

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

March 2020

Polk/Brandon Edition – Monthly

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FREE



**WHAT YOU NEED TO KNOW
ABOUT STEM CELL THERAPY**

DVT: THE SILENT KILLER

**CYPRESS MEDICAL
WEIGHS IN ON WEIGHT LOSS**

**WHICH IS BEST FOR
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CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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Health & Wellness MAGAZINE





WHAT YOU NEED TO KNOW ABOUT STEM CELL THERAPY

HOW DOES STEM CELL THERAPY WORK?

How do I avoid surgery? You're not alone if you have asked that question. Many today take pain masking drugs in order to avoid surgery. All they're doing in many cases though is chasing their pain with those drugs – not eliminating it. In those cases, the pain will always be there and will likely get worse when those drugs aren't available. Unfortunately, in some cases, these may be the best or last resort.

“Stem Cell therapy is an outpatient treatment as simple and familiar as getting a flu shot”



The simple treatment is conducted in the comfort of one of their treatment rooms and often takes less than 5 minutes

What if there were thousands of people who eliminated their pain without resorting to drugs or surgery? What if there was a way for your body to correct the ailment causing that pain? Stem Cell therapy is an outpatient treatment as simple and familiar as getting a flu shot.

SO WHAT IS STEM CELL THERAPY AND HOW DOES IT WORK?

The umbilical cord blood of healthy, live births, contains a complex combination of growth factors, proteins and stem cells which provide a highly active regenerative mixture. When a child is born, the parents are asked if they would like to 'bank' the cord blood, dispose of it or donate it. The donated cord blood undergoes an intense screening process to ensure the best and safest result. The resulting stem cells are then cooled in liquid nitrogen with a temperature of -321 degrees. Two separate third party testers test the stem cells before and after they are frozen to ensure they meet criteria. Those stem cells remain dormant until time for treatment and can hypothetically remain that way (and their potency) for years.

Prior to therapy, potential patients are brought in for a candidacy evaluation with the doctor who would perform the procedure. Medical records are reviewed, recent imaging is reviewed



(or new imaging taken) and other physicians and '-ologists' who have treated the patient are consulted as needed. If everything checks out and there is a good track record of treating the particular injury or diseases causing the pain, the treatment is approved and a date for the injection is set.

The treatment itself actually takes less time than it takes to warm up the stem cells and 'awaken' them from their dormant state. Using guided ultrasound, the stem cells are injected directly into the area in need of treatment. A band-aid is applied and that is it! For treatment of autoimmune diseases, the stem cells are delivered intravenously (an IV). The patient is free to leave and go about their day. Follow-up consultations are often requested to track the patient's progress and often some level of

physical therapy is recommended for best results as the healing takes place.

Brandon Stem Cell clinic helps people heal from a wide array of diseases and injuries:

- Alternative to Joint Replacements
- Knees, Hips, Shoulders, Wrists
- Rheumatoid Arthritis
- Rotator Cuff Tear
- Intramuscular Strains & Tears
- Lung Disease

For more information, and upcoming webinars & seminars near you visit their website at www.BrandonStemCellClinic.com.



