatically with medications until symptoms resolve. Bacterial colitis is treated with antibiotics as well as symptomatically with medications until symptoms resolve as well. Ischemic colitis can resolve on its own or may need surgery to remove the involved portion of colon.

Inflammatory bowel disease exists in two varieties, Crohn's disease and ulcerative colitis. Crohn's disease is an autoimmune inflammatory process which can affect any part of the

GI tract. It is usually a transmural inflammation, that is it affects the whole wall of the intestine. It presents most often with abdominal pain and diarrhea, usually associated with some bleeding. It is diagnosed by endoscopy and biopsy. Treatment consists of medications that counteract the inflammatory process causing the disease, such as steroids. Surgery is only done for intractable symptoms that cannot be resolved medically. Cancer is not generally associated with this disease process. Ulcerative colitis attacks only the colon and generally only affects the inner layer of the colon called the mucosa. It also can present with abdominal pain, diarrhea, and bleeding. Colonoscopy with biopsy can diagnose this process. Complete removal of the colon and rectum by surgery is curative. If surgery is not performed, the risk of colon cancer becomes significant if the disease has been in place for greater than 10 years.

Diverticular disease involves outpouchings of the colon wall that occur at natural weak points such as where blood vessels penetrate the wall. These commonly occur in the sigmoid colon on the left lower part but can occur elsewhere. Often, they are asymptomatic and require no treatment. They can become inflamed producing diverticulitis, which is usually treated with antibiotics unless it becomes a complex infection. Complex infections include perforating the colon, abscesses, and strictures. These complex entities often require surgery to repair the process. Diverticula can cause bleeding as well. This, too, can be managed medically in many circumstances, but if intractable, would warrant surgery.

Hemorrhoids are a common finding on endoscopy. Many are asymptomatic and require no treatment. Inflammation of the hemorrhoids is generally treated medically. Surgery is reserved for those hemorrhoids that are resistant to medical treatment or repetitively bleed.

Colon polyps are also common to find on colonoscopy. Most of these can be removed with the scope. There are a variety of colon polyps that have differences as to whether or not they are precursors to cancer and the degree of risk of whether it would become a cancer. Some polyps are identified that are too flat or too large to be removed endoscopically. These polyps would warrant surgery to remove that segment of the colon.

Cancers of the colon are also identified on colonoscopy and diagnosed by biopsy through the scope. These are treated by surgical removal of the involved segment of colon together with the lymph nodes draining that segment. A cancer stage is determined by the findings on the surgical specimen read by the pathologist. More advanced stages are treated after surgery with chemotherapy. Now certain biochemical tests are also run on these cancers to determine if the cancer will be aggressive, warranting chemotherapy even in earlier stages. Cancers of the rectum are generally treated before surgery with radiation. Subsequently, surgery removes the segment of rectum and involved. Chemotherapy may be employed after surgery here as well.

Surgeries to perform colon resections are done and a variety of ways. Open abdominal surgery through an incision is the oldest and one of the more common ways of accomplishing the task. Some conditions are amenable to laparoscopic surgery. In general, laparoscopic surgery on the colon provides for an identical result in the way of cure of the disease process; however, it may allow for a slightly quicker recovery. Open colon resection patients generally are in the hospital 7-10 days with full recovery in 4-6 weeks. In contrast, laparoscopic colon resections usually leave the hospital in 4-5 days with full recovery in 3-4 weeks. Additionally, now many surgeons are learning to perform some colon

resections robotically. The biggest purported advantage of this technique is in even more rapid recovery of 3 days in the hospital and approximately 3-4 weeks for full recovery.

I do hope the above overview of colon health and common disease processes was helpful to those of you who read it. Certainly, any questions about the above can be discussed with either one's primary medical doctor or at a consultation with the general surgeon.



Anthony V. Delorio Jr., MD, FACS



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Dr. Castellano



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TIPS WHEN MAKING AN OFFER!

You've decided to go for it. Buying a home can be thrilling and nerve-wracking at the same time, especially for a first-time homebuyer. It's difficult to know exactly what to expect. The learning curve can be steep, but most of the issues can be resolved by doing a little financial homework at the outset.

Take these 5 steps to help make the process go more smoothly.

Check your credit

The homebuyer's credit score is among the most important factors when it comes to qualifying for a loan these days.

The standards are higher in terms of what score you need and how it affects the cost of the loan.

To get a sense of where your credit stands, collect your credit report and score. There are many tools and resources to do this. If you need assistance, the Trout Team can point you in the right direction.

Scour the reports for mistakes, unpaid accounts or collection accounts. Just because you pay everything on time every month doesn't mean your credit is stellar, however. The amount of credit you're using relative to your available credit limit, or your credit utilization ratio, can sink a credit score.

The lower the utilization rate, the higher your score will be. Ideally, first-time homebuyers would have a lot of credit available, with less than a third of it used.

Repairing damaged credit takes time -- and money, if you owe more than lenders would prefer to see relative to your income. Begin the process at least 6 months before shopping for a home.

Evaluate assets and liabilities

So you don't owe too much money and your payments are up to date. But how do you spend your money? Do you have piles of money left over every month, or are you on a shoestring budget?

A first-time homebuyer should have a good idea of what is owed and what is coming in.

Organize documents

When applying for mortgages, homebuyers must document income and taxes.

Typically, mortgage lenders will request 2 recent pay stubs, the previous 2 years' W-2s, tax returns and the past 2 months of bank statements -- every page, even the blank ones.

Buying a home can take a long time, but knowing what you need and where to find it can save time when you're ready.

Qualify yourself

Ideally, as a first-time homebuyer, you already know how much you can afford to spend before the mortgage lender tells you how much you qualify for.

By calculating debt-to-income ratio and factoring in a down payment, you will have a good idea of what you can afford, both upfront and monthly.

Though there's not a fixed debt-to-income ratio that lenders require, the old standard dictates that no more than 28 percent of your gross monthly income be devoted to housing costs. This percentage is called the front-end ratio.

The back-end ratio shows what portion of income covers all monthly debt obligations. Lenders prefer the back-end ratio to be 36 percent or less, but some borrowers get approved with back-end ratios of 45 percent or higher.

