

CENTRAL FLORIDA'S

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

October 2018

Marion Edition - Monthly

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 *Breast Cancer*  
awareness month

Winning the Fight Against  
**BREAST CANCER**

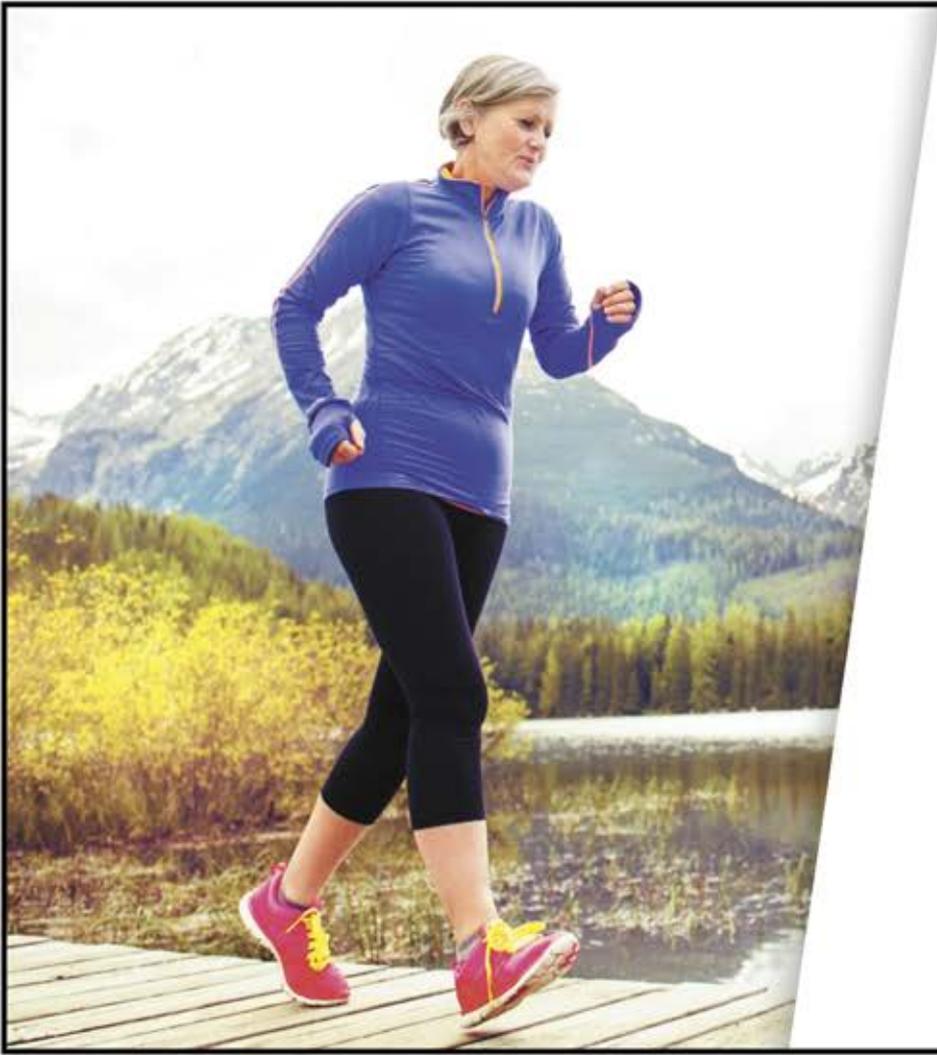
**CELEBRATING  
NATIONAL  
PHYSICAL  
THERAPY  
MONTH**

**WOMEN  
OF STEEL**

Spearheading the  
Crusade Against  
Breast Cancer

**GHOST, GOBLINS,  
AND SUGAR-OH MY!**

**Flu Fact or Fiction?**



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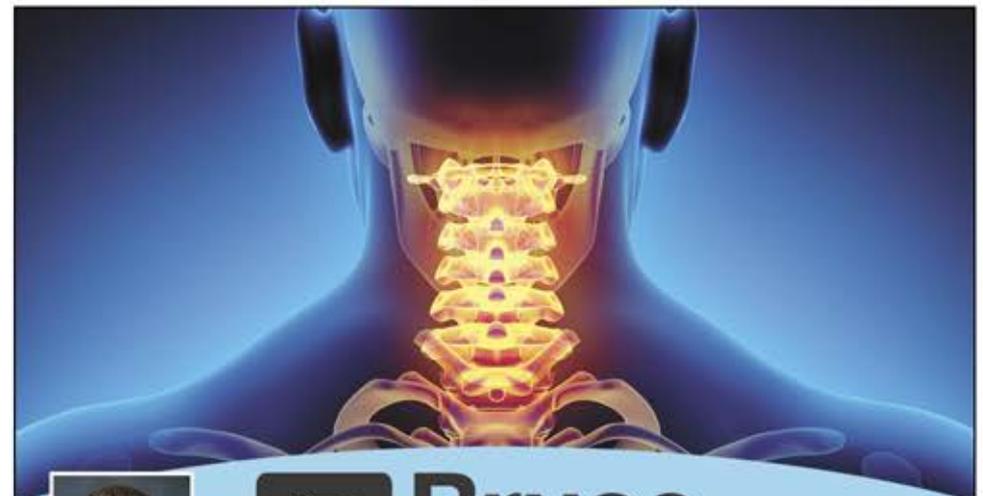
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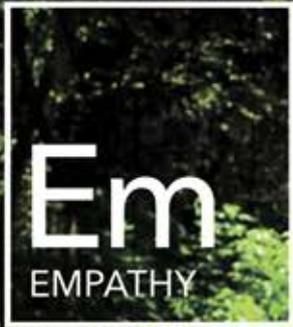


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## Empathy. A powerful element in fighting cancer.

Jeanie Harris has been the caregiver. As a Registered Nurse and an Oncology Certified Nurse with Florida Cancer Specialists, she has spent her career educating, delivering medication, empathizing and holding the hands of her patients. So when Jeanie found a lump in her breast, she knew Florida Cancer Specialists was the place where she would get science-driven care and the personal attention she needed to fight cancer. Now with the experience of being a cancer survivor, she connects with her patients on a deeper level, and she has a fresh perspective on how special each patient feels at Florida Cancer Specialists. In October and all year, we honor all of those who have fought this awful disease and all of those caregivers who help them in the fight.

*"I always knew Florida Cancer Specialists had quality caregivers, but being a patient gave me a fresh perspective."*

*Jeanie Harris*

*-Nurse, Patient & Breast Cancer Survivor*

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## Cataract & Comprehensive Ophthalmology



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Robert J. Kraut, M.D.



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Ocala, FL 34474

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**200 West Office**  
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**Magnolia Office**  
1500 S.E. Magnolia Ext., Suite 106  
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**Ocala Eye Surgery Center**  
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# CONTENTS

OCTOBER 2018

- 6** Women of Steel - Spearheading the Crusade Against Breast Cancer
- 8** Harmful UV Rays Can Cause Cancers To Form In The Eyes
- 9** Winning The Fight Against Breast Cancer
- 10** Ghost, Goblins, and Sugar-Oh My!
- 11** Celebrating National Physical Therapy Month
- 12** Flu Fact or Fiction?
- 13** Urinary Incontinence
- 14** Foot & Ankle Pain: Ignoring Your Symptoms Could Cause More Damage
- 16** Seasonal Influenza (Flu)
- 17** The Potential of Omega-3 Plus Melatonin in Breast Cancer Therapy
- 18** Wellness from the Inside Out Vs. Outside In
- 19** Orthopedics and the Advantages of Stem Cell Therapy
- 21** Inflammatory Bowel Disease (IBD)
- 22** Contemplating Cannabis
- 23** National Physical Therapy Month
- 24** Glyphosate (Roundup ): Pathway to Modern Diseases
- 25** Cardiac Rehabilitation & Physical Therapy
- 26** Domestic Violence Awareness Month: Behind Closed Doors
- 27** Does Your Life Insurance Policy Measure Up? What You Should Know
- 28** Get Fit Having Fun
- 29** Local Attorney Patrick L. Smith Offers Flat Fee Estate Planning Services
- 30** Spiritual Wellness: Hungry Heart

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*Central Florida's Health & Wellness Magazine* can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

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# TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

## TIRED & ACHING LEGS?

If you suffer from varicose and spider veins, you are not alone.

## WHAT ARE VARICOSE VEINS?

Although veins and arteries are both part of the circulatory system, they work in very different ways from each other

## WHAT CAUSES VARICOSE VEINS?

Some predisposing factors include aging, standing occupations, and leg injury or trauma.

## WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

"Do veins require treatment?" and "What treatment is best?"

## TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
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## WHAT RESULTS CAN YOU EXPECT?

Technological advances in evaluation and treatment methods allow spider and varicose veins to be treated more effectively and safely than ever before.



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# Women of Steel – Spearheading the Crusade Against Breast Cancer

**The Early Detection League of RAO's Women's Imaging Center (WIC) is composed of a group of caring and driven professionals dedicated to early breast cancer discovery and compassionate guidance.**

Breast cancer continues to strike 1 in 8 American women, but death rates have dropped 39% in the past few decades, due largely to advances in diagnostic testing. "Great strides have been made in both early discovery and survival," says WIC Medical Director and breast imaging subspecialist Dr. Amanda Aulls. "With advances like 3D mammography, we're able to discover breast cancer earlier and more accurately than ever before."

3D mammography™ exams are the standard of care at WIC, replacing less effective screening technologies. "My breast cancer was caught early with 3D mammography," says RAO MRI technologist Michele Barkley. "If I had chosen standard mammography over 3D mammography, it's possible my cancer would have been missed."

Another RAO employee, Yvonne Seymor-Palmer, is also a breast cancer survivor. "Getting that diagnosis was frightening, sure, but I felt grateful to be here among trusted friends with outstanding credentials. They helped get me through it, so I can say firsthand that the WIC team is unbeatable."

RAO's commitment to superior modalities, including breast MRI and same-day biopsy, combined with its team of subspecializing radiologists make WIC the region's only full-service women's diagnostic center. All imaging results are read in-house by Board Certified radiologists who live in the area and

are devoted to the community, and WIC's team of women enhances the climate of security and understanding. "It feels good to have women doctors on staff who can relate personally" says RAO physician liaison Amanda Smith.

In that vein, WIC welcomes its newest radiologist, Dr. Janet TerLouw, who subspecializes in breast imaging. "Fellowship training gives patients a tremendous advantage," says Dr. TerLouw, "because it promotes exceptional accuracy."