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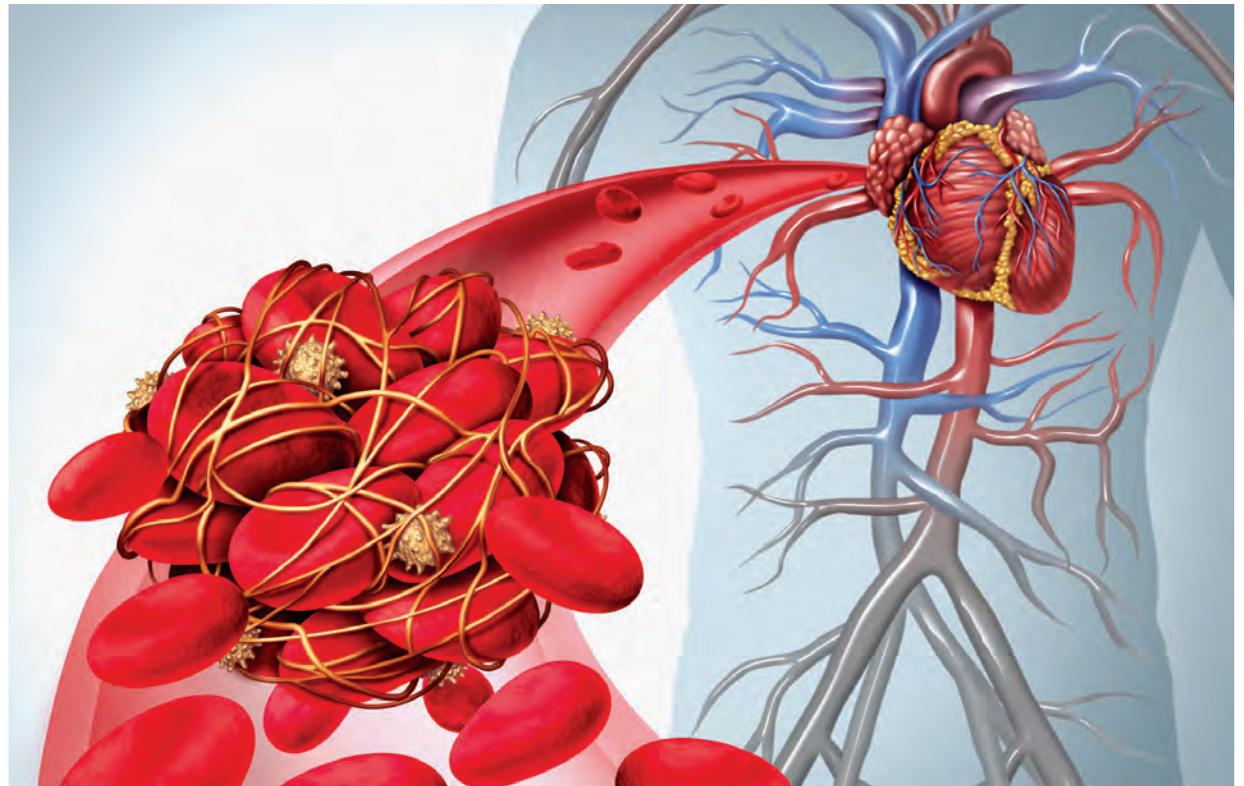
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By: SAMUEL P. MARTIN, MD, FACS
Founder and Medical Director
at Vascular Vein Centers

DVT: THE SILENT KILLER



March is National DVT Awareness Month! DVT stands for Deep Vein Thrombosis. This a clot in a deep vein that can obstruct blood flow in the vein.

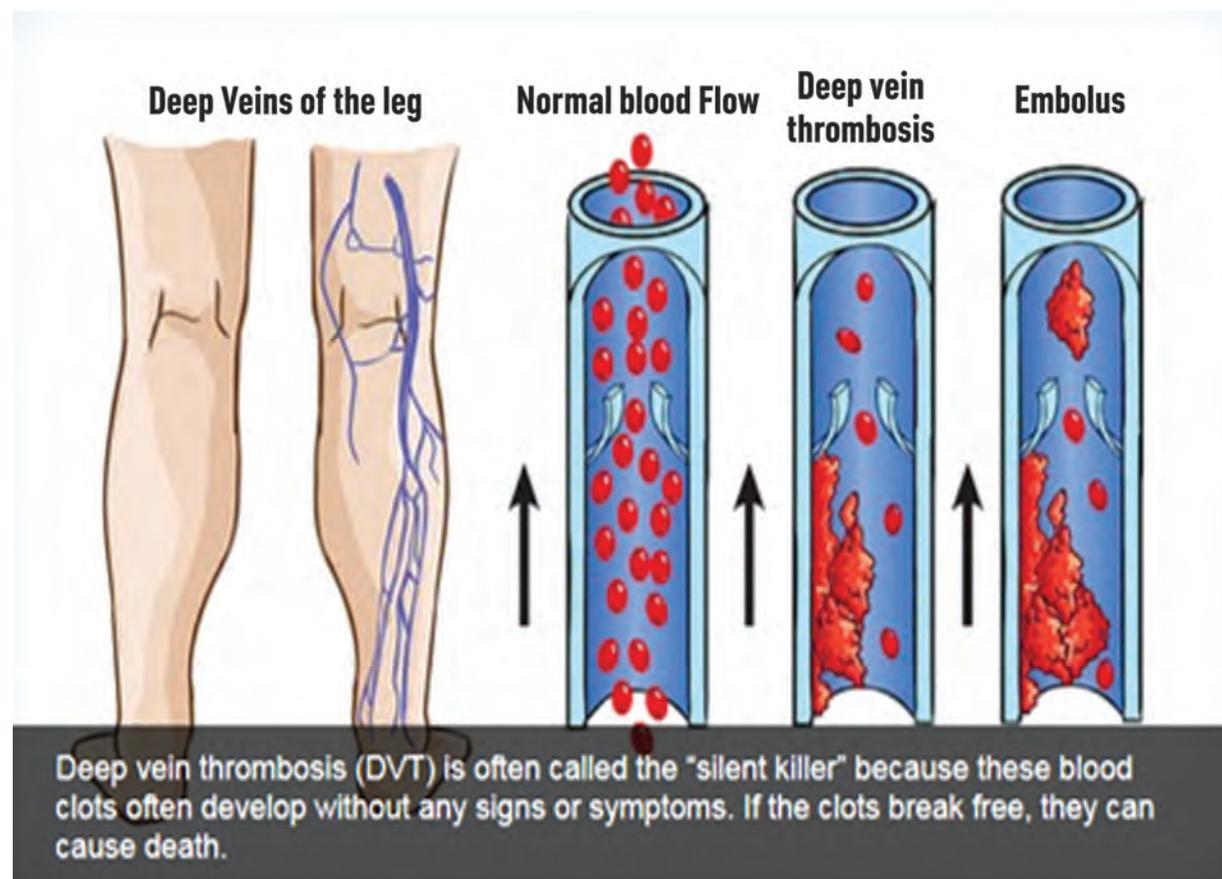
What is it about DVT that is so significant that national recognition is focused on it for one month? DVT is referred to as the “silent killer” and is the single largest cause of mortality in hospitals in patients with another admitting diagnosis. This is because a clot in the leg or pelvic, usually occurring after an abdominal, pelvis or orthopedic operation, trauma or stroke, breaks off and passes through the heart to block the flow of blood to the lungs (pulmonary embolus- PE) causing shortness of breath and/or chest pain and can cause death if the clot is large enough.