Figure out your down payment

It takes effort to scrape together the down payment.

There are programs that can assist buyers with qualifying incomes and situations. Finally, speak with mortgage lenders when you're starting the process. Check with friends, co-workers and neighbors to find out which lenders they enjoyed working with and ask them questions about the process and what other steps first-time homebuyers should take.

Once your finances are in order and you are ready to begin looking for your new home, the help of a knowledgeable realtor can be invaluable.

Rest assured that you can trust the Trout Team for all of your real estate needs.

If you are considering purchasing a home in the area, there are many questions that should be answered before you make your purchase.

If you are buying in The Villages, you need to understand the Villages District Development system.

You need to understand the "bond" associated with each Villages purchase.

You need to know the deed restrictions in the specific area you are considering. What are you allowed to do and not allowed to do with landscaping, decorating, changes to your home and more!

As you consider a purchase in the area, you need a real estate agent who is well versed in the area you are considering to provide the answers you will need to make informed decisions. Without the proper information, the decisions you make can prove costly and can not only waste time, but keep you from making the best decisions.

The members of the Trout Team will listen to your concerns and provide the answers you need. We will assist you in finding the right home in the community or Village that best suits your needs and your lifestyle.

All said, for the best Buyers Agent representation, call Judy Trout today! Help is only a phone call away, 352-208-2629.

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IS GOOD HEALTH IN YOUR FUTURE?

By Danielle Perrault, Founder, Director
World Institute of Natural Nutrition

One of the most serious problems of modern civilization is malnutrition. Whether we consider malnutrition caused by poverty and shortage of food as encountered in third world countries, or witness the dietary abuse problems common to the rest of the world, we find enormous suffering caused by the way we feed ourselves. Obesity has reached endemic proportion. The plethora of 'solutions' offered everywhere in the media, is quickly exhausted against the number of excuses fabricated. Let's face it, the majority of us are fat, and dying of malnutrition.

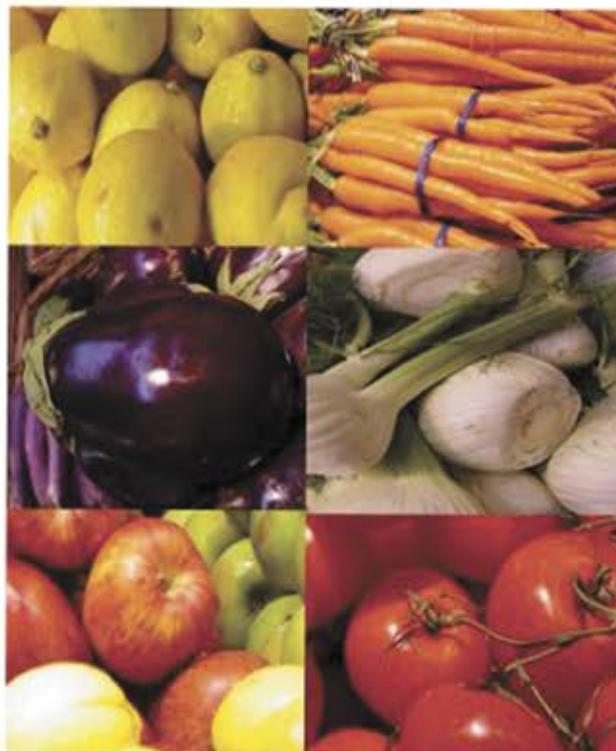
This phenomena engenders its own inevitable fate, in the form of a great many diseases, most of them preventable. "Eat less and move more" is the generally accepted rule of thumb when it comes to fighting obesity, but whichever way we look at the problem, WHAT we eat and WHY we eat is the key as well as the salvation.

It takes courage to face the fact that through ignorance and lack of interest in the needs of our own bodies, we are slowly bringing ourselves to the point of extinction.

Fortunately, there is a light at the end of the tunnel. We are seeing an awakening to a new and vital interest in nutrition. This curiosity is not aimed at the traditional dietetic and scientific field. It involves an emerging sphere of nutrition that encompass not only the characteristics of food, but explores the quality of the food source and the holism of the consumer. This new vital area of nutrition is called 'natural nutrition'.

For over fifty years science has dominated the civilized world. If something is not demonstrated scientifically, it is claimed to be invalid and unworthy of attention. Some would even have us believe that ignoring scientific claims is 'dangerous', putting into question the existence of our ancestors for millenniums. Some food manufacturers have exploited

March is National Nutrition Month



this phenomenon to their financial advantage. The supermarkets are swamped with supposedly beneficial artificial foods, adulterated and 'improved' beyond any nutritional value.

We have become a generation of gullible consumers. And those whom we may have counted on in the past to guide us, are willingly backed by these processed food giants.

Let's begin the process of unlearning, of getting back to basics....

A shift is slowly occurring. We are beginning to understand that the only person in charge of us, individually, is us and that no one knows more about what's good for us than we do. The wisdom of 'listening to your body' is making waves. What Martha Graham said in the context of dance, "The body says what words cannot" is true of all body functions. Our body language well heard is the avant-garde of our health.



In this move towards personal freedom and wisdom, today's informed consumer recognizes that he is what he eats. He also realizes that food does not nourish the physical body alone. Mind and consciousness are not divided from the physical self.

It becomes clear then that there is no diet that is right for everyone all the time. Neither are there miracle nutrients that will cure all ills. Each person is uniquely different, and each must exercise his judgment as to what is right for his own well-being. This is a simple matter of self-responsibility. If we value our health and have a genuine concern for the quality of our life as well as for our potential longevity, then we cannot conveniently turn a blind eye to the quality of our food sources.

Following this realization comes a new insight: the quality of the food eaten affects the degree of well-being experienced. It is easy to comprehend that artificially created food, or food grown under sub optimal conditions, cannot contribute the ingredients necessary to good health. Only natural, wholesome food can produce the degree of health that brings peace of mind and enjoyment of life. In our modern society, this requires constant vigilance as to what we choose to eat.