RAO's superior technologies aren't limited to WIC. "As the manager of RAO's TimberRidge Imaging Center, I make it a mission to acquire the most advanced technologies and procedures," says Kathy Gillman. "And I methodically review our standards and practices to foster an unparalleled level of patient care," adds RAO's operations coordinator, Carrie Law. "This is the team of people I'd trust with my own care, or that of a loved one. You can't get a higher recommendation than that."

*(Pictured left to right: Kathy Gillman - Manager of TimberRidge Imaging Center; Carrie Law - Operations Coordinator; Amanda Smith - Physician Liaison; Amanda Aulls, MD - Medical Director of Women's Imaging Services; Michele Barkley - MRI Technologist, Breast Cancer Survivor; Yvonne Seymor-Palmer - Scheduler, Breast Cancer Survivor)*



# MEET THE EARLY DETECTION LEAGUE



**KATHY GILLMAN**  
Manager of TimberRidge  
Imaging Center

**CARRIE LAW**  
Operations Coordinator

**AMANDA SMITH**  
Physician Liaison

**MICHELE BARKLEY**  
MRI Technologist,  
Breast Cancer Survivor

**AMANDA AULLS, MD**  
Medical Director of Women's  
Imaging Services

**YVONNE SEYMOR-PALMER**  
Scheduler,  
Breast Cancer  
Survivor

For heroic accuracy, only RAO's breast health detection league of fellowship-trained subspecialists utilizes advanced technologies like 3D mammography™ exams, MRI and in-house same-day biopsy for the ultimate defense against cancer. Our united mission: to detect disease wherever it lurks and help return you to a place of health and security.

*It's all for one, and one provider for all you need: RAO.*



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Women's Imaging Center  
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# Harmful UV Rays Can Cause Cancers To Form In The Eyes

It's a rare diagnosis, but if your eyes are constantly exposed to UV radiation, your chances of getting a melanoma in the eye are greatly increased. Ocular melanoma tumor cases are uncommon, but about 2,000 new cases are diagnosed each year. Living in Florida, we need to be especially conscientious about preventing this form of cancer, due to our excessive exposure to the sun.

## Types of UV Radiation:

The reason we hear so much advice on wearing sunscreen, sunglasses, and avoiding over sun exposure between 10:00 am to 4 pm, is due in large part to the sun's harmful UV rays during the time when the sun is the highest in the sky.

UV radiation has multiple levels; for example, UVC rays are the most harmful to the skin and eyes, but the ozone layer blocks many of the rays. UVA rays play a huge role in causing skin damage and aging. The wavelengths of UVA rays are long and are therefore less harmful than UVB rays. UVB rays are extremely damaging to the skin and eyes and can cause cancer. UVB rays are shorter wavelengths and consequently can even penetrate through glass, so when your driving in your car, or sitting by a window at work, the UVB harmful rays can harm you. It's best to always protect yourself by wearing sunscreen, protective clothing, and sunglasses.

## Protecting Your Eyes:

Sunglasses are the fashionable accessories that can indeed help to prevent a melanoma from forming in the eyes. Your eyes need protection from both UVA and UVB rays.

When choosing sunglasses, some cheap versions may actually increase your risk by easily allowing harmful rays to filter through. It's important to choose frames that cover your eyes securely. If they don't fit your face properly, then UV radiation can penetrate through the gaps and openings.

## Sunglasses Should Have one or More of the Following Options:

- 100% UV protection
- Polarized lenses
- Polycarbonate lenses
- UV coated lenses



## Ocular Melanoma (eye tumor/cancer):

Your eye is made up of three strata, the outer, inner and middle layers. The middle layer is where most melanomas form. They typically occur in the uveal tract, which houses the iris, pupil, muscle fibers and layer of blood vessels that provides nutrients to reach the retina. This layer of blood vessels is called the choroid and is where most intraocular melanomas are found.

During your regular dilated eye exam, an ophthalmologist can usually detect the tumors if they are present. Some of the symptoms of ocular melanoma are a dark spot on the iris (color portion of eye), blurry vision, changes in the size of pupils or their shape, pain, redness, or consistent irritation.

If you or a loved one have any eye symptoms or are in need of your yearly eye exam, please schedule an appointment with an ophthalmologist immediately. Problems with sight, such as macular degeneration, retinal disorders or melanoma need to be addressed and treated as soon as possible. Although the treatment options for ocular melanoma are limited, if caught early on, a resection (removal) of the tumor is the standard of care.

A comprehensive dilated eye exam is critical for all patients. In high-risk patients, they may need the dilated exam several times per year. Don't delay! The first step is to schedule the examination because early diagnosis can reduce vision loss significantly.

**Ocala Eye** is the largest, most experienced eye care practice in North Central Florida. Since Ocala Eye was founded in 1971, more people from Marion and surrounding counties trust their eyes to the ophthalmologists there than any other eye care group.

Ocala Eye is a patient-centered practice, with all of the decisions made based on the patient's benefit and well-being. Their patients' satisfaction reflects this philosophy. Ocala Eye has a passion for providing the highest level of complete eye care and aesthetic services.

Since Ocala Eye is the only truly comprehensive eye care practice in North Central Florida, patients no longer need to be referred out of town for their specialized eye care problems. Ocala Eye is the only ophthalmology practice in Marion County where you can be sure an eye surgeon is always on call, 24 hours a day, every day of the year.

If you or someone you love has developed eye irregularities, please make sure to schedule an appointment with an ophthalmologist immediately to help prevent any further damage to your eyesight.

To find out more, please call to schedule your appointment today.



## NEW LOCATION

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John S. Deaton, D.O.  
Michael Morris, M.D., F.A.C.S.  
Peter J. Polack, M.D., F.A.C.S.  
Jodie A. Armstrong, M.D., F.A.C.S.  
Mohammed K. ElMallah, M.D.  
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Vishwanath Srinagesh, M.D.

### Optometrists:

Kathryn Mar Jip Pomakis, O.D.  
Charles F. Paglia, O.D.

### Retina Specialists:

Chander N. Samy, M.D., F.A.C.S.  
Robert J. Kraut, M.D.

### Coming Soon!

Oculoplastic Surgeon:  
Sarah Kim, D.O.

# WINNING THE FIGHT AGAINST BREAST CANCER

Regardless of age, race or family history, all women – and about 1 percent of men – have some level of risk for breast cancer. Primary risk factors include age and gender, along with a number of other factors such as obesity and alcohol use, which can be moderated through healthy lifestyle choices.

## Can Breast Cancer Be Inherited?

Certain types of breast cancer do seem to run in some families; however, it is important to note that what is inherited is the abnormal (mutated) gene that could lead to breast cancer, not the cancer itself. The most common genetic risk factors for breast cancer are in women who have a mutation to the BRCA1 and BRCA2 genes. Women with this inherited gene mutation have up to an 80 percent chance of developing breast cancer during their lifetimes. If you have a close relative (mother, sister, daughter, etc.) with breast cancer, you should speak with your doctor about genetic testing.

## Early Detection

Identifying any type of cancer at an early stage before it has spread extensively (metastasis) provides a much better outcome for patients. Florida Cancer Specialists' physicians concur with the American Cancer Society's recommendation that women over 40 with no family history of breast cancer should get a mammogram once a year; for women under 40, a clinical breast exam is recommended at least once every three years. In addition, monthly breast self-examinations can be an effective way of discovering any changes in the normal look and feel of the breasts.

## New Findings Offer Guidelines for Chemotherapy

Today, there are many types of effective treatments for breast cancer including surgery, chemotherapy, radiation and hormone therapy, to list a few. Results of a recent study released in June 2018 confirmed with better accuracy which patients will benefit from chemotherapy and which will not. It is now estimated that, because of this new understanding, about 70,000 breast cancer patients can safely skip chemotherapy. The study was recently published in the New England Journal of Medicine (NEJM) and, according to its findings, almost 70 percent of women with early stage



breast cancer and an intermediate risk of recurrence can now safely skip chemotherapy after their tumors have been surgically removed.

Over 10,000 patients in the clinical study received a genomic test that estimates the individual risk that cancer will recur. Known as gene expression testing, this assessment helps determine which breast cancer patients are most likely to benefit from chemotherapy following breast surgery.

Those with a high-risk score (above 25) were advised to have chemotherapy and hormone therapy, which is standard treatment; those with a low-risk score (0 to 10) would still need hormone therapy, but could forego chemotherapy and avoid its sometimes harsh side effects.

Prior to this study, the group of patients with test results in the intermediate risk range (between 11 to 25) did not have a clear course of action with regard to chemotherapy; however, the results of the study found that, within the intermediate-risk group, all women over 50 whose tumors responded to hormone therapy and tested negative for the HER2 gene had no significant benefit by adding chemotherapy and could safely skip it. Chemotherapy did offer some benefit for those 50 and younger who had a recurrence score between 16 and 25.

Florida Cancer Specialists is proud to have participated in this study. Its findings provide more certainty about which patients in the intermediate-risk group need chemotherapy and which do not. This is just one example of the incredible benefit that clinical research brings to both current and future cancer patients.

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

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For more information, visit [FLCancer.com](http://FLCancer.com)

# Ghost, Goblins, and Sugar—Oh My!

**W**ith Halloween approaching, you're kiddos, grandchildren and let's be honest, parents too, are about to go hog-wild on some sugary treats this month. If you're not careful about brushing all of that sticky sugar off, you might end up looking like a Jack O' Lantern. Probably not, but you will be susceptible to cavities, and no one wants to hear the words, "You need a filling."

The other issue with some candy is that it can actually cause tiny fractures in the enamel or in some cases, break and chip your teeth or restorations. Ocala Dental Care has your children and your best interest in mind this Halloween season. That is why they have compiled a good, better best list when it comes to purchases, receiving and eating these tempting sweet treats.

**GOOD:** Well, maybe this section should have been titled, "IF YOU MUST." Some of the sticky candies are the most popular things that your kid will get from the neighbor's houses. Sugary sweets like Candy Corn, Starbursts, Taffy, Lollipops and Caramels are at the top of the list. These are okay, but it's essential to rinse your mouth out with water and then brush your teeth (longer than average) to make sure you get all of those sticky little bits off of your teeth. The surfaces of your teeth are like crevices, and sticky candy finds a way to hide out in there unless you're really diligent about brushing and flossing. If candy is left on the tooth surface, it feeds the bacteria in the mouth and causes acidity, plaque, and decay. Even if it's a late night, brush and floss that sugar away!

