

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

June 2018

Pasco Edition - Monthly

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MONTH:
WHAT YOU NEED
TO KNOW**

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**MEN'S
HEALTH
MONTH:**

HOW WOMEN & SEX
PLAY A ROLE IN
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SINUSITIS:
ALLERGIES OR
SOMETHING MORE?

THE MEDITERRANEAN DIET:
**NOT JUST A DIET,
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SUMMER IS HERE:
KNOW THE ABC'S OF SKIN CANCER

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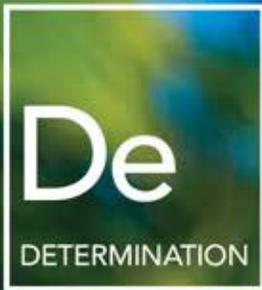
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Hours:

Monday thru Friday 9 a.m. to 6 p.m.
Closed for Staff Meeting on Tuesday
and Thursday from 12:00 to 2:00 p.m.



J. Robert Walesby, O.D., F.C.O.V.D.

Dr. Walesby is a fellowship-trained, board certified Behavioral Optometrist who specializes in the diagnosis and treatment of binocular vision dysfunctions.

He received his doctor of optometry degree in 1992 from the Southern College of Optometry in Memphis, Tennessee. He joined his father, Dr. Jack Walesby, in 1992, and they moved the practice to what is now the Walesby Vision Center.



Nicholas Thomas, O.D., F.C.O.V.D.

Dr. Thomas is a fellowship-trained, board certified Behavioral Optometrist, specializing in the diagnosis and treatment of binocular vision dysfunctions.

He obtained his B.S. in Interdisciplinary Natural Sciences from the University of South Florida in 2003 and his Doctor of Optometry from the Indiana University School of Optometry in 2007. Since 2007, he has worked exclusively in the diagnosis and treatment of binocular vision anomalies.

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Joanie Davis, Au.D.

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HOURS

Mon: 8:30am - 6pm
Tues-Thurs: 8:30am - 5pm
Fri: 8:30am - 4pm

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Scleroderma Awareness Month:

A Challenging Disorder That Requires Expert Care

Courtesy of Florida Medical Clinic

Scleroderma is a rare disease but unfortunately, affects nearly 100,000 Americans, and because its symptoms are quite painful, finding expert medical treatment is essential to ward off the progression of the disorder. The collagen in the skin and tissues (eventually the organs) become hardened due to an overproduction of collagen. Scleroderma is an autoimmune disease, so the body is actually attacking itself and causing excessive and abnormal cell turnover.

According to the **American College of Rheumatology**, Scleroderma facts and statistics are detailed in the following manner:

Scleroderma Facts

- *Scleroderma differs from person to person but can be very serious.*
- *There are medications, as well as steps individuals can take, to ease the symptoms of Raynaud's phenomenon, skin problems, and heartburn.*
- *Effective treatments are available for those with severe disease, including acute kidney disease, pulmonary hypertension, lung inflammation and gastrointestinal problems.*
- *It is important to recognize and treat organ involvement early on to prevent irreversible damage.*
- *Patients should see physicians with specialized expertise in the care of this complex disease.*

Scleroderma is an autoimmune disease affecting the skin and other organs of the body, meaning that the body's immune system is causing inflammation and other abnormalities in these tissues. The main finding in scleroderma is thickening and tightening of the skin and inflammation and scarring of many body parts, leading to problems in the lungs, kidneys, heart, intestinal system and other areas. There is still no cure for scleroderma, but effective treatments for some forms of the disease are available.





Scleroderma is relatively rare. About 75,000 to 100,000 people in the U.S. have this disease; most are women between the ages of 30 and 50. Twins and family members of those with scleroderma or other autoimmune connective tissue diseases, such as lupus, may have a slightly higher risk of getting scleroderma. Children can also develop scleroderma, but the disease is different in children than in adults.

Although the underlying cause is unknown, promising research is shedding light on the relationship between the immune system and scleroderma. A great deal of research is also underway to find better treatments for scleroderma and, hopefully, someday a cure.

The effects of Scleroderma are both physical and emotional, as individuals are usually in a great deal of pain. This discomfort includes joint stiffness, intestinal issues, kidney disorders, lung complications and trying to cope with the physical changes that may have taken place on the face and body.

Exercise can offer some relief, as can keeping the body warm. Avoiding cold rooms and outdoor environments are recommended. If you have scleroderma, it's essential to see a rheumatologist and a team of medical practitioners that can work together to get you relief and to slow the progression of the disease.

Your rheumatologist will prescribe various medications depending on your disease state. Drugs like circulatory medications, calcium channel blockers,

acid reflux drugs, ace inhibitors, arthritis medications, and IV infusion therapy with immunosuppressant treatments, work synergistically to treat your symptoms and also to help the immune system to slow down, which will provide pain relief as well as longevity between progressive phases.

Florida Medical Clinic, A Leader in Comprehensive Health Care

At Florida Medical Clinic, your health and wellbeing is their specialty. Their team of compassionate, experienced physicians offers a comprehensive range of healthcare services, including expert Rheumatologists.

By specializing in everything from family practice and internal medicine services to cardiology, gastroenterology, sports medicine, plastic surgery, and beyond, all within a single, clinically integrated network, their team streamlines every aspect of your healthcare. There's only one name you'll need to remember for all of your medical needs: Florida Medical Clinic.

Their team of physicians treats patients of all ages, from infants to seniors. In addition to emphasizing preventive care to help their patients stay healthy, their primary care services include physical exams, urgent care appointments for non-life-threatening injuries and illnesses, cancer screenings, minor surgical procedures, routine gynecology and dermatology services, and ongoing management of chronic conditions such as scleroderma, diabetes, and osteoporosis.

Florida Medical Clinic's Rheumatology Experts:



Alicia Fierro, D.O.
Board-Certified Rheumatologist

Special Interests

- Lupus
- Osteoporosis
- Pregnancy and rheumatic disease
- Rheumatoid Arthritis
- Scleroderma

Board Certifications

- American Board of Internal Medicine
- American Board of Rheumatology



David Rivera, M.D.
Board-Certified Rheumatologist
(el habla español)

Special Interests

- Scleroderma
- Rheumatoid Arthritis
- Psoriatic Arthritis

Board Certifications

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- Internal Medicine
- American Board of Rheumatology

Florida Medical Clinic offers, expedient appointment scheduling, short wait times, a caring and responsive staff, and for your convenience, labs and imaging are available in the office.

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FOUR-DAY WELLNESS RETREAT INVITES THE "RENEW YOU" TO AMERICA'S HAPPIEST, HEALTHIEST CITY

Located on Florida's Paradise Coast, Naples captivates visitors with an irresistible mix of soft, white sand beaches, beautiful scenery, colorful sunsets, thriving arts and culture, outdoor adventure, and world-renowned dining and shopping hotspots. Health, happiness and relaxation seem to come naturally in Naples, a city which has been ranked as the Happiest, Healthiest City in the U.S. for three consecutive years.* Not surprisingly, it is where countless weary travelers go to refuel, recharge and relax.

This summer, the vacation mecca will be the setting for the inaugural "ReNew You" wellness retreats, four all-inclusive, four-day experiences at the iconic Inn on Fifth & Club Level Suites, a four-diamond boutique hotel in the heart of downtown Naples.

These unique retreats offer visitors a healthy array of curated experiences designed to invigorate, enlighten and inspire. "We have seen increased interest in wellness-inspired travel, with a growing emphasis on mental focus and inner calm," said Cathy Christopher, Inn on Fifth director of sales and marketing. "Naples and The Inn on Fifth provide an ideal escape for those who want to focus on improving mind, body and soul, and this retreat perfectly packages that experience."

The ReNew You retreats invite attendees to savor deliciously healthy global cuisine, indulge in soothing spa treatments, relax deeply with meditation and yoga, and enjoy small group sessions with trainers, nutritionists, chefs, coaches and other healthy-living experts in Naples. Each day of the four-day retreat features programming that is educational, fun and inspirational, including walking



tours, yoga in the park, poolside lunch-and-learn sessions, personal training in Tai chi, spa treatments and more. Included nightly dinners will showcase international cuisine at some of Naples' most popular restaurants, with insights from experts in a wide variety of culinary disciplines. There will also be plenty of time to relax, reflect or explore, with the option to end each day with a breathtaking sunset walk on the beach. Each experience takes place in an intimate setting to provide attendees easy access and ample opportunities to engage, ask questions, and learn on a personal level, so they emerge from the retreat renewed and better equipped to live more consciously.



Offered in four separate sessions in August and September, the four-day ReNew You wellness retreats start at just \$985 per person, which includes four-night luxury accommodations at The Inn on Fifth; all retreat activities and programming, including yoga, meditation, tours, presentations and more; 10 meals featuring nutrient-rich, sustainably farmed, and locally sourced ingredients; spa treatments at The Spa on Fifth; healthy in-room snacks; and complimentary access to the fully-stocked private hospitality suite. For an additional charge, retreat guests may upgrade to the hotel's uber luxe Club Level Suites.

For session dates and more information on the ReNew You wellness retreats, including detailed information on daily itineraries, go to

InnOnFifth.com/wellness.