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The properties of natural nutrition are simple...
Let's remember the acronym **NAG**

Natural, as in unprocessed, unrefined foods such as whole grains and legumes.

Alive, meaning food that still contains live enzymes, such as fresh fruit, vegetables, and sprouts.

Good Quality, meaning grown in soil rich in essential nutrients such as organically grown foods (pesticide free and grown without synthetic fertilizers).

These simple words can serve as a guide to everyone wishing to improve their health. Awareness and understanding of the *simplicity* of our nutritional needs will inevitably lead to individual and collective good health. We need to learn to look at good nutrition, not as a means to stop our diseases, but as a tool to create our own immunity and overall good health.

Where do we find quality food?

The neighborhood supermarket is not always our best source of natural food. Fruit and vegetables are often imported from foreign countries, and by the time they reach our table they have lost all major nutrients. In our country fruit and vegetables are often grown carelessly in poor soil full of pesticides, all in the name of profit and certainly with no regards for the health of the consumer.

Fortunately we see an emerging trend towards fresh markets consciously striving to offer quality organic produce, and local farmers' markets where you can actually speak to the person who grows your food, and find products you won't find anywhere else. These markets are a wonderful way to bring people together because they are fun. The farmers connect with the consumers who love what they sell and appreciate their hard work. The satisfaction of buying natural foods, socializing with like minded people while enjoying the fresh air is good for body and soul.

What can we expect in the future?

We are not doomed to perpetuate obesity and malnutrition! All it takes is a conscious rethinking of our everyday food choices. That's where courage comes in handy. It is so much easier to maintain status quo, believe what we are told and hope for the best. What we really need to do, however, is to take a good look at the quality of food that's foisted on us too many times, and, yes, complain!

As more and more consumers demand the quality of food that we are entitled to, we will find that food manufacturers and suppliers will begin to provide it. We will then see a significant move towards the prevention of obesity and disease starting with a most important requisite: natural nutrition.

Danielle Perrault, Certified Holistic Nutritionist, has been teaching and promoting natural, holistic nutrition for over twenty years. She first founded the Canadian School of Natural Nutrition in 1994, then expanded internationally with the World Institute of Natural Nutrition with Head Office in Fort Myers, Florida.

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The American Cancer Society predicted 96,830 cases of colon cancer in 2014.
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Dr. Anand Kesari of Gastro-Colon Clinic and OSSC is proud to be the front-runner in adopting this new technology. Fuse® has been shown to greatly reduce the numbers of pre-cancerous polyps missed by standard colonoscopes and doesn't cost more. Fuse® colonoscopy is COVERED BY YOUR INSURANCE.

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7 High-Tech Reasons

You Should Finally Deal with Your Hearing Loss



Lifting your mood, boosting your energy, protecting your earnings, super-charging your social life — and even keeping your mind sharp: These are just some of the many spoils that come with facing and dealing with a noise-induced hearing loss that has been slowly but persistently creeping up on you.

The quality-of-life and feel-good benefits of treating even just mild hearing loss brought on by years of loud music, power tools, high-volume headphones, motor-sport engines, crowded night clubs and bars, noisy restaurants, and raucous sporting events are plenty. But in this digital age of smart phones and wearable technologies, the draw for many solution-minded consumers may be in the technology itself. Super-smart, super-sleek, super-convenient, and super-sophisticated — today's hearing aids give you a multitude of reasons to address that hearing loss you've been trying so hard to ignore.

Consider these inspiring facts about today's highly functional, high-powered hearing aids. They just may get you to finally do something about your hearing loss and make your life easier.

1. They're cool, sleek, discreet and virtually invisible. New technologies are all about function, style, and effortless living. The latest hearing aids offer all three. The designs are incredibly attractive with smooth, modern contours. And they're much smaller than even conventional Bluetooth earpieces. Many of the latest hearing aids are so tiny, they sit discreetly and comfortably inside the ear canal, out of sight. You might say that aesthetically, hearing aids have had a complete makeover.

2. They cut out background noise so you hear what you want to hear. Even with the best of hearing, it's tough to hear people when it's noisy. But many state-of-the-art hearing aids not only reduce unwanted noise, they also scan the listening environment and automatically adapt to it — even in wind. There are hearing aids that can actually “geo-tag” a location. So if it's convenient for you to network at a certain coffee shop, your hearing aids will know when you're there and adjust themselves accordingly. For the record, it's not by chance that the latest state-of-the-art hearing aids are so adaptable to changing noise scenarios. Recordings of virtually every imaginable listening situation have been used to create algorithms and “train” these amazing mini-computers for your ears.

3. They capture the natural richness and variation of speech, so it's easier to follow the conversation wherever you are. Let's face it, one of the most pesky aspects of not hearing as well as you once did is not catching everything people are saying. New technologies not only help you decipher speech details in music and noise, but they better preserve and clarify the more subtle sounds of language — like the consonants B, S, F, T, and Z — so you can really follow what someone is saying. No faking.



4. You can hear from all directions — even when scoping out what’s in the fridge. Advanced directional microphone technology lets you hear from the back and side — something really important when driving a car. But it also makes it easier to hear voices more clearly in other everyday settings — like when your head is in the fridge and your significant other is talking at your back. Yes, that’s one great feature.

5. Digital, Bluetooth, and wireless capabilities keep you connected when it counts. Digital, wireless hearing aids are the now the norm. That means many new technologies let you stream sound directly into your hearing aids — at the perfect volume — from your smartphone, laptop, conference-room speakerphone, home entertainment system, and other Bluetooth

devices. Music, phone calls, podcasts, videos, whatever you listen to through your iPhone (or iPad and iPod for that matter), you can listen to through many hearing aids. Some even let you control the volume and other personalized sound settings with an app on your smartphone. Several types of wireless accessories give you a listening boost by bridging the gap between you and the speaker, making it easier to hear in loud or large places. Using a wireless mini-microphone — with cool, contoured designs, some even looking like a pen — placed on the restaurant or conference-room table, or near anyone you want to hear, makes it feel like they’re speaking directly and clearly into your ears, no matter how noisy the setting. You adjust the volume.