**BETTER:** Fruit juice gummies are still candy, but a little healthier than their chemical-laden cousins and the gelatin is a good source of calcium. Sugar coated chocolates are fine, nerd candies or other dissolving candies like sweet tarts are better options because the sugar is easier to brush off of your teeth. Licorice and other chewy candies that are not extremely sticky are fine options too.

**BEST:** There are so many healthier choices today like organic candies and real fruit juice options



out there that should make shopping for your Halloween candy a little less stressful. Chocolate candy especially dark chocolate is an excellent option because of its lower sugar content. In fact, chocolate is the better option because the viscosity of the sweets washes off of your teeth very easily. An even better option is chocolate covered fruit, and nuts like chocolate dipped apple slices or chocolate covered almonds because they're healthier and provide fiber and protein. Popcorn is also a great alternative to candy, even caramel popcorn or popcorn balls are delicious and a special healthier treat than taffy or other sticky sweets.

**IT'S A SPECIAL OCCASION, GO AHEAD, ENJOY YOURSELVES AND HAVE A SAFE AND HAPPY HALLOWEEN!**

## Ocala Dental Care

*Ocala Dental Care is a restorative dental office dedicated to offering exceptional care from dental basics to extensive procedures, all within a warm, inviting setting. They provide comprehensive restorative and general dentistry services to patients, including dental hygiene cleanings, root canals, endodontics, dental implants, dentures, crowns, and full mouth reconstruction.*

*Members of the FDA and Central Florida District Dental Association, they have been serving patients for more than 30 years and look forward to serving all of your dental needs.*

*If you or someone you know is concerned about their oral health, or if you need a check-up, please contact Ocala Dental Care today.*

  
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# Celebrating National Physical Therapy Month

**T**his Fall, your practitioners at Life Care Center of Ocala would like to share a special month with you! National Physical Therapy Month is celebrated each October. The goal of the month long celebration is to raise awareness of the important role that physical therapists and physical therapy assistants play in helping people decrease pain, improve mobility, and engage in healthy lifestyles.

The History of National Physical Therapy Month Initially, National Physical Therapy Week was celebrated each June starting in 1981. In 1992, the week was moved to October so as to not conflict with the American Physical Therapy Association (APTA) national conference in June. It was then declared that the entire month of October would be designated National Physical Therapy Month. National Physical Therapy Month is a recognized observance on the National Health Observances Calendar.

## **The Practice of Physical Therapy**

Physical therapy is a discipline that concentrates on major muscle joints and muscle groups. It is prescribed to patients with complications related to stroke, neurological disorders, hip and knee replacements, sports injuries, arthritis, sprains and strains, back pain and repetitive motion injuries. By utilizing a wide range of techniques, not limited to but including manual therapy, soft tissue mobilization techniques, modalities and kinesio-taping, physical therapists have the tools to help patients heal following surgery, illness or injury.

## **The Benefits of Physical Therapy**

### **Improve Mobility & Motion**

Physical therapists are experts in improving mobility and motion. Pain-free movement is crucial to your quality of daily life, your ability to earn a living, your ability to pursue your favorite leisure activities, and so much more.



### **Avoid Surgery and Prescription Drugs**

While surgery and prescription drugs can be the best course of treatment for certain diagnoses, there is increasing evidence demonstrating that conservative treatments like physical therapy can be equally effective (and cheaper) for many conditions.

### **Participate In Your Recovery**

Physical therapists routinely work collaboratively with their patients. Treatment plans can be designed for the patient's individual goals, challenges, and needs. Receiving treatment by a physical therapist is rarely a passive activity, and participating in your own recovery can be empowering. In many cases, patients develop an ongoing relationship with their physical therapist to maintain optimum health and movement abilities across the lifespan.

If you are looking to make the transition into a skilled nursing facility for yourself or a loved one, call Life Care Center of Ocala to book your tour today. Please call (352) 873-7570.





# Flu Fact or Fiction?

By Xinmeng Zhao, DO  
Specializing in Internal Medicine

**E**very flu season as many as 20 percent of Americans get sick with a virus that causes seriously uncomfortable, even lethal complications. Getting vaccinated is the most important thing you can do to protect yourself from a totally avoidable illness.

While we don't know whether this year's influenza will be better or worse, make sure you know the truth and how you can reduce your risk. Dr. Xinmeng Zhao, specializing in internal medicine at Florida Hospital Physician Group, discusses 4 often-repeated flu myths – and facts to set the record straight.

**Myth # 1: You can get the flu from the vaccine.**

Not true. The fact is the vaccine in flu shots is made with either inactivated viruses or no viruses whatsoever. You may know someone who's come down with the flu even after being vaccinated, but that's not because the shot made them sick. Rather, they may have been exposed to the virus before receiving the flu shot – or more likely, they may have contracted a different strain of virus than the three or four types against which the shot provided protection.

**Myth #2: Pregnant women shouldn't get the flu vaccine.**

To the contrary, the Centers for Disease Control and Prevention (CDC) recommends expectant mothers receive the flu shot to protect themselves and their unborn children. Why? Because the flu is particularly dangerous for women during pregnancy, making them more susceptible to serious illness and putting their babies at greater risk for problems, including being born prematurely.

**Myth #3: I've already had the flu this year, so I don't need to be vaccinated.**

Sorry, but no. The strain of flu you had earlier may not have been one of the several forms of the virus circulating now. So, your best bet to avoid a second bout with serious illness is still to get the flu shot.

**Myth #4: Flu vaccines are for the sick and elderly. I'm young and healthy, so no worries.**

Sorry to bust your bubble, but the CDC recommends everyone, aged six months and older, receives a seasonal flu shot, with few exceptions. That's because even the healthiest people can get very sick from the flu – and they can spread it to others for whom the virus is particularly dangerous, like babies and people of all ages with compromised immune systems.



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# Urinary Incontinence

**H**aving an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.



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# FOOT & ANKLE PAIN:

## Ignoring Your Symptoms Could Cause More Damage



More than 75% of people in the United States will experience foot disorders. A large percentage of these individuals are in the aging population, but other factors can contribute to foot pain, like standing on your feet for extended periods of time, ill-fitting shoes, hereditary and genetic disorders, excessive exercise, trauma, and diseases. However, one of the most common foot and ankle disorders is arthritis.

### Arthritis

Arthritis is an inflammation of the joints. Some of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue and inadequate blood flow. Two of the main types of arthritis are Osteoarthritis (OA) and Rheumatoid Arthritis (RA). With Osteoarthritis, wear and tear damages the cartilage in the joints and causes friction between the bones rubbing together. Injury or infection usually causes Rheumatoid Arthritis. RA is an autoimmune disease that causes the body to attack its own lining of the joints and membranes; this results in painful swelling and inflammation.

### Common Symptoms of Arthritis:

- Swollen Joints
- Joint Pain
- Stiffness
- Redness
- Sensations of warmth or burning
- Decreased range-of-motion
- Limited flexibility
- Loss of strength

### Ankle Tendonitis

Ankle tendonitis is most commonly related to bone spurs and flat feet. The Achilles tendon runs from the bottom of the foot up to the lower end of the calf. If the ankle tendon is damaged, torn, or injured, it can cause immense discomfort. These types of injuries tend to be progressive; you may start to notice slight pain that eventually increases to being unbearable. It's always best to see your physician at the onset of symptoms to prevent further damage.

### Common Symptoms of Ankle Tendonitis:

- Warmth
- Tenderness
- Swelling
- Pain

### Gout

Gout is a build up of uric acid. Years ago many professionals believed that rich foods triggered gout, but we now know that gout is an internal illness that builds up uric acid crystals in the joints and causes swelling, redness, and a great deal of pain. Gout is actually a form of arthritis, and it's best treated by

taking a daily medication to keep your uric acid levels low. Gout commonly affects the ankle, foot, and toes.

### Common symptoms of Gout:

- Warmth
- Extreme pain
- Inflammation
- Skin discoloration

### Treatment

For sprains, and ankle tendonitis the typical treatment is rest, compression, ice, and elevation. Staying off of your injured ankle and feet is imperative for healing. Your podiatrist can give you a brace or compression stocking to help immobilize your foot, but it's key to not try and get back in the game too soon. There are also surgical options for advanced cases.

Along with taking the appropriate medications on a daily basis, for Gout and ankle arthritis, the best treatment is also to avoid walking or standing for long periods of time and to elevate the area as much as possible.

## BRENT CARTER, DPM



Following his graduation from Barry University, Dr. Carter continued his post-graduate training and completed his surgical residency in Reconstructive Rearfoot and Ankle certification at Larkin Community Hospital in S. Miami, Florida. Dr. Carter treats all aspects of the foot and ankle both with conservative and surgical measures.

*If you are experiencing any foot pain, or have symptoms of the knee and leg associated with your foot and ankle, please call 352.274.9900*



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# Seasonal Influenza (Flu)

**Y**ou feel miserable when you have a common cold—a runny and/or blocked nose, sore throat, cough. But you know that with rest, cold medications, and maybe some good chicken soup you are going to feel better in a week or so. The flu, on the other hand, can be a much more serious illness, especially for older people, young children, and those with certain chronic medical conditions. People with the flu may require more than bedrest and over-the-counter cold medications to prevent serious problems.

This newsletter discusses similarities and differences between the common cold and the flu, how you can lessen your chances of getting the flu, and treatments your healthcare provider may consider if you catch the flu.

**How the Flu Is Different from the Common Cold**  
Symptoms of the flu that are somewhat different than those of the common cold are a high temperature (102°F or above), cold sweats and shivering, a bad headache, shortness of breath, aching in your joints and limbs, and feeling like you have no energy at all. Children, more than adults, are likely to have nausea, vomiting, and diarrhea.<sup>1</sup> However, it is important to remember that, in general, it can be difficult to tell the difference between a cold and the flu based on symptoms alone.

Both the common cold and flu are caused by viruses. But the flu is caused by specific types of viruses (influenza A and B). You can catch a common cold at any time during the year. The “flu season,” on the other hand, usually runs from October to March but can last until May.<sup>2</sup>

**How to Avoid Getting the Flu**  
There isn’t a sure-fire way to avoid getting the flu. But, the best way to reduce your chances is to get vaccinated each year. You can get the flu vaccine any time during the flu season, but it is best to get it before the flu season begins. Because the flu viruses change each year, you need to get vaccinated each year. Most healthcare providers and pharmacies provide the service. Certain groups of people, like those who have a severe allergy to chicken eggs, should not get the vaccine. Always check with your healthcare provider to find out if there is any reason you should not get vaccinated.