* Gallup-Sharecare Well-Being Index

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KNOW THE ABCS OF SKIN CANCER

More than 3.3 million people are treated annually for non-melanoma skin cancer and over 76,000 new cases of invasive melanoma will be diagnosed this year. In the last 30 years, more people have had skin cancers than all other types of cancer combined. In fact, one in five Americans is likely to develop skin cancer.

While skin cancer is the most common form of cancer and is generally highly treatable, it should still be taken seriously. You should seek a medical evaluation if you notice a suspicious lesion or mark anywhere on your skin. The good news is that, in addition to being the most common type of cancer, skin cancer is also the most preventable cancer. Research indicates that protecting your skin before you turn 18 can reduce your risk of some types of skin cancer by as much as 78 percent.

There are three main types of skin cancer – basal cell, squamous cell and melanoma.

Basal cell skin cancer is the most prevalent and least dangerous type of skin cancer. It generally appears on the head, neck or upper torso and grows slowly. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless but if you notice them changing, see a doctor.

While not as dangerous as melanoma, squamous cell skin cancer can spread to other parts of the body over several months. It usually appears as a thickened, red, scaly spot that may bleed easily, crust or ulcerate. It is generally found on those areas of the skin that are most often exposed to the sun.

Risks and Warning Signs of Skin Cancer

Most moles, brown spots and other growths on the skin are usually harmless. However, it is a good idea to have an annual skin check by a professional healthcare provider. Older adults, people who are fair-skinned or those who have a lot of moles are generally at greater risk, so it is important to know your skin well and recognize any changes that you see on your body.

Here are some easy ways to recognize if a mole or other skin lesion may be cancerous. Just remember the ABCs of skin cancer:



In Florida, there are lots of opportunities to spend time in the sun. However, it's important to take precautions that protect your skin against cancer.

Asymmetry: one half of the mole doesn't match the other

Border: is irregular

Color: is not uniform

Diameter: greater than 6 mm
(about the size of a pencil eraser)

Evolving: size, shape or color changes

With all types of cancer, including skin cancer, early detection and diagnosis can make a big difference in outcomes. If you suspect that you may have skin cancer, consult with your physician immediately. Most skin cancers are easily treated and often cured. For the more serious types, such as melanoma, the earlier the cancer is discovered and treatment begins, the better the outcome.

World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to

local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology and hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location. They deliver the most advanced and personalized care in your local community.



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For more information, visit FLCancer.com

What is Acute Vs Chronic Sinusitis & How is Each Treated?

Courtesy of Latorre Sinus Center

Chronic sinusitis affects more than 35 million Americans each year. Closely associated with allergy, approximately 60% of allergy patients develop chronic sinusitis. It's one of the most common reasons that individuals visit their doctor.

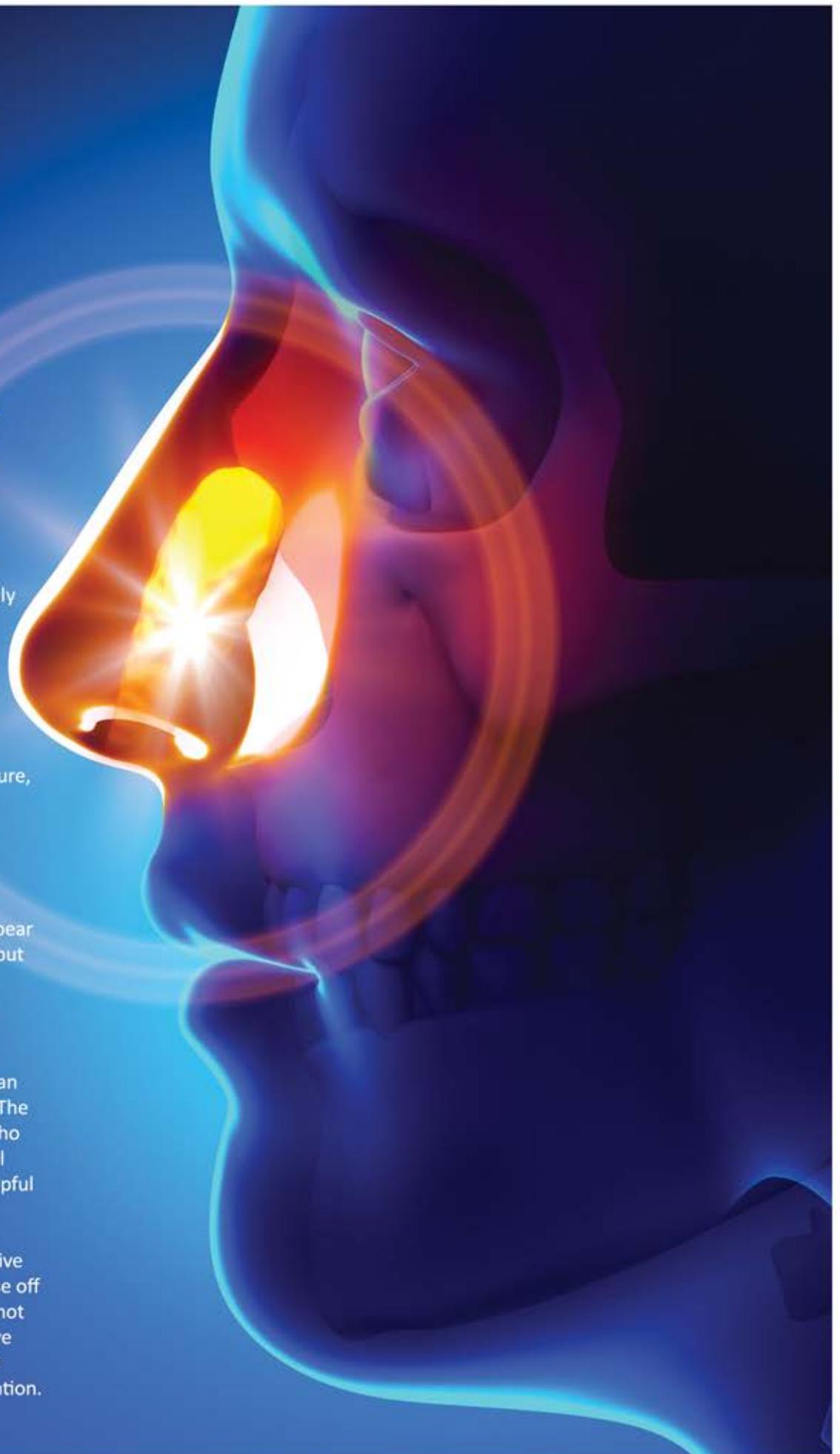
Sinusitis, by definition, is inflammation of the sinus lining. In **Acute Sinusitis**, you have an infection. Symptoms include fever, yellow-green-brown nasal discharge, facial pain and pressure, post nasal drip, cough, nasal congestion and fatigue.

The acute infection is treated with antibiotics, probiotics, Mucinex®, steroid nasal sprays and nasal saline washes.

The symptoms of **Chronic Sinusitis** can be deceiving, as they appear very gradually. The symptoms are similar to the acute infection but the nasal discharge is clear and there is typically no fever.

Chronic sinusitis can be associated with allergy sufferers. The condition is described as chronic, if the symptoms last longer than eight weeks or if the condition is recurring for months or years. The risk of developing sinusitis is much higher in those individuals who suffer from allergic diseases. Getting your allergies under control early with the proper testing and treatment (allergy shots) is helpful in combating the progression of sinusitis.

In addition, repeated acute sinus infections will lead to progressive inflammation of the sinus and nasal lining. This swelling can close off the natural drainage openings, ostia, of the sinus. The sinus cannot "breathe" so-to-speak and drain normally. This creates a negative pressure situation which the patient perceives as facial pain and pressure. This cycle will continue unless you seek medical attention.





Chronic Sinusitis Sufferers Usually Complain of One or More of the Following Symptoms:

- Excessive drainage of clear discharge from the nose or down the throat
- Coughing is also a common symptom, which may be worse at night
- Stuffiness or congestion of the nose, causing difficulty breathing through the nose
- Pain and tenderness around the eyes, cheeks, nose or forehead
- Aching in the jaw and teeth
- Altered sense of smell and taste
- Ear pain, sore throat, bad breath, fatigue or irritability

Beside allergies, other leading contributors of chronic sinus disorders are nasal polyps, deviated septum (crooked nasal bone) and environmental pollutants. Given the commonality of chronic sinusitis, the treatment options have been documented in a myriad of medical journals.

The conventional treatments for chronic sinusitis consist of steroidal nasal sprays, steroids by mouth, over-the-counter antihistamines/decongestants and saline irrigation. But when these standard-of-care approaches fail, that's when the ***In Office balloon sinus dilation procedure*** is recommended.

With the patient given by mouth sedation, topical and local anesthetic are delivered into the nose and sinus area. A tiny balloon catheter is introduced into the natural opening of the sinus which is usually 1-2 mm (1/64th in), inflated to 6 mm (1/4th in), deflated and removed. Nothing is left in the sinus or nose.

If you or someone you know is in need of sinus relief, please call Dr Latorre's office today.