6. State-of-the-art comfort and convenience mean you’ll always want to use them. Super-small, super-light, customized, functional, and ergonomically designed, hearing aids today are more comfy than ever — yet tough enough to with stand real life. For most of the newest hearing aids, there’s virtually no feedback or whistling thanks to advances in digital technologies. And most are hypoallergenic with nanotechnology coating to keep them clean and dry. Some are even fully waterproof, so you can swim and shower in them, no problem. Plus, today’s greater-than-ever audio-processing goes hand-in-hand with less battery usage. Some hearing aids are even rechargeable, eliminating the need to change batteries altogether. But the convenience and comfort don’t end there. Some brands let you set up reminders for things like appointments or taking medicine. Perhaps the most “peace-of-mind-preserving” life hack, though, is leading-edge technology that helps sooth the ringing in your ears (tinnitus) in a way that suits you.

7. There are even more revolutionary hearing technologies on the horizon. Totally out-of-sight, semi-permanent hearing aids that stay in for two to three months let you shower and sleep in them, no fuss. Perhaps the most futuristic glimpse of hearing aids is tied to recent ground-breaking studies revealing a significant link between untreated hearing loss and dementia. Hearing aid manufacturers are deep in the trenches working to create future break-through technologies that will make it as easy as possible for the brain to decode speech and other sounds. Reducing cognitive load — that is, drawing fewer resources from the brain just to “hear” — is a very good thing. After all, we really do hear with our brains and not with our ears. Some hearing aids with these technologies are already available. Yes, leading-edge hearing aids are here to help you keep your mind sharp and your life easier by hearing your best at every age — starting today.



Meet our Audiologist: Thomas Mitchell, M.S., CCC-A, F-AAA

Originally from Texas, Thomas completed his B.S. in Education Magna Cum Laude at the University of North Texas. He continued to study there and earned a Master of Science Degree in Audiology with a Minor in Gerontology. He has gathered over 30 years of experience in the Hearing Health Care industry and is a licensed Clinical Audiologist in Florida, Missouri and Texas.

Joining the HearUSA team, Thomas is excited to share his knowledge with patients. His specialties include identifying and treating disorders of the auditory system, providing comprehensive hearing evaluations, hearing aid evaluations and dispensing, and counseling and follow-up care.

Prior to joining HearUSA his work experience included comprehensive audiometric, electrophysiologic and vestibular diagnostic testing for children and adults at various Audiology/ENT private practice settings across the United States. Thomas’ experience also included working with cochlear implant and hearing aid manufacturers as an award-winning manager and sales professional in the U.S. and worldwide.

“Being an audiologist is my passion. Improving the quality of life for my patients and their families by offering one-on-one personalized care is so rewarding.

My goal is to empower patients to manage their hearing loss and improve their quality of life by providing patient-centered care that incorporates evidence-based practice, compassion and expertise.”



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March is National Kidney Disease Awareness Month

Most Americans know that heart disease and cancer can be silent killers and understand that monitoring blood pressure and cholesterol and having regular mammograms are critical to protecting their health. Too few adults—and not enough doctors—realize, however, that chronic kidney disease (CKD) is another common, life-threatening illness that often goes undetected until very advanced when it could be diagnosed early through simple tests.

Recent studies report that 26 million Americans suffer from CKD and millions more are at risk. Worse, today's epidemics of diabetes and obesity could contribute to even higher rates of CKD in the future. Undiagnosed and untreated, CKD can lead to serious health problems including kidney failure (end-stage renal disease). Caught early, it can often be managed, and kidney damage can be slowed or stopped. That's why early testing for people at risk is so important.

What causes Chronic Kidney Disease?

The two main causes of chronic kidney disease are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases. Diabetes happens when your blood sugar is too high, causing damage to many organs in your body, including the kidneys and heart, as well as blood vessels, nerves and eyes. High blood pressure, or hypertension, occurs when the pressure of your blood against the walls of your blood vessels increases. If uncontrolled, or poorly controlled, high blood pressure can be a leading cause of heart attacks, strokes and chronic kidney disease. Also, chronic kidney disease can cause high blood pressure.

Reduce Your Kidney Disease Risk By:



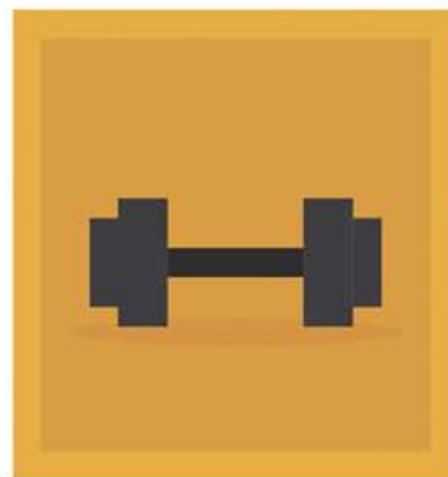
Controlling blood pressure and blood sugar



Maintaining proper weight



Quitting smoking



Exercising regularly



Avoiding excessive use of pain medicine



National Kidney Foundation™

www.kidney.org

What are the symptoms of CKD?

Most people may not have any severe symptoms until their kidney disease is advanced. However, you may notice that you:

- feel more tired and have less energy
- have trouble concentrating
- have a poor appetite
- have trouble sleeping
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around your eyes, especially in the morning
- have dry, itchy skin
- need to urinate more often, especially at night.

4 Main Risk Factors for Kidney Disease:

- Diabetes (self or family)
- High blood pressure (self or family)
- Cardiovascular disease (self or family)
- Family history of kidney disease or diabetes or high blood pressure

8 Problems CKD Can Cause:

- Cardiovascular disease
- Heart attack and stroke
- High blood pressure
- Death
- Weak bones
- Nerve damage (neuropathy)
- Kidney failure (end-stage renal disease, or ESRD)
- Anemia or low red blood cell count

Prevention of CKD

The National Kidney Foundation offers 7 Golden Rules of Prevention to lower your chances of getting kidney disease.