As many as 900,000 people could be affected by DVT (1 to 2 per 1,000) each year in the United States.

- Up to 100,000 Americans will die as a result of a DVT with a pulmonary embolus. Two thirds of these people die in the hospital or within a few weeks of hospitalization.
- Half the people who develop a DVT will have long-term consequences such as swelling, pain, discoloration and skin changes around the ankle of the affected leg.
- One-third of those with a DVT will have a recurrence within 10 years.

Clots in the legs occur for a variety of reasons. Some people inherit a tendency to clot, referred to as thrombophilia.

- Cancer, obesity, pregnancy, prolonged travel and sedentary lifestyle also present significant risks for DVT.



The clot can be completely asymptomatic (“silent”) in the affected vein, or it can cause:

- Sudden leg swelling
- Pain, aching or fullness & pressure in the leg
- Warmth or coolness of the leg in the area of discomfort
- Skin discoloration of the lower leg

Consult your physician immediately if you have any of the symptoms or physical signs listed above.

WHAT CAUSES A DVT?

There is a greater risk for a clot with operations or on long trips. Risk of clot is significant with patients who have orthopedic operations — back, hip, knee and in abdominal or pelvic procedures or trauma cases. Prevention involves early mobilization, pneumatic compression of the legs while in the operating room and afterward, and use of anticoagulants, especially in those with a previous history of clots or a family history of clots and in patients with cancer. Long trips with little movement, especially with constricting garments or dehydration, increases the risk of developing clots. Compression stockings, hydration and frequent movement or flexing the foot can help a great deal. This is especially important in overweight or obese people and in women who are pregnant because of a higher risk for clots.

RISK CAN BE REDUCED BY:

- **Maintaining a good body weight**
- **Staying active and exercising regularly**
- **Avoid smoking**
- **Knowing your potential risk factors and discussing them with your health care provider**



In discussing clots in the legs, we must be mindful that there are two systems of veins in the legs – a deep system and a superficial system. The deep system is surrounded by muscles and carries most of the blood out of the legs. It is at the greatest risk for complications from clots. We can’t see or feel these veins. A clot could be “silent” with no pain or swelling or it could cause dull, heavy, pressure, pain and swelling.

Clots in superficial veins, outside of the muscle tissue, can cause a lump or cord which is tender to touch, painful especially when standing and sometimes has a pink color in the overlying skin. If there is pink discoloration of the skin, it is not infection. While these clots may be painful, they don’t lead to dangerous consequences and aren’t

a cause for panic. Nevertheless, an appointment should be made with a physician, particularly a vascular specialist, and a Doppler ultrasound test should be performed.