Other things you can do to help avoid getting the flu is stay away from people who are sick and have flu-like symptoms, wash your hands frequently, and avoid touching your eyes, nose, and mouth—germs often spread when people handle something contaminated and then touch their eyes, nose, or mouth.<sup>3</sup>

## I Think I Have the Flu

If you think you have the flu, call your healthcare provider. This is very important if you are older, or if you have any longstanding medical conditions, especially those that affect your breathing or your heart. Older individuals, young children, and those with certain medical conditions are more likely to get the flu, and can have more serious disease.<sup>3</sup> It is very important that you call your healthcare provider or go to the emergency department if your temperature remains high for more than a few days, you feel seriously ill, or you become short of breath or have chest pain.

## How Your Healthcare Provider Can Help

Your healthcare provider can determine if you have a cold or the flu. Flu symptoms can be treated with prescription anti-flu medications, which are most effective if taken within 3 days of when your symptoms start. Additionally, over-the-counter medications may be helpful, as well as getting plenty of rest and drinking plenty of fluids. But it is important to know if you have the flu or a cold because the flu can become a very serious illness very quickly.

Most people recover from the flu in 1 to 2 weeks. But sometimes the symptoms become very severe. If your temperature remains high, or if you are not keeping down any fluids your healthcare provider may admit you to the hospital for intravenous fluids and other treatments. In certain patients, antiviral medications are sometimes used to shorten the duration of the flu and lessen its severity. It is important to know that antibiotics are not useful for treating the flu.

## How the Laboratory Can Help

Quest Diagnostics offers a test that can tell if you are infected with a flu virus. The test does not require any blood—it is done with a simple swab from your nostril. The test results come back very quickly. This can help your doctor begin any medical treatment sooner, potentially lessening the duration and severity of the flu. The flu test can prevent you from taking antibiotics if you do not need them.

## Additional Information

For more information, visit the Centers for Disease and Control and Prevention website (<https://www.cdc.gov/flu/index.htm>) or these helpful websites:

- The World Health Organization: [who.int/mediacentre/factsheets/fs211/en/](http://www.who.int/mediacentre/factsheets/fs211/en/)
- WebMD: [webmd.com/cold-and-flu/tc/influenza-when-to-call-a-doctor](http://webmd.com/cold-and-flu/tc/influenza-when-to-call-a-doctor)
- Medline Plus: [medlineplus.gov/flu.html](http://medlineplus.gov/flu.html)
- FamilyDoctor.org: [familydoctor.org/condition/colds-and-the-flu/](http://familydoctor.org/condition/colds-and-the-flu/)



## If You Have These Symptoms In Addition to Common Symptoms, You May Have the Flu

- A high temperature (over 102°F)
- Cold sweats and shivering
- A cough
- Muscle aches, especially in your back, arms, and legs
- Loss of appetite
- Extreme fatigue

## The Best Way to Prevent Getting and Spreading the Flu

- Get vaccinated every year in September, or as soon as the vaccine is available
- Take common precautions. These include washing your hands often, avoiding close contact with sick people, and limiting contact with other people when you are sick. For more information, visit the CDC web page on flu prevention: [cdc.gov/flu/protect/preventing.htm](http://cdc.gov/flu/protect/preventing.htm)

## References

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# The Potential of Omega-3 Plus Melatonin in BREAST CANCER THERAPY

By Bo Martinsen, MD

**O**ctober is National Breast Cancer Awareness Month. It's a time to reflect on these statistics, provided by the American Cancer Society:

- Breast cancer is the second leading cause of cancer death in women.
- More than 260,000 new cases of invasive breast cancer will be diagnosed in 2018.
- Over 40,000 women will die from breast cancer this year.

These are the hard facts about breast cancer. But in the face of the numbers, there is hopeful research coming out. In particular, more studies are examining how omega-3 fatty acids and melatonin can impact the effectiveness of cancer treatment -- as well as improve quality of life issues like pain, sleep and lack of energy.

## How Omega-3s and Melatonin Work

Omega-3s and melatonin are powerful substances in their own right. Omega-3s, which make up an important part of the cell membrane, influence cell signaling and membrane fluidity, in addition to being involved in numerous metabolic functions. As for melatonin, it regulates our circadian cycle and is involved in nearly every aspect of cell metabolism, energy production and the body's immune response.

While we rarely think of them together, omega-3 and melatonin act as natural partners in the cell. Studies show that they influence the bioavailability and functioning of each other. In addition, this duo appears to have a profound impact on cancer cells.

## Inhibiting Tumor Growth

The research coming out about how omega-3s and melatonin affect cancer cells is compelling. In simplified models, they have been shown to reduce cancer risk.

Cell studies have also looked at how omega-3s and melatonin can impact tumor growth. For instance, research has demonstrated that some types of omega-6s, which are typically found in processed foods, stimulate tumor growth and metabolism. However, if supplemented in high enough doses, omega-3s compete against the omega-6 molecules for the same enzymes and replace them, thereby inhibiting tumor growth. Research has also shown that when melatonin is added to breast cancer cells, it too blocks the integration of omega-6s into the cell membrane and leads to a reduction in tumor cells.



These benefits have important implications for cancer treatment. Consider one study from Canada, which showed that adding high amounts of omega-3s to breast cancer cells resulted in a 62% increase in cancer cell death compared to control cells!

## Impacting Quality of Life

Aside from the benefits demonstrated in cell studies, some researchers have also looked at how omega-3s and melatonin impact breast cancer symptoms and treatment side effects. Studies indicate that both nutrients have mood-lifting benefits. In addition, scientists from the University of Copenhagen demonstrated that melatonin could positively impact sleep efficiency and total sleep time amongst breast cancer patients.

Studies of other disease states have also described the ability of omega-3s and melatonin to reduce pain and chronic inflammation; so in theory, these benefits could extend to cancer patients as well.

## What's the Best Dose?

While no clinical studies have been performed to validate the optimal omega-3 dose for cancer patients, cell tests typically use the equivalent of 5000 to 10,000 mg of EPA/DHA in order to significantly change cell membrane structures and reduce cancer cell survival. That dose is the same as swallowing between 15 to 30 fish oil capsules daily. Similarly, for melatonin, the dose used in studies is much higher than what most people take -- closer to 10 times the common dose used for alleviating ordinary jet lag.

## In Conclusion

Omega-3s and melatonin appear to have great potential for supporting breast cancer treatment and improving quality of life. In spite of their promise though, these two nutrients are rarely used together in cancer treatment, or in adequate doses -- in part because many cancer patients do not tolerate swallowing handfuls of capsules or drinking fishy-tasting oils. This is where I feel particularly optimistic about fresh omega-3 oil, which when correctly produced, has no fishy taste or smell.

At Omega3 Innovations, we are now at the beginning stages of studying how melatonin dissolved directly into omega-3 oil impacts breast cancer cells. We are excited to learn more about how these powerful nutrients work together, particularly for cancer patients.

*A longer version of this article was originally published on [omega3innovations.com](http://omega3innovations.com). For the full text and references, visit:*

*<https://omega3innovations.com/blog/living-a-healthier-life-with-breast-cancer-karens-story/>*

## About Dr. Bo Martinsen

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder of Omega3 Innovations, he has created multiple patented technologies for medical devices designed to improve consumer compliance. He is also the creator of several medical food products that combine dose-effective ingredients of omega-3 fish oil with soluble fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway, focusing on occupational and preventive medicine.



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# WELLNESS FROM THE INSIDE OUT VS. OUTSIDE IN

By Dr. Paul Bruce

**A** wellness approach to health is focusing on the underlying causes of any disturbance or disruption within the body and making interventions and lifestyle adjustments that optimize the conditions for normal function. The main difference between wellness care and standard conventional medical care is that wellness care seeks to turn on the body's natural healing ability. Wellness care does not add something to the system (medication), instead it removes anything that might interfere with normal function. Wellness care trusts that the body would know what to do if nothing were interfering with it. Standard medical care, on the other hand, seeks to treat a symptom by adding something from the outside – a medication, a surgery or procedure.

Regular chiropractic care, eating a healthy diet, taking vitamin supplements, keeping your weight under control and stress management are all part of an overall wellness lifestyle that, if followed, results in a longer, healthier and pain-free life. The following tips focus on improving nutritional intake to help you optimize your overall wellness.

## Drink More Water

Water is the single-most abundant nutrient in the body, accounting for around 60% – 65% of your total weight. It is also the least forgiving of all the nutrients you consume. You can survive for weeks without food, but for only a couple of days without water. Water is responsible for the transport of nutrients, oxygen and waste products, as well as for regulating your body temperature and serving as the medium in which all of your body's chemical reactions take place. Most people do not drink enough pure clean water.

Drinking an adequate amount of clean water every day is one of the most overlooked, but simplest ways of keeping your body healthy. Water is used to help the body cleanse itself of toxins and metabolic waste. Although drinking water has become more popular over the past several years, many people still do not consume enough water. Instead, they drink coffee, tea, juices and soft drinks and figure that they get enough fluids. It is true that when you drink these things you are consuming water. However, along with the water, you are also consuming a lot of other stuff that the body will need to ultimately eliminate, so the potential beneficial effect of the water is somewhat negated.



## Eat More Fruits and Vegetables

People know that they should eat more fruit and vegetables in their diet, but most people don't do it. It seems lately that the four major food groups of the American diet have gone from dairy, fruits and vegetables, grains, and meat to sugar, fat, salt and caffeine. Because of the easy availability of fast foods and snack foods, we have lost our taste for fruits and vegetables; especially vegetables. It is not uncommon for many people to go for weeks without consuming a single serving of fresh vegetables. This is not good.

The human body evolved with a diet high in fruits and vegetables, and is dependent on many of the compounds unique to plant foods in order to operate correctly. If you don't consume enough of these plant compounds, your energy level will suffer along with your overall health. Most people are shocked at how much better they feel when they cut down on the fast foods and snack foods and increase their fruit and vegetable intake.

If you find it difficult to work in several servings of fruits and vegetables into your routine every day, you may find it helpful to supplement your diet with what is called a "greens" supplement, which is a highly concentrated powder of fruits, vegetables and antioxidants.

Increasing your consumption of fruits and vegetables is an important way to improve your overall health. The key is to make it part of your lifestyle – to make it a new habit.