1. Get regular check-ups

You take your car in for a tune-up to make sure it runs smoothly, so why wouldn't you take care of your body? Your doctor can check for kidney disease with 2 simple tests: a urine test and blood test. A urine test called albumin creatinine ratio (ACR) checks if there is a protein called albumin in your urine. A blood test called glomerular filtration rate (GFR) tells how well your kidneys are working to remove waste from your body.

2. Control Blood Pressure

High blood pressure can damage your kidneys and increase your chances of getting kidney disease. If your blood pressure remains high, your doctor may have you take medicine. Making simple tweaks to your lifestyle, such as cutting back on salt and alcohol, losing excess weight, and exercising can help keep your blood pressure in check.

3. Control Blood Sugar

High blood sugar levels make the kidneys filter too much blood. Over time, this extra work stresses the kidneys and can cause damage. If you have diabetes, the best way to protect your kidneys is to keep your blood sugar well controlled. Your treatment plan may include diet, exercise, and medicine to lower your blood sugar levels.

4. Eat a Healthy Diet

A healthy diet plan, such as the DASH (Dietary Approaches to Stop Hypertension) Diet, can help lower blood pressure and lower your chances of getting heart disease and kidney disease. The DASH eating plan includes fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also has less sodium, sugars, fats, and red meats.

5. Exercise

You've heard it before and we're going to say it again: you must exercise! Exercise can help you keep a healthy weight, control blood pressure and cholesterol, build strength and endurance, and lower your chances of getting diseases such as diabetes, heart disease, and kidney disease. There are many types of exercises that can help you stay healthy including walking, household chores, playing a sport, or aerobic exercise (jogging, swimming, biking, climbing stairs, or hiking).

6. Quit Smoking

By now you should know the many dangers associated with smoking. Smoking causes diseases in every organ of the body, including the kidneys. If you are not able to quit smoking on your own, ask your doctor about treatment options.

7. Do not overuse pain medicines

Using too much pain medicines called NSAIDs (non-steroidal anti-inflammatory drugs such as ibuprofen) may cause kidney disease. Long-term use of NSAIDs, especially at high doses, reduces the blood flow to the kidney which causes harm to kidney tissue. Ask your doctor about other medicine to manage pain, such as acetaminophen.

The kidneys are two fist-sized organs in your lower back. They maintain overall health through the following functions:

6 Things Healthy Kidneys Do:

- Regulate the body's fluid levels
- Filter wastes and toxins from the blood
- Release a hormone that regulates blood pressure
- Activate Vitamin D to maintain healthy bones
- Release the hormone that directs production of red blood cells
- Keep blood minerals in balance (sodium, phosphorus, potassium)

Source: kidney.org

What is Liquid BioCell™?

Liquid BioCell™ is a unique nutraceutical that provides a potent dose of collagen, hyaluronic acid, and chondroitin sulfate in a natural matrix that is clinically shown to replenish the vital components of joints and skin.

Liquid BioCell™ improves joint mobility and lubrication, reduces discomfort, promotes healthy cartilage and connective tissue, eliminates dryness without the use of topical moisturizers, increases skin's collagen content, hydration, and firmness and reduces the enzyme that can make your skin age.

We start to age on the day of our birth. As we age, the catabolic (breakdown) pathways go faster than the anabolic (buildup) pathways. The whole body is affected by years of living in an oxygen-rich environment with every day wear and tear on the cells of the body, from joints to bones, to muscle, to skin. We all age, but can it be done gracefully? When the joints start to ache, the skin begins to sag and wrinkle, and the fat moves around to places you never imagined, then a person seeks ways to slow down the aging process.

Liquid BioCell™ provides the building blocks that can speed the build-up processes and slow the degeneration and aging processes. For example, HA has been shown in research to block the degrading enzyme, hyaluronidase.

Advanced joint breakthrough is clinically shown to work, unlike anything else!



Learn More

And it gets even better... Liquid BioCell™ reduces wrinkles from the inside-out without cosmetic injections. Clinical trials show that Liquid BioCell™ improves joint mobility, helps promote healthy cartilage and connective tissue, and promotes joint lubrication.



Changing the Way We Age

with
Lisa DeRosimo, M.D., M.S.
Diplomate of the American
Board of Family Medicine

ACTIVE JOINTS AMAZING SKIN™

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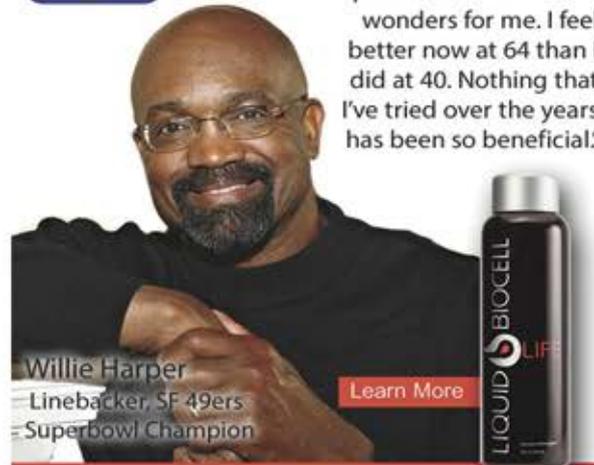
www.healthyjointsandskin.com



Additional recent studies concluded that hydrolyzed collagen type II, which is a primary component of Liquid BioCell™, can directly stimulate collagen production, and promote healthy cartilage and connective tissue.

What happens as we age?

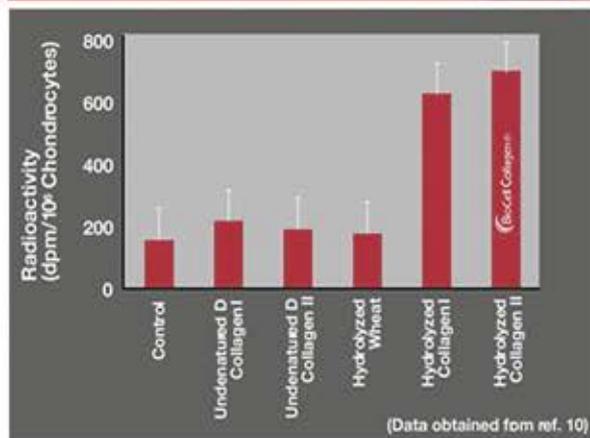
Every cell in our body undergoes changes with time. Subcutaneous fat and moisture decreases. Pigmentation declines and age spots start show up. Healing takes longer, elasticity of cells decreases, and circulation declines. The heart increases in size and the arteries stiffen. Strength, flexibility, and height decrease. The metabolism slows and it takes longer to recover from illnesses.