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Land O'Lakes Office

2100 Via Bella Blvd, Suite 105
Land O'Lakes, FL 34639

813-908-8585



Randall C. Latorre, MD
Board Certified Otolaryngologist

Medical Education

- University of Missouri-Columbia for Medical School.
- Yale University- Ear, Nose and Throat Residency
- University of California-San Francisco (UCSF) - Facial plastic surgery fellowship
- University of Indiana-Indianapolis-Facial plastic surgery fellowship

Latorre Sinus Center: Dr. Latorre, Board Certified Otolaryngologist, specializes in sinus diseases. He has practiced for 20 years in the bay area. Dr. Latorre provides patients with unparalleled quality of care for nasal and sinus disorders.

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By Davis Family Hearing

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Cochlear implants mimic natural hearing by bypassing damaged hair cells in the cochlea. These tiny hair cells are responsible for picking up the vibrations of sounds and sending them to the brain through the auditory nerve. When you suffer from hearing loss, your world becomes distorted. Individuals with substantial hearing loss often have difficulty understanding, following conversation, and deciphering sounds when there is loud background noise.

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Dr. Joanie Davis

Board Certified in Audiology and Owner



Dr. Michelle Frenton

Board Certified in Audiology, Residency Supervisor



Dr. Arielle Shashaty

Board Certified in Audiology



Dr. Jody Costanzo

Board Certified in Audiology

Perhaps you or your loved one keeps asking for people to repeat themselves, or you can't quite pick up where sounds are coming from; if this is the case, don't wait until your hearing loss gets any worse. Schedule your appointment as soon as you possibly can. From children to adults, Davis Family Hearing has a reputation that the community respects and trusts; that's why their motto is "Our Doctors Make the Difference."

At DAVIS FAMILY HEARING, their team of experienced, board-certified audiologists and caring staff are unwavering in their commitment to helping West Central Florida patients of all ages hear the world around them clearly, quickly and with confidence.

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- And much more

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After your first visit to one of their welcoming offices, you will see firsthand why Davis Family Hearing are the full-service hearing health care provider of choice for your friends, family members, and neighbors. Their compassionate staff understands the fear and anxiety that accompanies your lost or diminished ability to hear clearly, which is why they've dedicated their lives and careers to ensuring you never have to go through it alone or without effective solutions.

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Men's Health Month:

How Women & Sex Play A Role in Their Wellbeing

Dr. Vahora, MD, FACOG

Usually, when we discuss men's health, we focus on exercise, prostate and heart conditions, and cancer prevention. But there is, of course, more to a man's overall state of wellbeing than preventing diseases and disorders. Men release a great deal of anxiety through sexual intercourse, but what happens if the spark is gone?

MEN, HERE ARE THREE CRITICAL QUESTIONS:

1. Are you getting enough sex?
2. Is it satisfying?
3. Is your partners discomfort causing you less pleasure?

The issue that Dr. Parveen Vahora sees for many men and women is that the aging process takes a toll on their bodies, which can lead to less than stellar pleasurable moments with their significant other.

WOMEN: DO YOU SUFFER FROM PAINFUL INTERCOURSE? IF YOU DO, YOUR PARTNER PROBABLY SUFFERS TOO.

MEN: DO YOU WANT BETTER SEX AND MAYBE MORE OFTEN (MOST LIKELY THE ANSWER IS YES)?

The ugly truth is that many postmenopausal women, as well as pre-menopausal and even women after giving childbirth, have vaginal disorders, pain, and issues that they often times withhold and keep to themselves. They think that it's just a normal part of the hormonal process, but there are many options to relieve vaginal and vulvar atrophy. **Vaginal Atrophy disrupts your sex life!**

WOULD YOU LIKE TO TURN BACK THE CLOCK TO WHEN YOU FIRST MET?

Mona Lisa Touch® is an advanced procedure the revitalizes the vagina and makes it feel like a younger vagina. For Countless women and their partners it has turned back the clock of time.

This advanced technology is called the MonaLisa Touch®. It is a new laser therapy for the vagina and vulvar. There are no medications, not cutting and no lengthy healing times with this procedure.



It's similar to having a basic Pap smear test done. The laser does not hurt or cause any pain. You will only feel tiny vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient, office setting.

The laser assists with the bodies cell renewal and will regenerate the mucous membrane and help with the restoration of collagen and renewing the proper trophic balance to the membrane.

Now it's possible to have relief from vaginal and vulvar atrophy due to the MonaLisa Touch's® ability to gently improve the tissue of the vaginal mucosa. The laser stimulates the production of collagen, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.

FOR MEN AND WOMEN, THE PROCEDURE CAN BE EXACTLY WHAT YOUR RELATIONSHIP HAS BEEN MISSING FOR YEARS. SCHEDULE A CONSULT TODAY!

Parveen Vahora, M.D.

A Board Certified, fellowship trained laparoscopic gynecological surgeon, Dr. Vahora owns a private practice in Trinity, Florida. In addition to being the only practitioner in the area to offer the MonaLisa Touch® Laser, Dr. Vahora performed the first single-site robotic hysterectomy in North Pinellas County. She is highly trained in minimally invasive procedures for conditions such as pelvic pain and is able to conduct sophisticated genetic testing.

Dr. Vahora is an expert on sexual health and intimacy.

If your sex life has gone to the wayside or lost its spark please contact us to schedule a consultation. Call today to schedule your Mona Lisa Touch consultation at (727) 376-1536.

**Dr. Vahora is now offering genetic testing for men who may have personal or family history of colon, stomach, prostate, stomach cancer, or for women with a family history of breast, ovarian or uterine cancer.*

The genetic testing may be free if patient qualifies even if they don't have insurance.



Don't just live with your disorder, get the relief and new beginning that you are worthy of.

Call today to schedule your MonaLisa Touch consultation at (727) 376-1536.

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A HEALTH TEST THAT CAN SAVE YOUR LIFE

Getting tested now might help you down the road.

Heart Disease and the Corus CAD

Heart disease is the leading cause of death for men and woman in the United States. This year more than 1.2 million people will have a heart attack. While there are warning signs and risk factors, heart disease can hit anyone.

Heart attacks and other types of heart disease occur when coronary arteries become clogged with fatty deposits, resulting in coronary artery disease (CAD). Until recently there was no way outside of traditional imaging tests, to measure artery health, but the Corus CAD is challenging that. Imaging scans are invasive and expose people to radiation thus their use is limited.

The Corus CAD is a gene expression test that uses messenger RNA from a gene set in blood cells to determine whether or not patients have coronary artery blockages. Patients are given a simple blood test that delivers a score on a scale of one to forty. The higher the score the more likely you are to have blockages. This knowledge enables your physician to take extra precautions and book follow-up tests that can potentially save your life.

This test is available to any non-diabetic patient with typical or atypical symptoms of coronary artery disease regardless of age. Medicare coverage is available and non-insurance patient assistance is available.

Are you experiencing any of these symptoms?

If you have experienced symptoms from the list below, you may have a significant narrowing or blockage in your heart arteries, also known as obstructive coronary artery disease (CAD). Talk to your doctor and ask about the Corus[®] CAD test. It's a simple blood test that can help your doctor assess whether obstructive CAD may be the cause of your symptoms. The Corus CAD test is safe (no radiation exposure), convenient, and can help your doctor determine if further testing is necessary.

Check the symptoms you've been experiencing:

Chest discomfort Chest tightness Shortness of breath

Chest pain or pressure Back pain

Dizziness or lightheadedness Palpitations; awareness of heartbeat

Nausea Vomiting

Heartburn Squeezing, heaviness, or burning sensation in upper body

Abdominal discomfort Tightness or pressure in throat, jaw, shoulder, abdomen, back, or arm



Please call your local representative at 813-702-0791 for more information.



What We See Isn't What We "Get"

Are Visual Processing/Perceptual Delays Affecting You?

By Walesby Vision Center

- Learning complications
- Transposing letters and numbers
- Difficulty processing voices in loud crowds
- Daydreaming
- Difficulty comprehending or remembering what was just read
- Asking "what" often
- Struggling to follow directions and conversation

Do you or your child suffer from any of the above-mentioned conditions? You're not alone. The term "Vision is More Than 20/20" is becoming more popular this day in age due to the increasing demands that both students and adults face in school and the workplace respectively. The phrase was derived from the understanding that vision is far more complex than the ability to see a small letter at 20ft. Vision is a multifaceted process which involves two main steps 1) the proper muscle strength and control, accurate focusing mechanisms similar to a camera, and the proper correction of refractive errors in the form of glasses or contacts. 2) An ability to then make sense or derive meaning from what we are acquiring. The latter is termed visual processing and while many don't equate it to vision, it is the essence to why we see. Let's take a closer look.

What is Visual Processing?

Visual processing is the process by which the eyes send visual information to the brain for analyzation, manipulation, memorization, and as a whole understanding. Visual processing can be measured through speed, accuracy, spatial understanding, and the ability to perform multi-processing steps. Estimates show that approximately 10 percent of the population suffers from a visual processing dysfunction and that 25 percent suffer from some other form of undiagnosed visual problem. Many of these individuals are diagnosed with dyslexia, a learning disability, or ADD due to the fact that the symptoms heavily mimic each other.