This high level of sugar intake is very unhealthy and contributes to obesity, Type II diabetes, heart disease due to elevated triglycerides, kidney stones, dental caries, chronic tiredness and reactive hypoglycemia. Decreasing your sugar intake is as simple as avoiding foods which are high in refined sugars, such as soft drinks, candy, cake and donuts, as well as most condiments. When you purchase sweetened food, look for products that are sweetened with apple juice or stevia, rather than sugar or high-fructose corn syrup.

## Take a Multivitamin

Many people don't think that they need to take vitamin supplements because, after all, the human body did not evolve to need supplements – as long as you eat a balanced diet, you can get everything that your body needs, right? While it is certainly true that people living a thousand years ago did not have multivitamins, they also did not have thousands of tons of toxic chemicals being pumped into their environment every year; they were not exposed to a constant man-made electromagnetic field from power lines and cell phones; they did not eat highly processed foods that contained artificial colors, flavors and preservatives; they were not sedentary; and they were not under constant stress at work and at home. Our bodies were simply not designed for a fast-paced, high-stress, highly processed lifestyle.

The reality is that we need to give our body some help in order to stay healthy in the world today. That's where supplements come in. Supplements help to ensure that your body gets all of the extra vitamins, minerals, phytonutrients and probiotics necessary to function the way it should.

**Cut Down on Sugar** In a recent study done by the USDA, it was reported that the average American consumes 134 pounds of refined sugar every year, or approximately 20 teaspoons of sugar per day. As hard as this may be to believe, consider the following facts:

- A 12 oz. can of Pepsi™ contains 10 teaspoons of sugar
- A 2 oz. package of candy contains 11 teaspoons of sugar
- A 16 oz. cup of lemonade contains 13 teaspoons of sugar
- A cup of Frosted Flakes™ contains 4 teaspoons of sugar



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# Orthopedics and the Advantages of Stem Cell Therapy

**O**ver 35 years ago, stem cells were studied for their positive regenerative effects at the University of Cambridge. Since that time, stem cell regenerative medicine has come a long way with numerous research trials and studies that show the efficacious benefits to various age groups, and for many different medical issues. Stem Cell treatment can ease arthritis and chronic pain. It can also restore and heal injuries like bunions, rotator cuff, tendon and ligament tears, as well as labral and cartilage damage.

In orthopedics stem cells are typically derived from fat, bone marrow and the blood platelets of the adult patient, but when were dealing with age related injuries or aging degenerative effects like arthritis, the stem cells from a 70-year-old, are not going to be as beneficial in healing the body. At the Advanced Orthopedics Institute (AOI), the surgeons are dedicated to giving you the best quality care with top outcomes, and that's precisely why they use OrthoFlo by Mimedex. OrthoFlo is a stem cell allograft taken from amniotic fluid.

#### Mimedex cites the following:

*"OrthoFlo is an amniotic fluid allograft that is provided lyophilized, and is intended for homologous use to:*

- *Protect & cushion*
- *Provide lubrication for enhanced mobility*
- *Modulate inflammation*

*OrthoFlo is a human tissue allograft that is derived from amniotic fluid, donated by mothers delivering healthy babies by scheduled Caesarean section.*

*Amniotic fluid, in utero, naturally functions to protect, cushion and lubricate.1 Key elements of amniotic fluid include growth factors, carbohydrates, proteins, lipids, electrolytes, and other nutrients, as well as hyaluronic acid (HA), a principle component that provides viscosity and lubrication in the synovial fluid that surrounds joints.*



*OrthoFlo is an amniotic fluid allograft, which helps to cushion, lubricate and protect the joint. OrthoFlo is procured and processed in the United States according to standards and regulations established by the American Association of Tissue Banks (AATB) and the United States Food & Drug Administration (FDA)."*

Along with OrthoFlo, Advanced Orthopedics Institute also uses Mimedex's AmnioFix.

*"AmnioFix® is a composite amniotic tissue membrane minimally manipulated to protect the collagen matrix and its natural properties. AmnioFix® reduces scar tissue formation, modulates inflammation in the surgical site, enhances healing, and acts as a barrier."*

After years of accomplishment, Stem cell therapy is being utilized in many different medical specialties as it's finally receiving the credentials that it has proven to provide. Scientists are discovering new ways that stem cells are able to assist in healing. One of these ways is to fight viruses. Stem cells are also being made into vaccines and immunotherapeutic treatment. In orthopedics, stem cell therapy provides the following advantages:

#### Stem Cells Benefits

- Allows the body to heal itself naturally
- Reduces treatment time
- Quicker recovery time
- Restores degenerative tissue
- Lowers risk of infections
- Often alleviates surgery completely
- Can be used to improve healing rate after surgical procedure

*AOI is at the forefront of orthopedics. Dr. John T. Williams, Jr. specialties are hip and knee replacements, and knee revisions. Dr. Alfred J. Cook Jr., specializes in sports medicine, shoulder surgery and replacements, rotator cuff repairs, and knee procedures including arthroscopy. Both doctors use innovative early prevention treatments for arthritis.*

To find out more about stem cell therapy, or your other orthopedic needs, please call Advanced Orthopedics Institute at (352) 751-2862.

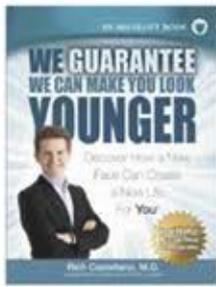


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# Inflammatory Bowel Disease (IBD)

By Digestive Health Associates

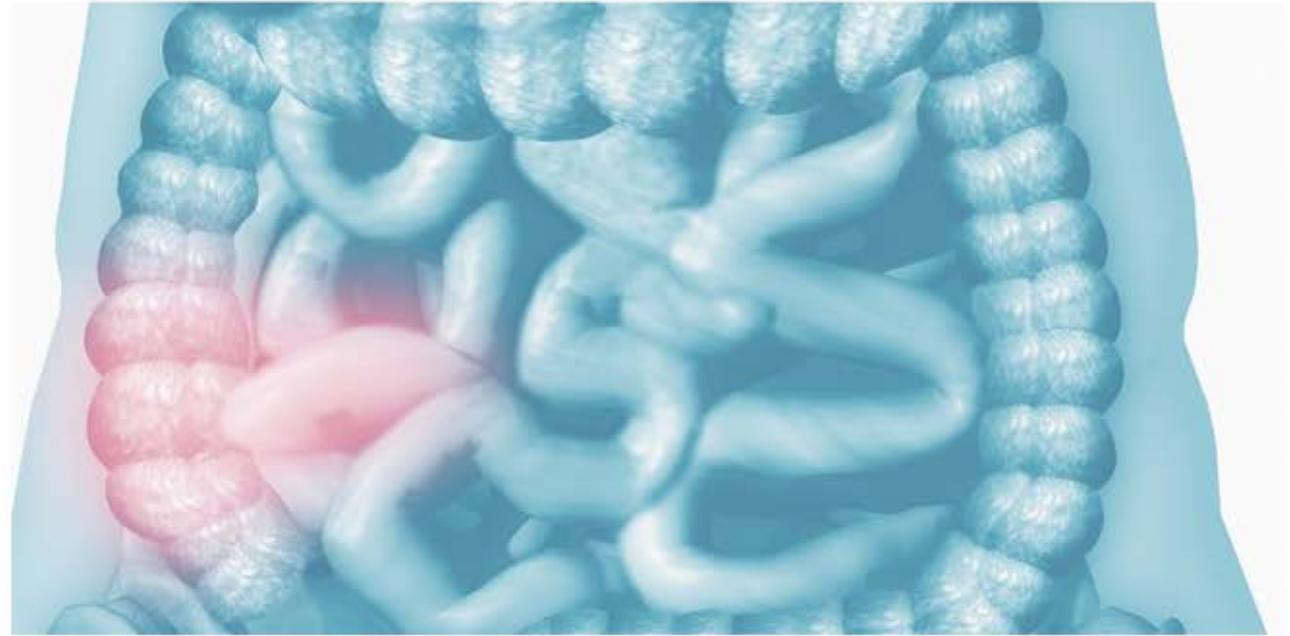
Inflammatory bowel disease (IBD) is the name given to several chronic conditions that involves inflammation in all or some parts of your small and large intestines. The intestinal walls become inflamed, red, swollen and ulcers (sores) may develop. The two most common forms of IBD are Crohn's disease and ulcerative colitis (UC).

Crohn's disease can affect any part of the gastrointestinal tract from the esophagus to the rectum, but most commonly affects the last portion of the small bowel, the ileum, and the colon (large intestine). The inflammation extends deep into all layers of the intestinal wall in the affected region which can become ulcerated and the bowel wall may thicken. This thickening and scar tissue may cause narrowing (stricture) of the bowels. The ulcerations may develop into tunnels (fistulas) that may connect different parts of the bowels or connect the bowels to different organs such as the bladder or vagina.

Ulcerative colitis is an inflammation of the surface membrane lining of the colon (the large intestine) and rectum. It causes inflammation and sores (ulcers) in the top layer of the lining of the large intestine. UC occurs in continuous stretches of the colon and rectum.

## What Causes IBD?

The cause of the disease is unknown, but researchers speculate that it may result from virus or bacteria triggering the body's immune system. Under normal circumstances the immune system is the body's defense mechanism against viruses and bacteria invading the body. Once the infection is cleared up, the immune system shuts off. In IBD the body's immune system may overreact to the normal bacteria living in the digestive tract and it fails to shut off. This leads to a chronic inflammatory process. Because IBD tends to run in families, there may also be a genetic component in developing the disease. No evidence has been found to support the theory that inflammatory bowel disease is caused by tension, anxiety, or emotional stress, although these can aggravate the discomfort caused by the disease. Psychological factors may modify the course of the disease, and affect response to therapy.



## Symptoms

As with other chronic conditions, a person with IBD experiences times of active disease flare ups and periods of remission (signs of the disease decrease and/or disappear).

- Abdominal pain and cramping
- Diarrhea, may often be bloody
- Feeling of urgency to have a bowel movement
- Reduced appetite and weight loss
- Fatigue
- Fever
- Iron deficiency anemia

## Diagnosis

It's important to talk with your physician if you experience any of the symptoms listed above. He or she will use your health history, physical exam and test results to diagnose IBD. Other diseases may be responsible for signs and symptoms of IBD so it is important for a physician to rule out other causes such as colon cancer, ischemic colitis, infection, diverticulitis and irritable bowel syndrome. Several tests may need to be performed to accurately diagnose IBD.