Willie Harper
Linebacker, SF 49ers
Superbowl Champion

"Liquid BioCell™ has done wonders for me. I feel better now at 64 than I did at 40. Nothing that I've tried over the years has been so beneficial!"

Learn More



Obviously, taking good care of the body can slow these processes. We are what we eat, so good quality food, appropriate exercise, and optimal supplements can benefit the body as we age.

Unfortunately, everyone will experience some of the changes associated with aging at some point. Liquid BioCell™ is an ideal recommendation for helping slow the aging process. It is a natural, clinically-tested, great tasting, highly absorbable source of collagen, hyaluronic acid, and chondroitin sulfate that has been shown to help restore skin and joint health.

In addition to its benefits for joint and skin health, Liquid BioCell Life™ contains 13 superfruits, and resveratrol in the equivalent of 8 bottles of red wine in a daily dose. The antioxidant and anti-inflammatory effects of this delicious delivery system add additional benefit to the product. Numerous studies have been done and continue to be conducted on the benefits of resveratrol. Resveratrol has been shown to have a preventive effect in obesity, cardiovascular health and brain health. Furthermore, it is a potent anti-inflammatory agent, which can counter the effects of unwanted chronic inflammation in the body. The superfruits give Liquid BioCell Life™ a delicious taste and provide additional anti-inflammatory benefit, as well as the ability to neutralize free radicals that are associated with aging and cell damage.

As a daily supplement, Liquid BioCell Life™ can provide a three way defense (collagen matrix, resveratrol, and antioxidant superfruits) in the repair, maintenance, and regeneration of skin and joints.

Visible signs of aging and joint discomfort are a result of the progressive degeneration of connective tissue, where both collagen and hyaluronic acid (HA) are essential. Unlike anything else, Liquid BioCell™ offers a naturally occurring, patented matrix of Hydrolyzed Collagen Type II™, HA, and chondroitin sulfate and its patented Bio-Optimized™ manufacturing process produces an ideal molecular weight that your body can effectively absorb. It's been clinically shown to work! To view our clinical trial studies, visit our website at www.healthyjointsandskin.com.

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Best Bone and Joint Health Ingredient
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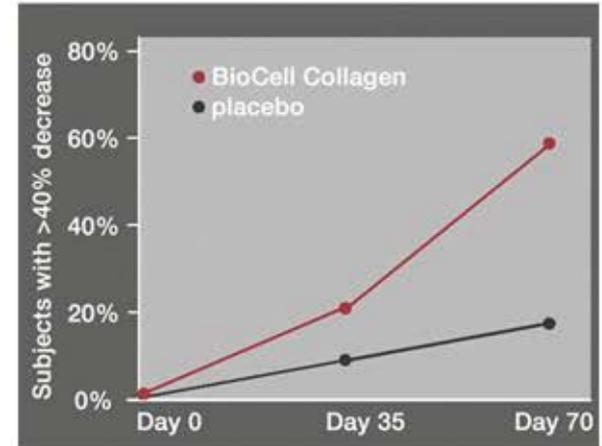


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Doubleblind Scientific Studies

In a 28 day human study for best absorption, it was shown that by drinking 4 OZ of Liquid BioCell™ daily, the results were a remarkable 6,000% increase of hyaluronic acid in the body. In an eight week human clinical trial, 90% of human subjects with chronic joint discomfort experienced a 40% improvement in physical activity and with continued use, many experienced significant improvement in joint mobility.

A 10-week trial enrolling subjects at an advanced stage of joint discomfort showed that more than 70% experienced a significant reduction of stiffness and soreness, improving their daily activities.



Liquid BioCell™ is a new generation of "super ingredients" backed by numerous clinical trials and 7 US and international patents. It's the only nutraceutical on the market backed by clinical trials to support both joint and skin aging.

It's hard to argue with science, but it's even harder to argue with results

For more information about the age-defying Liquid BioCell™ products, call Neil & Barb Ellis at 239-822-1106 today.
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Zika Virus Infection

Questions & Answers

Q. What places have outbreaks of Zika?

A. Local transmission of Zika has been reported in many countries and territories. Specific areas where Zika is spreading are often difficult to determine and will likely change over time. Check CDC's Zika Travel Information webpage often for the most up-to-date travel recommendations.

Q. Should pregnant women travel to places with Zika outbreaks?

A. Zika virus can be spread from a pregnant woman to her fetus. There have been reports of a serious birth defect of the brain called microcephaly in babies of mothers who had Zika virus while pregnant. Knowledge of the link between Zika and birth defects is evolving, but until more is known, CDC recommends special precautions for pregnant women. Pregnant women in any trimester should consider postponing travel to any area where Zika virus is spreading. If you must travel to one of these areas, talk to your healthcare provider first and strictly follow steps to prevent mosquito bites during your trip.

Q. Should women trying to get pregnant travel to places with Zika outbreaks?

A. Until more is known, CDC recommends that women trying to get pregnant and their male partners talk to their healthcare provider before traveling to areas with Zika. Because sexual transmission is possible, both men and women should strictly follow steps to prevent mosquito bites during the trip.

Areas where Zika is spreading will likely change over time. Check CDC's travel website often for a current list of areas with Zika. Specific areas where Zika virus is spreading are often difficult to determine and are likely to change. As more information becomes available, travel notices will be updated. Please check back frequently for the most up-to-date recommendations.