TREATMENT OF DVT

Clots in the deep veins require medical therapy. Your provider may prescribe an anticoagulant or blood thinner such as Heparin, Coumadin or one of the new anticoagulants like Xarelto, Eliquis or Pradaxa. You should try to stay active, wear compression stockings and elevate your legs when sitting.

Resolve to get up, get out, keep moving and wear your compression for healthy, beautiful legs and decrease your chances of developing clots.



The highest risk for DVT is after a procedure.



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WHICH IS BEST FOR YOUR HEALTH?

When it comes to choosing a healthy diet, the amount of contradictory information and programs can be overwhelming. Is vegan, paleo, pescatarian, or keto the answer for optimal health? The answer is not so cut and dry.



When it comes to choosing a healthy diet, the amount of contradictory information and programs can be overwhelming. Is vegan, paleo, pescatarian, or keto the answer for optimal health? The answer is not so cut and dry.

The confusion lies in the fact that all people have different needs and different reactions to foods and nutrients, but the bottom line is, healthy, whole, plant-based diets are the key to health

and organ function. This, however, does not mean that you should or should never consume animal products. It simply indicates that incorporating the right types, quantity, and quality of vegetables and fruits are essential to helping people stay healthy and to reverse damage and degeneration.

There are various types of plant-based diets to choose from, but some may cause more harm than good. For example, going plant-based while eating

processed foods and unhealthy options like refined grains, white rice, cakes, and crackers can raise the risk of disorders due to the chemicals, trans fats, sugars, and refined carbohydrates, which all contribute to an inflammatory state.

A CASE FOR MORE PLANTS

A study published July 17 in The Journal of The American College of Cardiology, titled, “Healthful and Unhealthy Plant-Based Diets and the Risk



of Coronary Heart Disease in U.S. Adults”, looked at the effects of three different plant-based diets throughout several years. In the study, Ambika Satija, ScD et al. and her team of researchers, designed three varieties of “plant-based” diets. The first diet was an overall plant-based plan that included limited amounts of animal products like dairy, eggs, and meat. The second diet was plant-based with whole grains and legumes and excluded or severely limited any animal products. And the third diet was an unhealthy plant-based diet that included sugar, refined carbohydrates and unhealthy foods like French fries and processed bread.

All of the participants were free of chronic diseases at the baseline, and the group of participants in the second diet (healthy plant-based) had the best physical outcomes, while the third dietary group had the worst. In fact, of the third group, 8,631 participants developed coronary heart disease after the conclusion of the trial.

Diets like the Mediterranean diet, the MIND or Dash diet are all viable options for individuals that want to have healthy cardiovascular systems but still consume some animal products. Eating plant-based foods while consuming lean proteins like finfish, shellfish or poultry can nonetheless be healthy. With a heart-healthy diet, the best advice is to load up on fresh organic produce, limit

refined or processed foods, reduce alcohol and sugar, eliminate processed meats and excessive saturated fats. If being vegan or vegetarian is better suited for one’s personal preference or needs, that is absolutely a remarkable way to stay healthy and protect the heart. But the one thing we know from various studies and research is that processed carbohydrates, sugars, and trans fats cause inflammation and can exacerbate disorders.

Speaking to a medical professional is essential to learn which foods to eliminate from the diet entirely as to not intensify any disease states.

ELYSIUM MED SPA

Elysium offers each of our guests the chance to relax in a tranquil environment. As a courtesy to others, we appreciate you turning off mobile devices and speaking softly. Children under the age of ten are not allowed unless they are receiving a service. Children under the age of 10 are absolutely not permitted to enter the Laser room under any circumstances and must be accompanied by an adult in the waiting room.

ELYSIUM MED SPA’S MEDICAL DIRECTOR

Dr. Mahnaz Qayyum, MD is a primary care medicine specialist and has been practicing for 18 years. She graduated from George Washington School of Medicine in 2001 and specializes in family medicine as well as advanced aesthetics.



Elysium Med Spa’s Medical Director Dr. Mahnaz Qayyum, MD

is a Board Certified Family Physician who focuses on Comprehensive Patient Healthcare.

She earned her doctorate from the University of Medicine & Dentistry of New Jersey, King’s College, University of London, Great Britain, also, a Member of the International Association of Physicians in Aesthetic Medicine.