- Blood tests
- Stool sample
- Colonoscopy or sigmoidoscopy
- Barium enema
- Computerized tomography (CT scan)
- Magnetic resonance imaging (MRI)
- Capsule endoscopy
- Small bowel imaging

## Treatment

There is currently no cure for IBD and not one specific treatment plan that works for all patients. The goal of treating IBD is to reduce the inflammation in the GI tract. Treatment for IBD usually involves drug therapy. There are many different classes of medications that can help reduce signs and symptoms of active disease and achieve long-term remission. Some of the medications used to treat IBD are anti-inflammatories (Sulfasalazine, Mesalamine, Corticosteroids), immune system suppressors (Azathioprine, Cyclosporine, Infliximab-Remicade, Adalimumab-Humira, Certolizumab pegol-Cimzia, Methotrexate), antibiotics (Flagyl, Cipro), anti-diarrheals, iron supplements, and nutritional supplements (vitamin B-12 shots, calcium and vitamin D). Other treatment options include surgery, changes in your diet, stress reduction and adequate sleep.

Your treatment plan will depend on the severity of your symptoms, which part of your GI tract is affected, and if you have other health problems outside of your GI tract. At Digestive Health Associates we will partner with you in managing this disease process to improve long-term prognosis and to limit complications caused by the disease.

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# Contemplating Cannabis

By Robert C. Goethe, MD

Less than a year ago, I quit my anesthesia job and started Better Health (now Dr. Bob's) Compassion Clinic. I have become more convinced than ever before that this phenomena of medical cannabis is helping many, many, Floridians and is only going to get bigger. The medical cannabis program is still in its infancy in Florida. What's going to happen as we move forward and make it easier to get, perhaps even legalizing it for adult use consumption? Let's just have some fun and look at things that legalizing cannabis, medical and for adult use, did for the state of Colorado. What would happen if Florida followed Colorado's lead?

Colorado had medical cannabis since 2000 and then passed a law to legalized adult use (recreational) in 2012. Now 6 years later we have some data we can look at that could serve as a blueprint should Florida decide to allow the sale and tax of medical and adult use cannabis.

Cannabis sales now exceed \$1.5 billion dollars a year in Colorado. The state collects a 2.9 % sales tax on medical cannabis. The recreational stuff is taxed at 2.9% + 15% special sales tax + 15% excise tax which is 32.9%, in addition to any local sales taxes that a county or city may impose.

According to US News Report, the taxes collected from Colorado cannabis sales was over \$200 million dollars in 2017 and has been increasing every year. What has Colorado done with all this money? In 2016, they actually put an initiative on the ballot to provide universal health coverage for state residents. Wouldn't that be nice? But it didn't pass. But they did find other ways to help the state, include spending millions on education and public health, substance abuse facilities, and affordable housing. Law enforcement gets a good portion too.

I have personally enjoyed visiting Colorado over many years and can testify that it is amazing how upscale and modern some of these towns look since the new gold (green) rush of cannabis. Recently my wife and I drove thru a little border mining town called Trinidad just north of New Mexico. The streets were being repaved and they were rebuilding the school with money from the proceeds of cannabis taxes. The downtown was attractive and full of visitors spending their money who most likely would not be there except to enjoy the novelty of being in a state where cannabis was legal and safe.

Some would argue that this doesn't sound like a good thing. What about the crime and drug problems? Well, the data coming out now is compelling. Since liberalizing marijuana, Colorado has seen a marked decrease in fatal drug overdoses, less violent crime and less property crime.

Citizens of Colorado can legally grow their own marijuana plants and it's not hard to get a grow license. This has provided for lots of production and very low prices. Even with all the tax, it's very inexpensive compared to what it costs in Florida. Florida only initially allowed only 5 nurseries they picked to grow marijuana. The state requires unusual restrictions on the growers, such as coughing up 5 million dollars for a bond so the state has recourse if they screw up. Also, the growers also have to be the processors and the sellers (dispensaries) so that the whole process is integrated vertically. That is, the state can maintain total control over the production companies and stop their entire process if they chose. These growers also have to document every single plant from seed to sale. These restrictions translate into the reality that it is a lot harder to produce cannabis in Florida and therefore the price is much higher.

Floridians who use medical cannabis will usually spend \$150 to \$250 a month for products. Insurance doesn't yet cover it, so it's a cash business. There are now over 150,000 Floridians who are on the registry so it's becoming popular and mainstream quickly, because it works for most people. But one of the biggest complaints I hear, especially from patients who have experienced medical cannabis in other states, Florida is very expensive. Not everyone can spend a few hundred dollars a month.

Insurance might one day cover the cost of medical marijuana if the FDA ever takes it out of the Schedule 1 classification. If you compare it to the price of standard pharmaceutical drugs like insulin that now cost \$800 a month or the new hepatitis pill that costs \$500 a pill ( yes, I'm talking about you, Harvoni), cannabis is a bargain!

I bring up the extra high cost of medical cannabis in Florida because this is a situation that doesn't need to be. If Florida would follow the lead of the western states that have legalized cannabis, competition heats up and prices would go way down. This would very much benefit Floridians using medical cannabis.

Imagine now if Florida allowed competitive production and also allowed adult use cannabis. Like Colorado. First of all, the prices would come way down for patients. And if using the Colorado model



for taxing cannabis, Florida might expect to see extra revenue of about \$800 million dollars a year. Imagine what this money could do to help Florida with some of its glaring problems. The first thing that comes to mind would be it could bail us out of the School Resource Officer mandate that happened this year - the new state law that requires an armed officer in every school in Florida. This unfunded mandate will cost about \$360 million a year and no one seems to agree where this money might get come from.

Certainly Florida could also use some of the new found money to support citizen's access to health care. Florida's Health Care is ranked a dismal #48 in the United States. Not so good in a state with lots of elderly people needing care. Florida could perhaps improve its infrastructure to make the state more attractive to visitors. Not to mention, decriminalizing cannabis would certainly attract more tourists to the state. Just like Colorado saw an increase. As a bonus to the tax revenues, we should expect much lower drug overdose deaths and a reduction in violent crime. Like Colorado.

In conclusion, medical cannabis has opened the door for some exciting potential if this state keeps an open mind and embraces this change. Everyone will benefit.



On Facebook like our page for more information, search for Better Health Compassion Clinic. If you're interested, please call **352-601-4200** or email [DrBobGoethe@gmail.com](mailto:DrBobGoethe@gmail.com) - Check out our website: [www.compassionclinicflorida.com](http://www.compassionclinicflorida.com)

*Dr. Bob Goethe is a board certified anesthesiologist, with over 40 years of medical experience who is now semi-retired in Citrus County and chooses to support the medical marijuana initiative because he has seen it's benefits in patients and strongly believes in the cause.*

# National Physical Therapy Month

**P**hysical therapy is the leading way to relieve pain and discomfort at its core for many individuals. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

## Common Conditions that Improve significantly with Physical Therapy

- Assessment and Evaluation Programs
- Difficulty Walking
- Fall Prevention and Balance Retraining
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

## Back Pain

Unfortunately, back pain affects up to 80% of individuals at some point in their lives. Studies show that for those who suffer from back pain, the symptoms often come in persistent, continuous episodes. This is why being proactive about physical therapy treatments and techniques can help to alleviate or lessen these intervals of pain.

## Common Back Issues

- Herniated discs
- Bulging discs
- Sciatica
- Spinal stenosis
- Spinal arthritis
- Spondylolisthesis
- Degenerative disc disease
- Posterior facet syndrome

For patients suffering from back pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

## Vestibular Balance Issues

At some point in their lives, at least 50 percent of the U.S. population will develop a balance issue. Many of these circumstances happen to the aging population, between the ages of 50 to 75, and most of these are related to vestibular issues.

Patients suffering from vestibular related disorders often experience vertigo, dizziness, nausea, migraines, gait issues (walking), and imbalance. In addition, many patients complain of mood changes and cognitive impairment. Usually, these symptoms stem from issues in the inner ear. More than 69 million Americans have experienced some form of vestibular issues in their lifetime, and that number is on the rise.

Tiny crystals in the inner ear that slough off and get lodged in the fluid of the ear canals cause BPPV. It can be effectively treated with a simple manual therapy that moves the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness.

Physical therapists understand the importance of balance and walking for a self-sufficient lifestyle, and the ability to maintain daily activities. Whether those activities are at work, play, exercise or just simply getting around. There are numerous programs and therapies to help treat multiple balance issues.



## Sprains and Strains

Physical therapist work with their patients to prevent repetitive sprains and strains from sports, an active lifestyle or ballistic movements to help their patients alleviate recurring injuries and loss of activity.

## Parkinson's - LSVT Big and Loud

As of yet, there is still no cure for Parkinson's disease. The treatments available are medications, which help to alleviate symptoms, and a high emphasis is placed on a healthy diet along with exercise and mobility training. Because Parkinson's patients are often struggling with small shuffling movements, rigid muscles and tremors, the individually tailored exercise classes are highly effective for retraining the brain into making bigger movements, while incorporating stabilizing balance methods. LSVT Loud trains Parkinson's patients to use their voice at a more normal level, and LSVT Big teaches the individual to use their small and large motor skills with more control.

Patient Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, mobility and communication is critical.

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical therapy.

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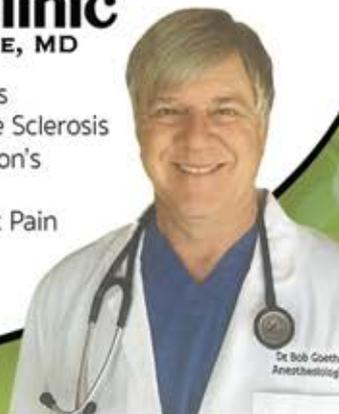
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# Glyphosate(Roundup): Pathway to Modern Diseases

By Douglas C. Hall, M.D., GYN, and Functional Medicine Specialist

**Is the soil making you sick?** Ask yourself the following question: Do you suffer from bloating, allergies, asthma, autoimmune disease, acid reflux, chronic fatigue, fibromyalgia, arthritis, thyroid disorders, IBS, Celiac disease, hormonal imbalance, skin disorders, Parkinson's, cognitive decline or other chronic disorders? If you do, you should have a few simple, but necessary tests performed to find out if you have a high concentration of glyphosate and leaky gut.