Q. Can mothers pass Zika on to their fetuses during pregnancy?

A. Zika virus can be passed from a mother to her fetus during pregnancy. We are studying how Zika affects pregnancies.

Q. What should a pregnant woman do if she has previously traveled to a place with a Zika outbreak?

A. Pregnant women who have recently traveled to an area with Zika should talk to a healthcare provider about their travel even if they don't feel sick. CDC has guidance to help doctors decide what tests are needed for pregnant women who may have been exposed to Zika. CDC recommends that all pregnant women who have traveled to an area with Zika talk to their doctors. It is especially important that pregnant women see a doctor if they develop a fever, rash, joint pain, or red eyes during their trip or within 2 weeks after traveling to a country where Zika has been reported. They should tell the doctor where they traveled.

Q. What should a pregnant woman do if she gets sick during or after travel to a place with a Zika outbreak?

A. Pregnant women who are worried that they had Zika should talk to their healthcare provider and tell their provider about their recent travel. It is especially important for a pregnant woman to see a doctor if she develops a fever, rash, joint pain, or red eyes during her trip or within 2 weeks after traveling to an area with Zika. CDC has guidance to help doctors decide what tests are needed for pregnant women who may have been exposed to Zika.

Q. Does Zika in pregnant women cause birth defects?

A. Brazil has been having a significant outbreak of Zika virus since May 2015. Officials in Brazil have also noted an increase in the number of babies with congenital microcephaly (a birth defect in which the size of a baby's head is smaller than expected for age and sex) during that time. Congenital microcephaly is often a sign of the brain not developing normally during pregnancy. Health authorities in Brazil, with assistance from the Pan American Health Organization, CDC, and other agencies, have been investigating the possible association between Zika virus infection and microcephaly.

Prevention

Q. Is there a vaccine or medicine for Zika?

A. No. There is no vaccine or medicine for Zika.

Q. How can people protect themselves against Zika?

A. The best way to prevent Zika is to prevent mosquito bites. Here's how:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Use Environmental Protection Agency (EPA)-registered insect repellents (bug spray). Always follow the instructions on the label and reapply every few hours.
- Eliminate mosquito breeding sites, like containers with standing water.

Visit CDC's website for more information about preventing mosquito bites.

Additional studies are needed to determine the degree to which Zika might be linked with microcephaly. More lab testing and other studies are planned to learn more about the risks of Zika virus infection during pregnancy.

Because of the possible association between Zika infection and microcephaly, pregnant women should take steps to prevent mosquito bites.

Q. Can a previous Zika infection cause a woman who later gets pregnant to have a baby with microcephaly?

A. Currently, there is no evidence to suggest that Zika virus, after it is cleared from the blood, poses a risk of birth defects for future pregnancies. Zika virus usually remains in the blood of an infected person for about a week.

**Q. Is it safe to get pregnant after traveling to a place with a Zika outbreak?**

A. Women thinking about getting pregnant who have recently traveled to an area with Zika should talk to their healthcare provider. Once a person becomes sick, Zika virus usually remains in the blood for about a week. Zika virus has been found in semen longer.

Q. Can pregnant and breastfeeding women use insect repellent?

A. Yes. Use EPA-registered insect repellents. When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women. Some natural products are EPA-registered. The effectiveness of non-EPA registered insect repellents is NOT known. Insect repellents registered by the EPA can be expected to repel the mosquitoes that spread Zika, provided the EPA-approved labeling says the product is for use to protect against mosquitoes in general or against Aedes mosquitoes in particular. An example of a natural product with an EPA registration is oil of lemon eucalyptus.

Q. Should a pregnant woman who lives in or has traveled to a place with a Zika outbreak be tested for the virus?

A. CDC has guidance to help healthcare providers decide what tests are needed for pregnant women who may have been exposed to Zika. CDC recommends that all pregnant women who have traveled to a place with a Zika outbreak get tested. It is especially important for pregnant women to see a doctor if they develop a fever, rash, joint pain, or red eyes during their trip or within 2 weeks after traveling to an area with Zika. Be sure to tell your doctor where you traveled.

Source: CDC

March 6-13 is Sleep Awareness Week

CAN MELATONIN HELP YOU SLEEP BETTER?

Melatonin is a natural hormone made by your body's pineal (pih-knee-uhl) gland. This is a pea-sized gland located just above the middle of the brain. During the day the pineal is inactive. When the sun goes down and darkness occurs, the pineal is "turned on" by the SCN and begins to actively produce melatonin, which is released into the blood. Usually, this occurs around 9 pm. As a result, melatonin levels in the blood rise sharply and you begin to feel less alert. Sleep becomes more inviting. Melatonin levels in the blood stay elevated for about 12 hours - all through the night - before the light of a new day when they fall back to low daytime levels by about 9 am. Daytime levels of melatonin are barely detectable.

Besides adjusting the timing of the clock, bright light has another effect. It directly inhibits the release of melatonin. That is why melatonin is sometimes called the "Dracula of hormones" - it only comes out in the dark. Even if the pineal gland is switched "on" by the clock, it will not produce melatonin unless the person is in a dimly lit environment. In addition to sunlight, artificial indoor lighting can be bright enough to prevent the release of melatonin.

Appropriate Dosage

Chances are good that you have seen melatonin in health food stores or in an advertisement or article. No other hormone is available in the United States without a prescription. Because melatonin is contained naturally in some foods, the U.S. Dietary Supplement Health and Education Act of 1994 allows it to be sold as a dietary supplement (e.g., vitamins and minerals). These do not need to be approved by the Food and Drug Administration (FDA) or controlled in the same way as drugs.

Because it is not categorized as a drug, synthetic melatonin is made in factories that are not regulated by the FDA. Listed doses may not be controlled or accurate, meaning the amount of melatonin in a pill you take may not be the amount listed on the package. Most commercial products are offered at dosages that cause melatonin levels in the blood to rise to much higher levels than are naturally produced in the body. Taking a typical dose (1 to 3 mg) may elevate your blood melatonin levels to 1 to 20 times normal.



For melatonin to be helpful, the correct dosage, method and time of day it is taken must be appropriate to the sleep problem. Taking it at the "wrong" time of day may reset your biological clock in an undesirable direction. How much to take, when to take it, and melatonin's effectiveness, if any, for particular sleep disorders is only beginning to be understood.