Early Signs

As with many conditions, early diagnosis and treatment is best. Here are a few common signs to look for:

- Slow letter and number recognition in Pre-k and Kindergarten
- Inability to recall visually presented tasks
- Poor handwriting including size asymmetry, poor spacing and formation of letters and words
- Frequent reversals (above age-appropriate norms)
- Poor reading comprehension
- Spelling difficulty (especially middle portions of words, tend to get first and last letter correct)
- Difficulty completing work in time allotted
- Reduced math manipulation in the "head"
- Inability to recognize the same word in the next sentence

Diagnosis

Diagnosis of visual processing/perceptual dysfunctions can sometimes be challenging due to only a small population of doctors specializing in this field. Psychoeducational evaluations will pick up discrepancies between certain sections of the tests and many psychologists will refer to the proper Developmental Optometrist. Many individuals, however, go untreated and they suffer years of additional tutoring and specialized one on one intervention while the underlying issue still exists. Some progress is made but it is typically slow and lengthy in nature. The benefit to correcting the visual processing dysfunction is that the underlying cause is corrected allowing the individual to begin the steps of learning much more effectively. Below are some common tests that are utilized to test for visual processing/perceptual dysfunction.

- Number recognition visual processing speed
- Visual Memory
- Visual Discrimination
- Visual Spatial
- Form Constancy
- Visual Sequential Memory
- Figure Ground
- Visual Closure
- Visual Motor Integration with Perception
- Reversal Frequency
- Sentence Copy
- Auditory-visual integration test



Treatment of Visual Processing/Perceptual Dysfunctions

As we stated above, early intervention is always optimal. Once the proper tests are performed and a diagnosis is made, a customized program of visual processing training is implemented. The individual will need to strengthen any visual acquisition deficits to ensure that capturing the information is set to "automatic" where no effort is necessary. Following the correction of the Visual Acquisition Skills (think motor), they begin to correct the Visual Processing Centers (think visual-cognitive). The program of training is designed to enhance visual processing accuracy, speed, manipulation, and spatial understanding. Handwriting improves as a by-product of visual perceptual enhancement and a specialized handwriting program designed to integrate the visual motor system with the visual perceptual system. Through reinforcement and practice of these newly built skills, progress rapidly accelerates.

Visualization will be heavily worked on to help build imagery while reading. This will directly assist with reading comprehension and "in the head" math manipulation. Based upon the level of reading comprehension, a specialized visualization program may be prescribed to integrate throughout the training. This will directly tap into the visualization of reading to assist with creating a "movie-like experience" while reading. We are essentially bringing words to life, which assists in the processing of that information.

If decoding of words is a major concern additional testing in the area of Auditory Processing may be recommended. Auditory-visual integration disorders can heavily challenge an individual's ability to perform in an academic setting. The slightest background noise can create excessive challenges

with concentration and focus. The process of blending sounds is extremely challenging due to reduced visual processes and auditory processes. These children tend to have early ear infections, history of tubes in ears, and a large majority suffer from speech delays or remediation.

Treatment of the above conditions, vary from 6 months to 14 months based upon level of severity. Almost all treatment plans require 1-2 integration breaks to allow for full integration of the newly emerging skills. They will then return from break and build upon where they left off. Following the completion of their treatment program home routines are sent home to reinforce and maintain their skills.

Although, Walesby Vision Center is a specialty clinic, they also perform primary eye care for all ages. If any of the above conditions sound familiar, please contact Walesby Vision Center today.



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Do You Suffer From Headaches and Migraines?

The Blair Technique has helped Countless Individuals find Relief

If you have a headache, you're not alone. Nine out of 10 Americans suffer from headaches. Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain and nausea. What do you do when you suffer from a pounding headache? Do you grit your teeth and carry on? Lie down? Pop a pill and hope the pain goes away? There is a better alternative.

A Natural Alternative with Exceptional Results

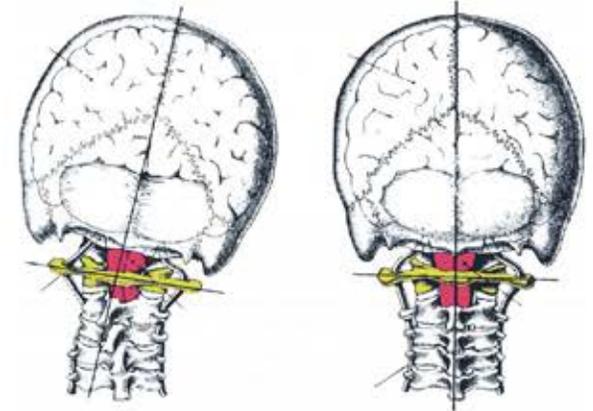
Research shows that spinal manipulation – one of the primary treatments provided by doctors of chiropractic – may be an effective treatment option for tension headaches and headaches that originate in the neck. A 2014 report in the Journal of Manipulative and Physiological Therapeutics (JMPT) found that interventions commonly used in chiropractic care improved outcomes for the treatment of acute and chronic neck pain and increased benefit was shown in several instances where a multimodal approach to neck pain had been used.¹ Also, a 2011 JMPT study found that chiropractic care, including spinal manipulation, improves migraine and cervicogenic headaches.²

Furthermore, upper cervical chiropractic shows to have the most significant effects of correcting the cause of most headache and migraine symptoms. Upper cervical chiropractors analyze the uppermost part of the neck through motion studies, thermography, and X-ray analysis. Dr. Enrico Dolcecere at Full Life Chiropractic utilizes the Blair Upper Cervical Technique. This technique uses X-ray and even cone beam CT imaging to view the first vertebrae in the neck and its position under the skull. When misaligned the muscles of the head and neck are pulled, and the nerves from the brain stem are stressed resulting in dural tension. These tensions create headaches and even migraines. Re-alignment of atlas under the skull optimizes the space and balances the tension in the nerves and muscles resulting in relief.

Adjustments of the upper cervical spine utilizing the Blair Technique do not require twisting or turning of the head. No major force or crack is heard with the adjustment, and the adjustment is safe for all patients from infants all the way up to seniors over the age of 100. The procedure takes just a few minutes and does not need to be frequently repeated.

Headaches and migraines can start in childhood or develop after a sports injury, car accident, or concussion. Repetitive poor posture at a desk or when using smart devices can lead to text neck, forward head posture, and even degeneration of the spine. All of these scenarios will cause chronic pain including but not limited to headaches, neck pain, shoulder stiffness, and decreased range-of-motion.

Along with chiropractic care Full Life Chiropractic offers massage therapy and acupuncture. Both therapies can benefit in repairing muscles from tension damage, scar tissue, or other injuries by restoring blood flow and healing to the area. Nutrition can play a big role too. The doctors make sure to review your food and nutrition and make adjustments to suit your needs.



Full Life Chiropractic

Dr. Christine Hafer and **Dr. Enrico Dolcecere** are a husband and wife team offering comprehensive chiropractic care for the entire family. For more information visit FullLifeTampa.com or BlairChiropractic.com. If you are ready to resolve your chronic headaches and migraines, please book an appointment by calling their office at 813-428-5648.

REFERENCES:

1. Bryans R, Descarreaux M, Duranleau M, et al. Evidence based guidelines for the chiropractic treatment of adults with neck pain. *J Manipulative Physiol Ther* 2014; 37: 42-63.
2. Bryans R, Descarreaux M, Duranleau M, et al. Evidence based guidelines for the chiropractic treatment of adults with headache. *J Manipulative Physiol Ther* 2011; 34: 274-89.


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The Mediterranean Diet:

Outcomes from a Healthcare Provider's Personal Experience Support the Health Benefits

Courtesy of Qvita Health & Wellness

Well known for its ability to help stave off chronic diseases like cancer, Alzheimer's, cardiovascular disorders, macular degeneration, and Parkinson's, the Mediterranean diet is a healthy way of eating that embodies the foods of the countries that border the Mediterranean Sea.

The basics of the diet are consuming 7-10 servings of fruits and vegetables per day, along with whole grains, legumes, nuts and olive oil. The majority of animal protein is from fish and seafood, while some poultry and eggs, cheese and yogurt are acceptable. Red wine, in moderation, is encouraged on this diet. Red meat, sugars and unhealthy fats are rarely eaten.

The Mediterranean diet is not only abundant in leafy greens, vegetables, and fruits but also healthy fats or monosaturated fats from foods like avocados, cold pressed olive oil, nuts, and fish. In the Mediterranean lifestyle, saturated fats are minimal. This way of eating helps to lower bad cholesterol (LDL) and is known to be heart healthy, as well as beneficial for the brain and other major organs.

Board certified in Family Practice by the ANCC, Peggy Demetriou shared her personal story with us about growing up on the "Mediterranean Diet," as it was merely just a way of life for her family due to their history, culture, and background.