Glyphosate is the active ingredient in the herbicide Roundup. It is a broad-spectrum herbicide (it is an antibiotic), considered to be nearly nontoxic to humans. (1) However, a recent paper by researchers Samsel and Seneff, argued that glyphosate may be a key contributor to the obesity epidemic and the autism epidemic in the United States, as well as to several other diseases and conditions, such as Alzheimer's disease, Parkinson's disease, infertility, depression, and cancer. (2) Glyphosate inhibits a critical bacterial metabolic pathway in the gut microbiome that produces essential amino acids. Microbiome is also adversely affected by antibiotic usage.

Leaky gut is also known as intestinal permeability causes illnesses. We know precisely which proteins, microbiota, and microorganisms are responsible for the mucosal and epithelial damage or leaks. The natural functioning of our intestinal wall is to allow nutrients to pass through, but with Leaky gut, large openings enable dangerous substances to enter the bloodstream. This happens when the TJs, or tight junctions in the intestinal wall open and cause seepages. The immune system sees these substances as foreign bodies and begins to attack them, which causes immune flare-ups and a host of disorders to arise.

Microbiota are the "bugs" in our gut. These are made up of micro-organisms and viruses that harbor themselves in the GI tract. We live in synergy with the microbiota, and they live in synergy with us, their host. The microbiome is what makes up the whole genetic profile of the microbiota. These are the bacteria, viruses, and eukaryotes. We need the microbes to digest food, vitamins, and nutrients, to regulate our hormones, support our immune system, and to protect us against pollutants.

Starch from wheat, oats, rye, barley, buckwheat, rice, potatoes and legumes and fiber from whole-grain bread, brown rice, legumes, vegetables, and fruits are common. These provide nourishment (development,

growth, functioning, and even survival) to our microbial friends; HOWEVER, the metabolism of many of these are beyond the ability of the host to digest, so both host and microbes have to complete the task. The importance of a healthy microbiome cannot be overstated!

There is now a world epidemic of diseases. The information below as described by Zach Bush, M.D. paints a vivid picture of the rising ratio of these conditions:

- Autism: 1:36
- Attention Deficit: 1:8 (70% medicated)
- Asthma: 1:10
- Allergy: 1:4
- Diabetes: 1:4
- Obesity: 1:3
- Major Depression: 1:2
- Cancer: 1:2
- Dementia: 1:1

In 1975 the incidence of autism was one in 5000! Today it is 1 in 36! It is predicted that in the year 2035 it will be 1 in 2 unless some dramatic changes are made! What has changed? Our genes are the same!

### The Soil

The Topsoil has been destroyed by glyphosate! When we eat foods derived from or indirectly from the soil, our microbiome is altered. The government has not banned the use of glyphosate (Roundup) in the United States! Maybe the recent trial where a gentleman was awarded \$289 million when a jury concluded that his cancer was the result of his exposure to Roundup (glyphosate) will get the Government's attention!

It became common practice in 1992 to use glyphosate as a desiccant (drying agent) and a ripening agent just before harvest to get to market faster. So now all the wheat, oats, barley, rye, canola, cotton, potatoes, grapes, raspberries, apples, sunflower, sugar cane, etc. are all sprayed with Roundup before they go to market plus being sprayed during the growth cycle. Cows eat the grass that has been sprayed with Roundup, and we drink the milk and eat the cheese.

**Come to our free clinic every Thursday to learn more about medical marijuana! Call for more information.**

Zach Bush, MD. and his research team have studied the soil for several years. They have determined that "healthy soil, similar to a healthy ecosystem, contains a vast library of nutrients, mineral, amino acids, and other complex metabolites that are released through the digestive processes of bacteria and fungi."<sup>(3)</sup> These complex chemicals protect us from and repair the damage from glyphosate.

They have found that if they go deep in the soil, these complex array of chemicals are still present. They have developed a method to extract this diversity of complex chemicals and put them in a liquid dietary supplement called Restore. I encourage everyone to watch some of the YouTube videos by Dr. Bush to learn more about this incredible product. It can change the quality and length of your life. Urine tests are available at our office to determine your level of glyphosate. Please pick one up ASAP so you can determine your risk.

If you believe you have leaky gut as a result of Roundup exposure, food sensitivities or antibiotic use, it's imperative to get tested and receive functional medicinal care to reverse your disorder and to alleviate the complications of long-term gut permeability and the diseases that are so often related to the disorder.

### About Doug Douglas C. Hall, M.D., OB/GYN, and Functional Medicine Specialist

Dr. Douglas Hall was born in Indianapolis, Indiana in 1941. He received his undergraduate and medical degrees at the University of Florida, trained in functional medicine at the Institute of Functional Medicine in Gig Harbor, Washington, and served in the U.S. Air Force Medical Corp. Dr. Hall has 44 years experience in practice, with 25 in functional medicine. He is a member of the Age Management Medicine Group, the American Medical Association, the American Academy of Anti-Aging Medicine, the American Chiropractic Association Council on Nutrition, the Endocrine Society, and the Institute of Functional Medicine. In addition, he is a recipient of the Honor of the Diplomat of American Clinical Board of Nutrition.

**To schedule an appointment, please contact Dr. Hall's office today at 352-629-7955**

#### References:

1. *Expert Opin Drug Metab Toxicol.* 2009;5(6):607-620
2. *Can J Bot.* 1977;56:2196-2202
3. *J. Nutr Food Sci* 2016, 6:5

### Douglas C. Hall, M.D.

*Dr. Hall has been in private practice for over 44 years and is a functional medicine expert.*

**352-629-7955**

**www.douglaschallmd.com**

1317 SE 25th Loop, Ocala, FL 34471

# Cardiac Rehabilitation & Physical Therapy

October is National Physical Therapy Awareness Month, but we rarely think of therapy as an aftercare option for our heart disorders. If you've suffered from a heart attack, heart disease, or have had a cardiac procedure than you could greatly benefit from cardiac rehabilitative therapy.

## Cardiac Rehabilitation Details

Therapeutic rehab for your heart entails a multifocal approach. Your cardiologist will provide a step-by-step program to keep your heart as healthy as possible. This will help to stop or stave off any future cardiac issues through education and lifestyle changes. Cardiac rehabilitation includes diet changes, exercise programs, lifestyle changes, stress reduction, and continuous monitoring and adjusting of your personalized rehabilitation as you heal.

## Diet

Because each patient's needs are unique, they will require precise plans depending on the severity of their overall health and contributing factors. First, a diet program will be implemented to keep your heart, and blood free from plaque build-up and atherosclerosis. The Mediterranean diet is usually one of the favored approaches by cardiologists due to its proven results.

## Exercise

Second, an exercise program will be put into place to keep your heart pumping and your blood flowing with oxygen density and nutrient-rich platelets. Not everyone is going to be able to exercise at the same intensity; some patients will be asked to do



chair exercises, while others may be expected to walk 30 minutes per day. It's going to be tailored to your particular case and then adjusted as needed, once you begin to feel more comfortable and stronger.

## Lifestyle

Third, you're going to be asked to make any needed lifestyle changes. For example, if you smoke, you will be put on a smoking cessation plan with attainable goals and actions. If you drink excessive alcohol, you will be provided with help

to decrease and quit drinking. If you have a difficult time with undue stress, anxiety or depression, your doctor will make the appropriate decision to get you the help you need or put you on specific medications to help you become less stressed or depressed.

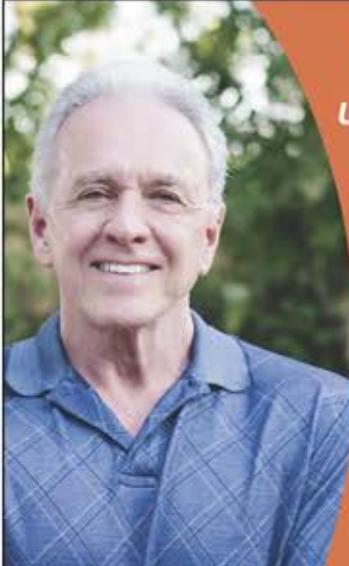
Cardiac Rehabilitative Therapy is designed with you and your future heart health in mind. It's always best to speak directly with your physician before completely changing your diet or exercise program, so once you seek care for cardiac rehab, your doctor will construct a precise plan to suit your specific needs and incorporate a coordinated lifestyle strategy. Your program will be monitored closely to make certain that it's working accurately for you and it will also be adjusted as needed as your progress in your heart health.

## Florida Cardiology Associates of Ocala

Florida Cardiology Associates of Ocala are a full-service cardiovascular practice and believe in working together with their patients to maintain and improve their health. Their providers promote comprehensive health care services for their patients in a friendly, relaxed atmosphere. They also believe in educating their patients as they work with them to achieve optimal health.

**Please call Florida Cardiology Associates of Ocala today at (352) 291-0019 to schedule your appointment.**

*This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.*



## OCTOBER SPECIAL

*Urine test are available at Medical Detective to determine your level of glyphosate. Please pick one up ASAP so you can determine your risk.*

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# Domestic Violence Awareness Month: Behind Closed Doors

**D**omestic violence happens when someone is trying to intimidate you with power and control. It has no boundaries. Domestic violence happens at all levels of income, status, and race. Your neighbor, your child's schoolteacher, your nurse, your workout companion, or your coworker might be under abuse. It happens in gated communities, upscale homes, apartments, and low-income housing. Behind closed doors, many individuals are struggling on a daily basis, and you probably have no idea because they'll do almost anything to cover it up.

Prevention and response in seeking and offering help are imperative. By taking the time to educate your self on domestic violence circumstances like warning signs, prevention and getting help are essential in saving someone's life. Domestic violence happens between spouses, partners, parents, and children, and adult children and the elderly and it can include physical, verbal and emotional abuse. Verbal and emotional abuse very often leads to physical illnesses and depression. We usually don't realize that someone might be in an abusive relationship if we don't see physical marks, but typically abusive people are threatening and often tell their partner, parents, child or patient that they will do some sort of harm if the individual tells anyone. They often play mind games as well and twist scenarios so that the person being abused believes it is their fault in some way.

Many victims of domestic violence feel trapped. They often will not seek help because they are afraid of their perpetrator's retaliation, or they are worried that they will not be able to make it on their own.

If you or someone you know needs help, call 911 if their lives are in imminent danger. You should also call the local abuse hotline in your area or call the U.S. National Domestic Violence Hotline: 1-800-799-7233 (SAFE) or TTY 1-800-787-3224.