While there are real concerns about the widespread use of melatonin sold as a consumer product, there have not been any reported cases of proven toxicity or overdose. If you are concerned about the correct melatonin dosage for you, talk to your health care professional.

Research Data

For some people, melatonin seems to help improve sleep. However, when scientists conduct tests to compare melatonin as a "sleeping pill" to a placebo (sugar pill) most studies show no benefit of melatonin. Evidence that melatonin can reset the body clock is more well established, although

it is not clear whether exposure to light may be more effective. Overall, research indicates improved sleep when melatonin is taken at the appropriate time for jet lag and shift work. Appropriate dosage and any safety risks will become clear with further research.

Some studies show promise for the use of melatonin in shortening the time it takes to fall asleep and reducing the number of awakenings, but not necessarily total sleep time. Other studies show no benefit at all with melatonin.

Large studies are needed to demonstrate if melatonin is effective and safe for some forms of insomnia, particularly for long-term use. It may be true that melatonin is effective and safe for some types of insomnia and for children but not for other types of sleep problems. How much to take, when to take it and its effectiveness, if any, for particular disorders is only beginning to be understood.

Source: sleep.org

Prayer Killer #2: Not Honoring Your Spouse

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

You know what would really be nice? If you (my friends and readers) would send me more of your stories of pain and failure;

then I could use your stories and not have to always use mine. (smile)

Many years ago, I went into business with a person who, from every angle, looked legit. (You already know where this is going.) My wife, who is a brilliant woman, and who had left a career in a stock brokerage firm to homeschool our three small children, said, "Honey, I know we've looked at this opportunity from every angle and it seems good, but I just don't have a peace about doing it."

To which, I replied, "Honey, that's just because you don't know much about this type of business. It's gonna be amazing. You just wait and see."

I was right on both accounts. It was amazing and a sight to see...a spectacular screw-up...a hundred-thousand-dollar disaster.

My remarkable wife never said, "I told you so." I'm sure she thought about it though, maybe a hundred thousand times.

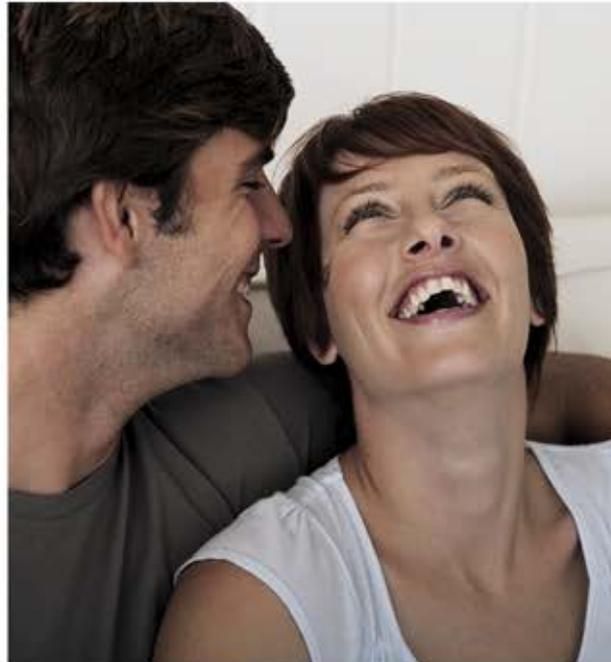
I once heard someone say, "If you think education is expensive, you should try stupidity."

What a stupid and expensive lesson.

But looking back now (hindsight is 20/20, you know)...I could have easily avoided this expensive mistake if I had just followed the advice of one simple verse in the Bible.

And here it is.

In the same way, you husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered. 1Peter 3:7 NLT



On the surface this verse looks like it's just telling husbands to be nice to their sweet "little wives." But under the surface, this often misunderstood verse has the tremendous power to make your dreams come true.

It may sound like one of those late night infomercials, but the power contained in the promise of this one verse (if you are both Christ-followers) can transform your life in so many ways.

So let's jump into it and see how far we get.

First of all this verse is not only talking to husbands, but is talking to both spouses when it comes to the dynamic life-changing principle I'm about to share. So read it as a spouse not as a husband or wife.

The first line of the verse reads in the Greek (the original language): "...husbands dwell with them according to knowledge..." In other words, "Spouse, learn from experience how special and unique God made your spouse and more importantly how the person of the Holy Spirit speaks through them. (Some of you already know where this is going because you are already enjoying the benefits.)

God will use His ability to communicate to you through your spouse, if you will learn to listen. And that alone could have saved me big bucks.

The second part of this power-packed verse is found in these words, again from the Greek: "...rendering honor as the joint-heir of the Grace of Life...".

The Lord God in His infinite wisdom sees a married couple as a two parts of a three-part unit (the husband, the wife and Holy Spirit). God resides to a degree inside of every Christ-follower.

So when a wife wants to buy a new car and begins to think about car options, color, style, price etc...Holy Spirit knows her thoughts and ideas. If she prays and asks Him what He thinks, He will begin to reveal to her mind ideas that maybe she had not thought. If she asks her husband what he thinks and he also prays and asks Holy Spirit, then you have the three working together to provide answers and solutions.

And since one of the three is God's Holy Spirit, and since He knows a lot more than most and is allowed to help us, then both husband and wife can have a peace in their heart from Holy Spirit that a decision has been thoroughly explored and now can be made. This makes the odds of success go through the ceiling.

Obviously I did not do this with my decision.

There are two more vitally important parts to share, but we are out of article space.

However, you can read the rest of this lesson by going to alexanderson.org and signing up for my weekly lessons. (They are free.)

To your spiritual health,
Pastor Alex Anderson
 Author, *Dangerous Prayers*
 alex.anderson@alexanderson.org
 www.dangerous-prayers.com
 mybayside.church



The signs of a heart attack can be different in women.

In fact, some women can experience a heart attack with no chest pain at all. So know the signs. If you feel them, get to an emergency room – fast. Call 911 and know that you can count on the Accredited Chest Pain Center at Munroe Regional Medical Center.



Munroe Regional Medical Center

MunroeRegional.com