Peggy explained, *"People in certain countries around the Mediterranean Sea, like Greece and Italy, have had very little heart disease compared to America. Researchers believe that the reason is their healthy diet. Growing up we were raised on this exact diet, and I have now seen the benefits first hand. With grandparents living to over 100 and no heart disease in the family this way of life has proven itself."*



Peggy continued to shed light on the diet's protocol and benefits:

KEY COMPONENTS AND WAYS TO INCORPORATE THE DIET:

- Primarily plant-based foods including fruits, vegetables, whole grains, nuts, and legumes. Try eating 7-10 servings per day.
- Replace butter with extra virgin olive oil. Can also try Tahini oil.
- Use herbs and spices instead of salt for flavoring
- Limit red meat to no more than a few times per month
- Eat fish and poultry at least twice a week
- Drink red wine in moderation (optional)
- Eat meals with family and friends
- Switch from white bread and pasta to whole grain
- Choose natural peanut butter vs. hydrogenated fats. Snack on almonds, cashews, pistachios, and walnuts

MEDITERRANEAN DIET STUDIES, RESEARCH, AND OUTCOMES:

- 31% reduction in strokes
- 72% less likely to have a heart attack or die of heart disease
- Lowers bad cholesterol (LDL)
- Improves blood sugar levels and prevents the development of type 2 diabetes
- Lowers inflammation in the body and insulin resistance
- Lowers weight by 8.8lbs
- Prevents heart attack in people who have already had one (secondary prevention)
- Lowers incidence of Alzheimer's and Parkinson's Diseases
- Lowers risk of breast cancer and colon cancer

QVITA HEALTH & WELLNESS
Peggy Demetriou, ARNP,
FNP-BC, Board Certified in
Family Practice by the ANCC



Board Certified in Family Practice by the ANCC, Peggy Demetriou comes from a strong background in Family and Internal Medicine. She has been in practice in the Tampa Bay Area for over 16 years. Peggy is also a member of the Florida Nurse Practitioner Network and the Tampa Bay Nurse Practitioner Association. By staying active within the community, she is able to keep up to date with the ever-changing world of medicine. Peggy's intelligence and diverse background give her an edge over others in helping the patient, not just treating the disease. Her experience ranges from taking care of common illnesses to chronic complex medical issues. Walk-Ins & Same Day Appointments Welcome!

To schedule your appointment, please call 813-501-4130, or visit qvitahealthandwellness.com.



813-501-4130

www.qvitahealthandwellness.com
2734 Windguard Circle, Suite 101, Wesley Chapel, FL



Robert Martinez, DC

How Proper Digestion Affects Your Overall Wellbeing

When we think about digestion, most of us automatically think of the stomach and intestines, but there are numerous components and organs responsible for proper digestion.

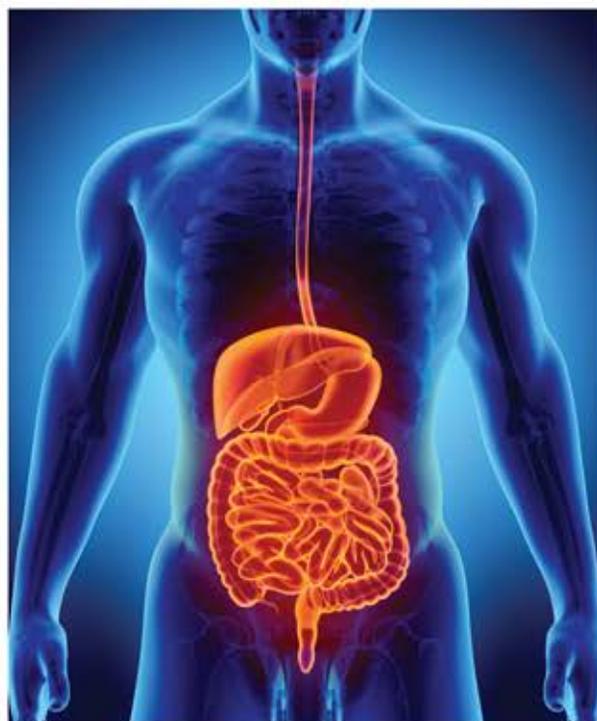
Do you ever experience constipation? When we have difficulty removing the waste toxins from our bodies through the colon, it's uncomfortable, painful and embarrassing, but it takes a toll on our health both physically and emotionally.

If you are only relieving yourself a few times per week (or less in some cases), the toxic byproducts of our food can cause numerous disorders, like migraines, chronic pain, illnesses, and stress. This same scenario holds true if you're experiencing bouts of diarrhea. Consequently, diarrhea stimulates the production of waste and removes beneficial bacteria and nutrients.

The western diet is, of course, one of the main contributors to digestive breakdown, since it doesn't provide enough soluble fiber. Soluble fiber is readily available in all vegetables, fruit and whole grains. Eating a diet rich in healthy fats (olive oil, coconut oil, avocado), vegetables, fruit and lean proteins are ideal for digestion, but what is the reason for constipation in individuals that do eat a healthy diet?

Exercise is critical for getting the bodily movements going and also for an increase in oxygen-rich blood, which helps to flow nutrients through the body. Reducing stress is also essential. It is not uncommon for constipation to take place after a stressful event, or traveling away from home, because the brain is where digestion begins. The brain tells the body when its hungry, thirsty, and it also decides how absorption will take place. If your psyche is off, chances are your digestion will be adversely affected.

A healthy liver is essential to remove the toxins out of the blood. If your liver is impaired or diseased, your digestion will be hindered. This is also the case with the spleen. Many people think the spleen



is the least important organ, but on the contrary, it is vital for proper red blood distribution and energy production. If you feel tired and run down, your spleen may need some attention.

Along with proper diet, exercise and organ function, there are ways to help your digestion improve naturally. Drinking water is critical to move things through and help the intestines remove built-up waste properly. It's also well known that abdominal massage is helpful speeding up bowel movements.

To schedule an appointment,
please call (352) 686-1686.

 Health & Wellness
of Central Florida

17937 Hunting Bow Cir., Ste. 101, Lutz FL 33558
352-686-1686 | www.hwcfla.com

Tips for Healthy Digestion

- Eat healthy vegetables, fats, and lean protein
- Avoid excessive alcohol
- Quit smoking

Eat plenty of fiber

- Exercise for at least 30 minutes per day (a walk is excellent)
- Reduce stress (meditate, get a massage)
- Take a probiotic (or eat Fermented foods like sauerkraut or kimchi)
- Eat prebiotic foods (garlic and onions)

Dr. Robert Martinez

Dr. Robert Martinez works with his patients to get their digestion in peak form. With the proper diagnostic testing and evaluation, he works out a dietary plan that fits their budget and lifestyle. He also implements functional and alternative therapies that are medically recognized to improve his patient's overall health.

Dr. Bob's mission is to connect with his patients and help them achieve their optimum health. Dr. Bob himself was diagnosed with high cholesterol, high blood pressure, and digestive issues. And when he assessed himself and started this program, not only did both his cholesterol and blood pressure regulate, his digestion significantly improved as well.

After receiving care, he was amazed at how much better he felt, and how his body had healed, and regenerated itself without medical intervention. Dr. Bob wanted to share the success with his patients suffering from thyroid, digestive, liver dysfunction, and other ailments. As patients move through his program, they see remarkable results.

4 Things You Should Know About Medical Marijuana

#1 WHAT'S THE DIFFERENCE & HOW DOES IT WORK?

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and THC, and the second is the altered version of the plant that has been through a hybrid process to lighten the THC (tetrahydrocannabinol) level. CBD or cannabinoids can treat many different forms of diseases and disorders with no THC. THC is the mind-altering, euphoric component of marijuana that gives the "high" feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to little THC levels. CBD is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of THC to be included in the leaves of the marijuana.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) and THC through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and THC, creating a multitude of beneficial reactions in the body.

#2 IT'S HISTORY & REGULATORY STANDARDS

Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema (fluid build-up) and also as an anesthetic. In ancient Greece, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye diseases and joint inflammation. Over 300 years ago, in one of Oxford's medical professional journals, it was touted

as a means to reduce depression. In the early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate into medications.

The laws and regulations on Cannabis are continually updated, as federal regulatory officials better understand the advantages of medical marijuana. It is used legally in many states, including Florida.

#3 WHAT DOES IT TREAT?

Medical marijuana and cannabis oil can be used to treat and alleviate symptoms of the following medical conditions:

- Cancer
- Seizures
- Anxiety
- Epilepsy
- Glaucoma
- Parkinson's Disease
- Multiple Sclerosis
- Crohn's Disease
- Parkinson's Disease
- Multiple Sclerosis
- Positive HIV/ AIDS
- Posttraumatic Stress Disorder (PTSD)
- Depression / Anxiety
- Amyotrophic Lateral Sclerosis (ALS)
- Other Debilitating Medical Conditions of the same kind of class or comparable, as determined by the Florida Board of Medicine



#4 YOU NEED A CERTIFIED MEDICAL MARIJUANA PHYSICIAN

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing medical marijuana. **Omni Medical Services** has a longstanding reputation of experience in diagnosing and deciphering the need for THC and CBD in their practice.

Since 2014, Omni Medical Services has been a premier provider in Medical Marijuana certifications in Florida. When you choose to receive your care through one of their clinics, you'll receive treatment from a highly trained, compassionate doctor that specializes in providing safe, affordable, and reliable access to those seeking a medical marijuana certification. Omni's goal is to be the standard of care for their patients. They maintain an active role in the management of medical staff provided to each of their clients. With licensed doctors, caregivers and administrative assistants that are knowledgeable and well versed in all Florida medical marijuana laws, they are ready to help you through the protocol and get you on your way to being approved and able to use medical marijuana legally.