Laurie Ann Truluck and her TEAM of Realtors love to work with people moving to the Ocala/Marion County area so that they can share their love of their community and help them find their niche. Laurie Ann and her team members take pride in going the extra mile to not only help our

customers find or sell their Marion County home but also to find connections here that make their transition smooth and exciting.

Most of their business comes from friends, and referrals of friends, which, they feel, make their job fun and enjoyable. They also love the new connections they make from their Internet presence. They enjoy helping people reach goals, move on to new seasons of their lives, purchase their first home, make a real estate investment, upsize, downsize, or whatever the case may be.



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# DOES YOUR LIFE INSURANCE POLICY MEASURE UP?

## What You Should Know

Did you know that your life insurance plan might not be portable? What does that actually mean? Well, if your employer provides a group life insurance plan, those typically are written to move with you through your transitions. For example, if you make a career move, retire or are laid off, you may lose your life insurance coverage.

**A**s we age, there is no telling what life might entail for us; this is especially true for our health and the health of our loved ones. New York Life offers a better way. They have an elite plan called the "Employee Whole Life." The Employee Whole Health is portable and will be yours to keep, trust and rely on as make changes in your life.

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mind and are offering this Employee Whole Life for their organizations. **THIS PROGRAM COSTS NOTHING FOR AN EMPLOYER TO OFFER, SINCE ITS PAYROLL DEDUCTED**

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Like many Americans, you probably spend a lot of time sitting. Even if you balance out your time in the chair with trips to the gym, research shows that too much sitting can up your risk of breast and colon cancers.

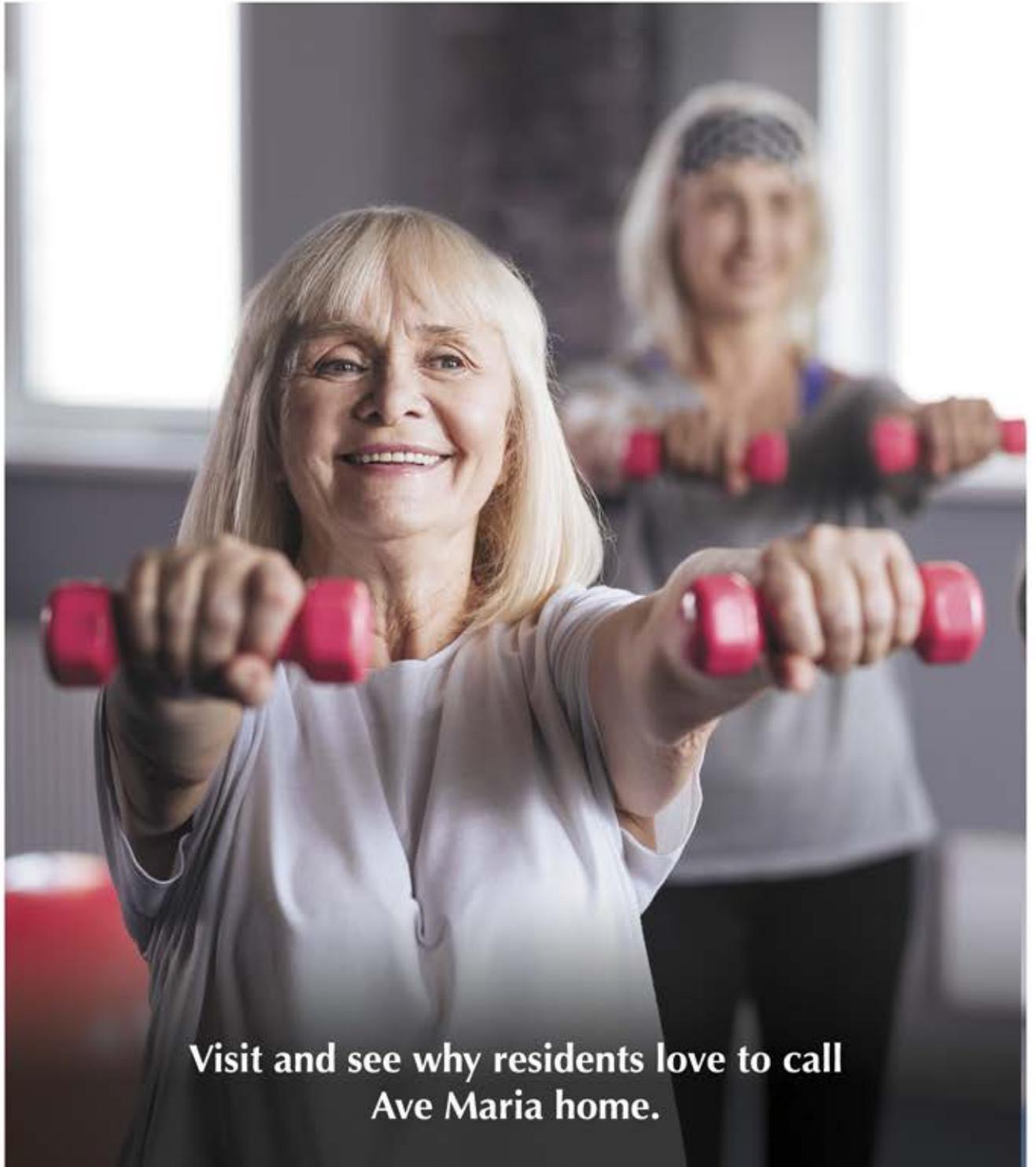
Luckily, it's easy to counteract the adverse effects of sitting by simply moving more. It's easy to stay active in Ave Maria, a master planned community in Southwest Florida. One visit to Ave Maria and it's easy to see why: lap pools, fitness center, and classes, bocce courts, tennis courts, pickleball courts, miles of walking trails. And let's not forget 18-holes of championship golf.

If hitting the gym or taking part in organized sports isn't your thing, there are fun, creative activities all around you that don't require you to be an athlete to enjoy.

- Visit the Mother Teresa Museum or tour the stunning Ave Maria Catholic Church
- Ride your bike to the Town Center, home to restaurants, boutique shops, salons, and a supermarket to name a few
- Stretch while reading or listening to a book or lift weights while watching a movie
- Visit a museum or another cultural center
- Plant a garden
- Walk our miles of walking, and nature trails wind throughout the town, affording our residents the opportunity to revel in the beautiful outdoors

Movement is key. Identify those activities you find enjoyable and make a choice to move.

With homes, from our three featured builders, priced from the low \$200s to \$400s, Ave Maria indeed has something for everyone. Models open daily. Call (239) 325-3903 or visit [avemaria.com](http://avemaria.com) to learn more.



Visit and see why residents love to call Ave Maria home.

#### How Do I Get There?

From I-75 south take Exit 111, and then make a left/east on Immokalee Road (County Road 846). Proceed 10 miles to Oil Well Road (County Road 858). Turn right on Oil Well Road to Ave Maria.

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Whereas many attorneys bill their clients by the hour to handle their planning, Attorney Smith offers a complimentary consultation and has instituted a flat-fee system for his services. For example, a basic Will is a flat charge of \$75.00 and a Non-Tax Trust Package is \$695.00. This allows clients to know their costs from the start of planning and to determine their estate planning needs without surprises. Although Attorney Smith primarily practices in estate planning and asset protection, he regularly works to connect his clients with a network of attorneys to provide them with complete, affordable legal advice.

Attorney Smith also works to make legal advice accessible to the central Florida community through his weekly radio show, "Ask An Attorney," answering legal questions on the air from live callers, sharing legal information critical to FL residents, and educating his listeners on various topics.

He also incorporates information from other attorneys, financial advisors, CPAs, and other professionals who join him to answer his listeners' questions. "Ask An Attorney" airs on Gospel 90.3 FM every Saturday at 8am.

In addition to giving legal advice live over the radio, Attorney Smith is known for donating his time and legal services to multiple churches and charitable organizations in the community.



Attorney Smith offers free seminars on a wide variety of legal topics for civic groups, clubs and other organizations, to inform them about the law and their legal rights.

Furthermore, Attorney Smith recently announced the publication of the third edition of *The Florida Estate Planning Handbook* through Certa Publishing, giving Florida residents an accessible, easy-to-understand introduction to key estate planning concepts. Adding to Attorney Smith's work is his law partner Attorney Joseph F. Pippen, Jr. who joined him on the third edition.

More information about Attorney Smith can be found at Joseph F. Pippen, Jr. & Associates' website: [www.attypip.com](http://www.attypip.com). For your free consultation or to have Attorney Smith speak at your

event or group, you may reach him at his Fruitland Park office by calling (352) 241-8760.

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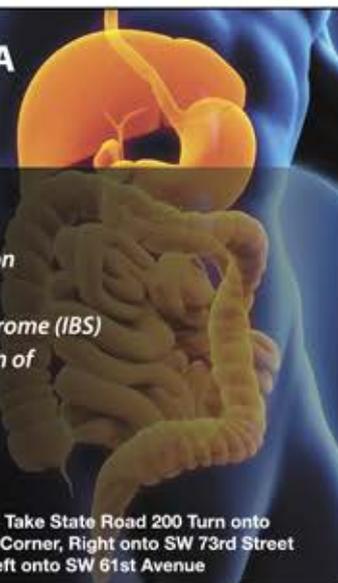
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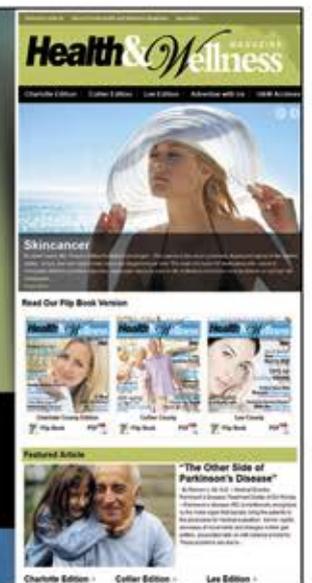


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# Hungry Heart

By Alex Anderson,  
Senior Associate Pastor at Bayside Community Church

**T**he songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left *God*...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

**And the truth is...** If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?



If you are a Christ-follower, then you know how to do this. You...'do again'...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.

You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

*"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life."* (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

**Its magnificent light will light up your life.**

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to meditate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.

Bon Appetit!

*To your spiritual health,*

**Alex E. Anderson**

*Senior Associate Pastor at  
Bayside Community Church*

*Author, Dangerous Prayers*

[alex.anderson@alexanderson.org](mailto:alex.anderson@alexanderson.org)

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