To find out more, please call 866-417-2002, or visit their website at OmniMedicalFL.com.



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WHAT IS CONSTIPATION?

HOW TO RESOLVE INCONSISTENT BOWEL ISSUES

SUZANNE MARGOLIS - GRAY, M.ED., LMT, CT

June is Home Safety Month. What is your most important home? YOUR BODY!! You live in it 24/7. How safe are you keeping it? How is the plumbing working in your body (home)?

Yes, I am talking about YOUR GUT, commonly known as the second brain. Did you know that 42 million Americans suffer from constipation? Are you one of those Americans?

Constipation is more common in chronically mature citizens (the aging), however; a day does not go by that I have a parent sharing with me that their child is having bowel problems.

Constipation can be defined as irregular or incomplete bowel movements when the stool is hard, dry and difficult to pass. According to the medical community, the normal length of time between bowel movements will vary widely from person to person. Some people will go three times daily while others may eliminate a few times a week. Traditional doctors feel that it depends on the person and three times a week is okay.

In my world as a colon hydro-therapist, three bowel movements daily are ideal, however; one bowel movement daily is considered good in today's world.

Think of it, if you are eating three meals daily, that is 1095 meals yearly. If you have one bowel movement daily, where are the other 730 meals? Constipation is not as easy to remedy as most people think. Constipation can be caused by lack of fiber, lack of physical activity, physiology, emotional upset, poor diet, medications, food sensitivities, allergies, scar tissue and more.

Remember, everyone poops!!!! Let's talk about POOP! Think back to when we potty trained our children, and we were so excited when they went on the potty? Well, we should continue that excitement throughout our life! If we do not have bowel movements, that toxic material will be absorbed back into our body, into the bloodstream and our organs. We can be swimming in a toxic mess!



If you want to know more about your poop and what it means, you can google the *Bristle Stool Chart*.

I became a colon hydro-therapist because I suffered from constipation for years. Through my health journey, I have conquered my constipation, and I know precisely what can trigger it.

Each person has unique triggers. At ReNew Life Wellness, INC., we help you identify those triggers to help you improve your health. I have attended Darrell Wolfe's classes and added his techniques to my practice. An approach that has not been addressed is scar tissue.

What is scar tissue? Scar tissue forms in our body because of inflammation. It is caused by surgeries, injuries, allergies, food sensitivities, acidity,

stress, and other factors as well. When the body has inflammation fibrin, and white blood cells rush to the area to try and heal it. However, if the person does not improve their diet or is constantly in the flight or flight mode (sympathetic nervous system), the inflammation will remain and scar tissue will get thicker and grow. With Wolfe Deep Tissue Technique we can break up the scar tissue and allow healing to occur. I incorporate Wolfe Deep Tissue work in some of my colon hydrotherapy sessions reducing the scar tissue and also specific areas of the body where there are restrictions. From first-hand experience, my pelvic region is freer, and my bowel movements continue to improve.

Let's look at our diet today. Many people indulge in sugar. Sugar is in numerous processed foods,

and most of them contain high fructose and /or corn syrup. Sugar is an addiction and can cause constipation. It causes inflammation and weakens the immune system as well. Look at the ingredients in the foods that you eat and avoid sugar.

The first three ingredients are the most plentiful in the food.

Carbohydrates turn into sugar! That is why I suggest eating more greens, berries and gluten-free grains. Quinoa is also a protein, which contains the essential amino acids and offers an excellent source of insoluble fiber.

Simple carbohydrates can slow down bowel transit time, and sugar levels will spike and fall. Examples are cookies, cake, ice cream, and sweetened beverages to name a few. In opposition, complex carbohydrates take longer to digest, and you have consistent energy without spikes and falls of blood sugar levels. Unfortunately, the whole grains are not as pure today and can cause constipation and allergies. Examples of complex carbohydrates are legumes, sweet potatoes, peas, and vegetables.

Try to eat organic as much as possible. I use an application on my phone, Dirty Dozen. It will tell you what foods are clean and what ones are dirty and should be organic. An app like this will be beneficial when you're at a restaurant or the grocery store.

I educate my clients and ask, what is your commitment to your health. I work within their perimeters for a healthier life.



You're Invited
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Suzanne has been practicing massage and colon hydrotherapy in the Tampa Bay area for nearly 30 years. In the 1990's, Suzanne and Brenda Watson, her mentor, founded ReNew Life Wellness based upon Health begins from the Colon.

Suzanne's health challenges led her to colon hydrotherapy where it changed her life and career path. She discovered the importance gut health and its relationship to the rest of your overall health. If your colon is not functioning or clean, your health will be compromised. After all, you are in living your body 24/7 and it's the plumbing of your body.

Suzanne has a Masters degree in education and uses her knowledge and experience teaching colon therapy internationally and nationally. She has been a member of I-ACT and GPACT and a certified instructor. She has been teaching for 25 years. She served on the board of I-Act for 8 years.

Her experience is quite extensive. She works with holistic and traditional doctors. Suzanne was the first colon therapist in the gastroenterologist office, where she performed preps for colonoscopies and fecal transplants. She works with people of all ages.

Suzanne incorporates various modalities during her colon hydrotherapy sessions. Some of those modalities would include reflexology, acupressure, aromatherapy, the various types of massage therapy and much more.

Suzanne's intention is to educate and empower her clients so that they can make intelligent decisions about their health. Suzanne recently studied with Dr. Darrell Wolfe and incorporates Wolfe Deep Tissue Technique.

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IS A TRUST RIGHT FOR ME?



Zachary Grimland, Esq.

For the most part, a trust, whether operable during life or after death is generally used to give its creator the ability to control the flow of a person's property to beneficiaries following death while attempting to minimize if not avoid estate taxes. In today's world, it might not make sense to have a trust instrument because of the \$5.0 million applicable exclusion (increased for inflation) for a single person or \$10.0 million for a married couple.

With the increase in the Federal Estate Tax exclusion, a trust instrument (like a Last Will and Testament) can provide assurance that a person's assets actually flow to the beneficiaries of their choice and in manner to protect a beneficiary from themselves. However, with every benefit that comes with a trust, there are also issues that need to be addressed that often times are forgotten. This article will cover why you might consider a trust instrument as well those situations where it might not make sense. The major issue covered by this article is controlling where assets go after a person's death and any tax implications that may need considering.

Assume that we are dealing with a married couple (Spouse1 and Spouse2). This is the second marriage for Spouse1 and Spouse2 and both spouses have children from former marriages. Let's also assume that the combined assets of the marriage are approximately \$500,000.00 excluding the value of the couples Florida homestead property. Both spouses want to be sure that their children by birth are each afforded a portion of their estate following Spouse1 and Spouse2's death. Because the marriage is in excess of 10 years, the assets have long since been co-mingled. Spouse1 is now terminally ill and wants to know how he or she can provide for his or her children regardless of Spouse2's needs.

A simple solution is to separate some of the couples' assets into accounts in the name of Spouse1 and his or her children's names with right of survivorship or pay on death. But this is fraught with possible consequences such as the account being exposed to the creditors of Spouse1 and his or her children as well as the possible withdrawal



by one of Spouse1's children without the knowledge of the others. Moreover, at Spouse1's death, Spouse2 may need those funds for his or her medical needs which won't be available if Spouse1's children withdraw the funds and divide it among themselves. Lastly, Spouse1's estate may be exposed to gift tax issues (although this is unlikely given the size of the estate in this example and today's current federal gift tax laws).

The other possible solution is to create a trust (either in Spouse1's Last Will and Testament or outright via a Revocable Trust). If Spouse1 (the ill spouse) re-titles a portion of the married couples joint assets into Spouse1's trust, those assets are possibly exposed to his or her creditors in the event of a catastrophic event not covered by insurance. The trust assets exposed to creditors will largely depend upon the type of asset re-titled in the name of Spouse1's trust.

Spouse1's trust could contain provisions that fund a separate trust ("Credit Shelter Trust" or "Marital Trust") which can provide income to Spouse2 for his or her life. At Spouse2's death, the remaining principal from the Credit Shelter Trust can be paid out to Spouse1's children. Should there be a need for additional funding to assist Spouse2 during his or her remaining life (e.g. health needs), the Trustee could provide those funds from remaining assets that Spouse1's children would eventually receive. Given the size of Spouse1's estate in this example no Federal or Florida estate tax would be due under the current laws. So far everything seems to be great.

But, suppose Spouse2 lives another 10 years and the value of assets that make up the Credit Shelter Trust grow 10 fold (from \$250,000.00 to \$2.5 million). Because the Credit Shelter Trust asset

had a basis increase at the death of Spouse1 to \$250,000.00, and such estate assets were not transferred outright to Spouse2, the children of Spouse1 will not get an additional step-up in basis when Spouse2 dies. When Spouse1's children eventually get the remaining principal balance from the Credit Shelter Trust, they will ultimately be responsible for the capital gain increase from \$250,000.00 to \$2.5 million upon the sale of those assets. Obviously not what was desired.

As an alternative, Spouse1's assets could be moved to a By-Pass Trust upon his or her death with an independent Trustee taking control of the distributions. Income generated by the By-Pass Trust along with principal could be paid out to Spouse2 at the discretion of the Trustee. At the death of Spouse2, the remaining assets placed in the By-Pass Trust will receive a step-up in basis when paid out to Spouse1's children. The only downside here is that the assets placed into Spouse2's By-Pass Trust will be included in his or her gross estate for purposes of Federal Estate Tax calculation. Given the size of this estate example and the current laws in effect, no estate tax would be triggered.

Other considerations should be taken into account when deciding the type of testamentary documents that are best for you. One of those considerations is the overall expense of purchasing a Last Will and Testament versus that of a Trust. In the author's opinion, if you have an estate where the gross assets are less than \$300,000.00, a trust instrument may not make sense, unless you want to be certain that your children (from a previous marriage) receive something following your death and you are willing to risk having your assets exposed to creditors while you and your spouse are living.

No doubt deciding whether a trust is right for you is not a simple exercise and your best option is to visit the attorney of your choice to discuss what you and your spouse want to accomplish upon death. Your attorney can discuss with you the changing estate laws and try to design a plan that will fit your desires and yet be flexible enough to remain valid in the event Congress changes the current I.R.S. income and estate laws. It could be the best investment of time you make.

Before joining Grimland Law, PLLC, Mr. Grimland practiced complex commercial and intellectual property litigation at an Am Law 200 law firm in Tampa. Mr. Grimland also held staff attorney positions in the Thirteenth Judicial Circuit Court of Florida, including for the Honorable Herbert Baumann, Jr. (Complex Business Litigation, General Civil, Division L); Honorable James M. Barton, II (General Civil, Division C and General Civil, Tobacco Division Y); Honorable Charles E. "Ed" Bergmann (General Civil, Division F); Honorable Sam D. Pendino (General Civil, Division A); Honorable James D. Arnold (General Civil, Division J); and Honorable Richard A. Neilsen (General Civil, Complex Business Litigation Division). From 2011 to 2013, Mr. Grimland served as an assistant to the co-chairs of the Thirteenth Judicial Circuit Professional Committee.

Mr. Grimland received his Bachelor of Arts from the University of Central Florida and his Juris Doctor, with honors, from Stetson University College of Law.

His firm practices law in the following areas: Business Law, Intellectual Property, Real Estate Law and Civil Litigation.

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A Healthier You: Put a Preventive Care Plan into Action

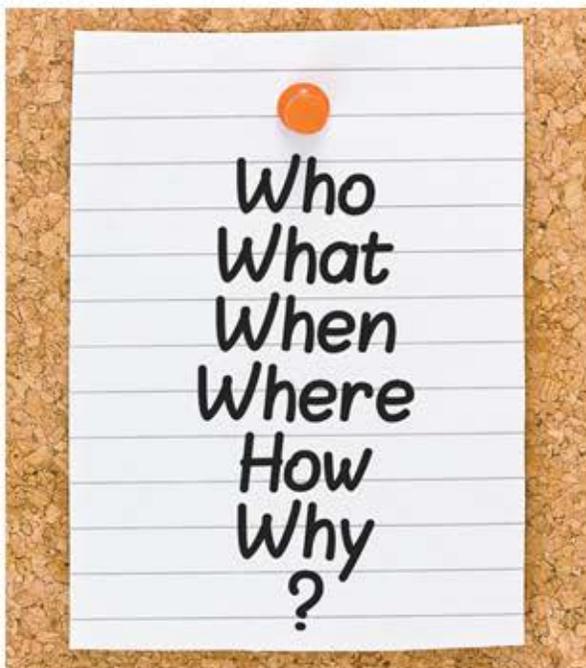
By Dr. Christine Laramée, Chief Medical Officer, UnitedHealthcare North/Central Florida

You don't have to be sick to visit your primary care physician. Being proactive and working with your doctor to create a preventive care plan can help you live a healthier life and maybe even reduce your health care costs. Preventive care plans simply start with routine checkups and screenings. In fact, many health plans pay for most or all of these types of preventive care services.

It might seem counterintuitive to see a doctor when you are healthy, but that is the best time to generate a baseline of your overall health. If checkups tend to settle at the bottom of your to-do list, here's a four-step plan to help make preventive care a priority:

1. Make the call now. There's no reason to wait. Call your primary care doctor to make an appointment. By being proactive in making a doctor's appointment, you can make sure health issues won't sneak up on you.

2. Gather information before your visit. You might wonder: Do I need a mammogram? A colorectal cancer screening? A pap test? To help



Making the most of your doctors' visits include asking a lot of questions. Following the five "Ws" makes it easier to fully understand and get the answers you need to make more informed decisions.



Taking control of your health can seem overwhelming, which is why gathering information before a doctor's visit about what is typically recommended for people of your age and/or condition is important.

prepare for a conversation with your doctor, take a moment to research what is typically recommended for people your age and gender. This is also a good time to gather information your doctor may need to know about you such as past treatments, immunizations, previous screenings and test results, what medications you take and your family health history.

3. Ask and share during your visit. Ask your doctor which screenings and vaccines you might be due to receive. What you need may be based on your unique health history, so it is important to have your personal health record handy. And if you are working on other health resolutions, like losing weight or quitting smoking, ask for help. Your doctor can be a great source of advice.

4. Make follow-up appointments before you leave. If you need any follow-up tests or vaccines, schedule them before you leave your doctor's office. That way, they won't slip your mind. To avoid multiple trips, ask if tests can be grouped into one visit. Finally, remember to update your health record with any new vaccines or screenings you receive.

Having a proactive preventive care plan can help ensure unwanted illnesses do not sneak up on you and will encourage you to participate in a healthier lifestyle.



Stroke Master Products:

Recovering Stability, Gait, & Balance After a Stroke



The World Health Organization (WHO) states that 15 million people suffer stroke worldwide each year. Of these, 5 million die and another 5 million are permanently disabled.

According to the National Stroke Association, "Foot drop is common after a stroke. It is a weakness or paralysis that limits your ability to raise the front part of your foot. The foot or ankle drops down when the leg is lifted to take a step. If you have foot drop you may trip and fall if your foot and ankle are not supported by a brace at all times.

Foot drop can result when nerves are damaged during a stroke. The muscles are rarely damaged, but become weak because of lack of use following a stroke. Partial or complete recovery is possible with the help of rehabilitative therapy. Physical therapy is central in strengthening muscles and joints.

Physical therapy and ankle-foot orthotics are two of the three main treatments for foot drop; electrical stimulation is the third. With neuromuscular electrical stimulation (NMES), your leg muscle is directly stimulated. This helps your nerves fire, making your muscles contract. Over time, the idea is that your leg muscles will be retrained."

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How to Inspire Summer Reading

While summer is the perfect time for kids to take advantage of days spent away from the classroom, remember not to put valuable skills, like reading, on the backburner. In fact, research estimates that 1-2 months of learning loss can occur during the summer months.

To help your child maintain his or her reading level and avoid the “summer slide” – which can be counteracted in part by reading 20 minutes a day over the summer – Kate DiCamillo, a two-time Newbery Medal-winning author and the Pizza Hut BOOK IT! Program literary partner, recommends finding ways to make reading a fun, interactive experience that incorporates children’s interests.

“Reading together is one of the best ways I know to foster a love of reading,” DiCamillo said. “You can read to your child. Your child can read to you. You can listen to an audiobook together. You can both read the same book at the same time and discuss it when you are done. Reading is a way to connect to each other and the world.”

Help your student maintain his or her skills and develop a love of reading this summer with these tips.

Love the Library

To help ensure learning doesn’t stop once school lets out for summer, making periodic trips to the library part of your routine can be a good step. For many children, browsing the shelves on their own and discovering new books in a library can help them get excited about reading. Most libraries offer something for every reader, regardless of age or skill level, including a structured environment that can help make reading a priority.

Incorporate Interests

During the school year, many of the books your student is reading are probably assigned, but summer offers the opportunity for him or her to choose what to read and tailor selections toward specific hobbies or interests, which can increase enjoyment. Start by creating a list of books and activities that align with those interests, and take advantage of pre-built lists at libraries or online

resources like those at bookitprogram.com/summer, which offers a variety of book suggestions and activities to help increase reading during the summer months.

Program Participation

Many schools, bookstores and libraries offer summer reading programs for students. Joining a program can provide a way to track your child’s progress, and there are typically rewards involved for meeting certain criteria, which can provide a level of motivation that may otherwise be difficult to replicate.

Make Materials Matter

In addition to traditional books, summer reading can include materials of all lengths, from chapter books to short stories and even magazines or comic books. Even if you’re committed to limiting screen time during the summer, consider a compromise that allows for the use of devices to read e-books or listen to an audiobook.

Read on the Road

One of the best ways to ensure your kids are reading is to make reading materials available to



Photo courtesy of Getty Images

them, even when you’re on the go during the busy summer months. Whether it’s a long road trip or just a trip to the store, taking books – or playing audiobooks – in the car is a perfect opportunity to squeeze in some reading time.

Fostering the habit during the summer can help ensure your child is prepared when school – and the annual BOOK IT! Program – starts again. The program, available to kindergarten through sixth-grade students, helps motivate students to read by rewarding them with recognition and pizza. Learn more about the program and find more summer reading tips and activities at bookitprogram.com/summer.

Source: Pizza Hut



Practically Perfect Gift Ideas for Dad



If you've heard giving practical gifts is a no-no, scratch that advice because when it comes to dads, functional gifts that show you appreciate their personal interests may actually be the safest bet this Father's Day.

Consider the hobbies and activities that dad treasures most then look for ways you can turn those pastimes into gifts that he can not only appreciate but put to good use.

Celebrate His Sports Obsession

No matter his favorite sport or team, you can find countless ways to please an avid sports fan. Obvious

options like T-shirts and baseball caps are always winners, but you can find plenty of creative and useful ways to celebrate dad's favorite team, too. Practical ideas to help trick out his car include new floor mats, headrest covers and even valve stem covers. You could also go more whimsical with stainless steel knives or salt and pepper shakers bearing the team logo. Visit the team store or search online for the perfect gift.

Boost His Golf Game

Help dad improve his score and complete rounds faster with the advanced technology of a rangefinder. An option such as one of Leupold's GX-1i3,

GX-2i3 and GX-5i3 rangefinders provide fast, easy and accurate ranging to give golfers an edge on the course. With the customization features of the GX-2i3 and GX-5i3, you'll practically be gifting dad a personal caddie. Learn more at leupold.com/golf.

Feed His Cravings

For the at-home chef, functional gift ideas are nearly endless. Try narrowing down the options by choosing his favorite cuisine. If Mexican cuisine is his thing, look for less common but highly useful items like taco holders or condiment dishes to hold a serving of freshly made salsa. Or go a more experimental route with a custom kit that lets dad make his own beer, cheese or jerky at home. An online search will reveal a stockpile of ideas, so your biggest challenge will be narrowing down the menu.

Add a Tool to His Belt

If your dad is a handy man, you may think he's got every tool and gadget imaginable. The truth is, most handymen will agree you can never have too many tools. Think about the projects he tackles most often; those are the items that may be worn and in need of replacing. If there's a task he struggles to complete, consult with an expert at your local hardware store to determine whether there are devices that could help make it easier.

Expand His Artistic Interests

When the arts are more up dad's alley, you can make it easier for him to appreciate the genre he loves best. A reading lamp or monogrammed bookmark is perfect for the book worm, while a visit to a gallery showing or performance may be just the ticket for a dad who enjoys exploring artistic talent or experiencing the arts live.

Father's Day is a time to show dad your gratitude and love, and he's sure to appreciate knowing that you care enough to give a gift he truly can use and enjoy.

Source: Leupold

FOUR STRESS-BUSTERS FOR HOME SELLERS

Selling your home is an exciting endeavor and an important milestone in your life—not to mention potentially lucrative! However, it can also be stressful and nerve-wracking. Worrying over the sale of your home is natural and expected, but it doesn't have to get out of control. Here are some quick, easy ways you can maintain optimum mental health while dealing with negotiations, inspections, and appraisals.

1: Meditation

The practice of meditation can seem mystifying and arcane, but it's actually deceptively simple—and its cognitive benefits have been well known for centuries. All you need is a quiet space and a few minutes to yourself. Sit with your legs crossed, and focus on your breathing. Breathe into your diaphragm through your nose slowly and evenly for five to ten minutes to clear your mind, reduce feelings of anxiety, and get back at it refreshed.

2: Gentle Exercise and Cardio

Get rid of that excess nervous energy by engaging in some gentle, low-impact exercise. Even light exercise releases endorphins that make your brain happy and helps your body better adapt to stress. Exercising in a natural setting is even better, since outdoor vistas tend to create a meditative state of mind called involuntary attention in which our minds can wander but our senses are engaged in the present moment. When you're stressed, try some light yoga or go for a walk at your favorite spot.

3: Visualization

A similar practice to meditation, visualization is known to elicit relaxation response in the body and mind. It's also very simple: make yourself comfortable in a quiet place, then imagine yourself relaxing in a peaceful scene of your choice. You can also focus on positive, goal-focused imagery like selling your home, or picturing yourself in your dream home.



4: Potassium Consumption

Stressing out with no time to take a meditation or yoga break? Grab a banana. Bananas (as well as sweet potatoes, yogurt, and winter squash) are rich in potassium, a nutrient that helps your body regulate blood pressure and recover more quickly from stress. Incorporate potassium-containing foods in your meals throughout the selling process to help your body and mind cope.

Selling your home should be an exciting, happy time for you and your family. Keep your selling stress low by hiring a Showcase team member to make sure you get exactly what you want from the sale of your home. Let us deal with the hard stuff so you don't have to!

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Joe LoCicero - Chief Executive Officer

Joe has been in marketing and sales since he graduated with a bachelor's degree in Business Management from the University of South Florida. He has successfully owned and managed several different business entities including; Owner/Branch manager of a mortgage company, Vice President of Negotiations for a successful law firm which specialized in short sale negotiations, and an Agency Manager for a top producing Allstate Agency. He brings a wealth of knowledge to the real estate industry from his previous business ventures.

Joe takes a very innovative approach when marketing a property and embraces technology. He realizes that every situation is different and will customize his marketing plan to meet his client's unique needs.

God Our Father - A Father's Day Tribute

By Ross Johnson, Lead Pastor, Gathering Pointe Church

Growing up, I idolized my dad. He was a man's man. He was hard working, working two jobs for many years of my childhood. He is a Vietnam Vet having served two tours, awarded a Purple Heart and Uncommon Valor. His hands, scarred and calloused from years of turning wrenches as a mechanic. In fact, in my home town, he was known as one of the best engine builders in the area. At any given time, there were project cars in our garage with the front end torn apart and the motor on the engine stand. Some of the best memories of my childhood were spent in the garage working with my dad, cleaning parts, holding the backend of a pop-rivet gun, handing him a 9/16 box end wrench while listening to the DJ Wolf-man Jack. To this day when I hear certain songs, my mind races back to those days working with my dad, firing up that big block Chevy we just finished or the smell of fresh solvent in our parts cleaner.

As fond as many of my memories are, there were very difficult times as well. My dad was absent in my life until I was at about the age four. My parent's marriage was rocky most of my years growing up, and most of those tensions were centered on my dad's demons from Vietnam and alcohol. You see, my dad was an alcoholic. I tell people I never knew when my dad was drunk...because he was never sober. That is not much of an exaggeration. My dad's breakfast consisted of a steady diet of whiskey and water. His lunch consisted of the same. He drank at work. He drank at home. He often joked that he couldn't do his best work in the garage until he had a six pack in the tank. We used to laugh. But looking back on it years later, it breaks my heart.

While my dad taught me the value of hard work, integrity, how to do a brake job and change the oil in my car, my dad was never in a position to teach me about faith. He never taught or modeled for me what a relationship with a Heavenly Father looked like until much later in my life. Sure we went to church when I was a kid. Heck, my dad and I even got baptized on the same day when I was in the third grade. But it just seemed there was nothing ever really real about it and soon, we quit going.



By the time I was a sophomore in high school, I had decided that I wanted to be just like my dad. In every way. I saw my dad fight, cuss and drink and so that is what I thought a man did, who a man was. I idolized him and so I had become his carbon copy.

Around that time, my parent's marriage hit rock bottom. There was an ultimatum given. Go back to church and try to save a marriage or part ways...so we went to church. I went begrudgingly - to the point that I would go to church with them on Sunday while I was still drunk. Over the next several months, however, my dad made two decisions that would eventually change the course of our lives. After a weekend bender that almost led him to commit suicide, he decided to walk away from alcohol and decided to walk with Jesus. Praise God my dad has been sober for 30 years!

It wasn't until the end of my freshman year in college that my dad's two decisions hit home for me. I found myself in a very similar situation in my dorm. A weekend bender and thoughts of suicide. Just as my dad did a few years before in our garage, I decided to walk away from the bottle and walk with Jesus.

I have two fathers. One is perfect and one isn't...but I love them both. I love them both for all that they have taught me. You may have an earthly father that has caused great hurt and pain and believe me, I get it. But I want to encourage you that there is a Father that will love you unconditionally and perfectly. A perfect Father who is ready to adopt each of us and bring us into His family...a family of faith, mercy, grace and perfect love.

If you struggle with Father's Day and would like to share your story, I would love to listen. Feel free to reach out to me at any time.

May you have a blessed Father's Day.



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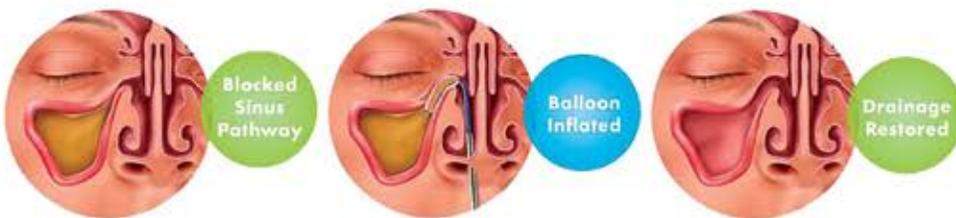
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