Dr. Q. Brings a unique combination of holistic & medical expertise to her patients, as well as over 18 years of experience in Preventative Healthcare and Anti-Aging Medicine. Her Integrative approach leads to happier, healthier patients.

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The Nutraceutical Breakthrough for Active Joints and Amazing Skin

A New Generation of Super Nutraceuticals

For decades, the medical community has been focusing on a natural compound in our bodies called “hyaluronic acid”, or HA, and collagen, both of which are chief components of healthy connective tissue throughout the body.

HA and collagen are especially important to knees, elbows, wrist, and the spine...where they are present and responsible for joint function, lubrication, comfort, and mobility.

They are also a major component of skin...essential for hydration, tissue repair, and its youthful appearance. The problem is, as we age, we begin to lose HA and collagen.

Researchers, including those at Harvard University, had been doing everything possible to find a way that people could benefit, but the natural state of HA was too complex for the body to use. It was expensive and it had to be injected.

That’s where we stepped in.

We discovered a unique natural source of HA that naturally coexists with collagen, as it does in our bodies.

We tested and developed it into a nutrient that could actually be absorbed into the body and deep into tissues. It is a complete breakthrough in the nutraceutical community.

Award-winning...multi-patented.

After numerous clinical trials, Super Nutraceutical was shown to improve joint health significantly, plus it also reduced wrinkles from inside-out.

Clinical Trials show Super Nutraceutical Improves joints

- Improves joint mobility and lubrication
- Reduces discomfort
- Promotes health cartilage and connective tissue

It works...and it's documented

In an 8 – week human clinical trial, 90% of subjects with chronic joint discomfort experienced a 40% improvement in physical activity and with continued use, many experienced significant mobility.

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

Joint discomfort can come with aging, strenuous work, and athletic activity, but what you’re really experiencing in the progressive degeneration of connective tissue, where both collagen and hyaluronic acid are essential.



Taken orally, in a patented, highly absorbable form, Super Nutraceutical allows you to replenish these important substances and is clinically shown to work!

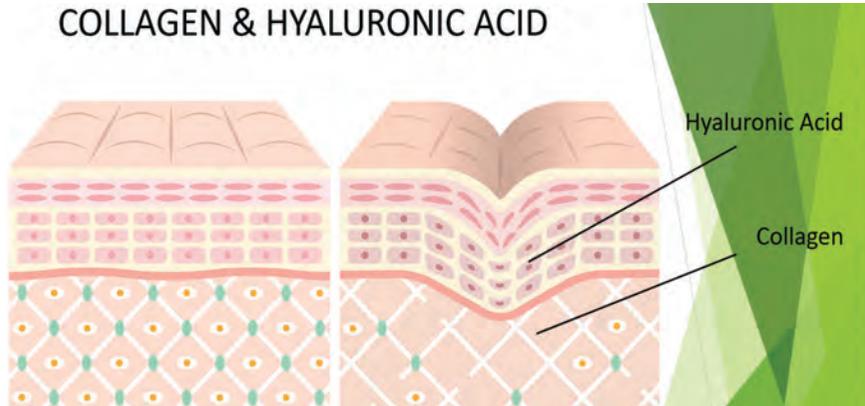
Its Bio-Optimized manufacturing process produces an ideal molecular weight that your body can effectively absorb, and it mirrors the joint’s natural composition, so the body readily accepts it.

It gets even better...you’ll look younger, longer

- Reduces deep lines and wrinkles
- Decrease dryness
- Increase skin’s collagen content
- Improves skin’s microcirculation, hydration, skin tone, and firmness

It’s hard to argue with science...it’s even harder to argue with results

COLLAGEN & HYALURONIC ACID



"I was attracted to the product for the vanity reasons for wrinkles, and I was excited when my dry and flaky skin became soft and supple in just a few weeks. But I am also happy to report that the joint discomfort is gone in my hips."
 Kathy P.- Tampa, FL

"Since I have been taking this nutraceutical, I have no joint discomfort now and my muscles respond better and quicker with activities and exercise. I wish everyone could feel as good as I do now."
 Billy H.- Westville, OK

"After I used this product for just three weeks, I found that I could climb stairs without discomfort in my knees for the first time in years!"
 Martyne B.- Albuquerque, NM

"I have seen a change in my knee discomfort and I also noticed this morning that my frown lines have almost gone away! No need for any Botox now!"
 Danielle L.- Jupiter, FL

Clinically tested...takes years off your appearance

A human bioavailability study demonstrated that within 28 days, daily intake of Super Nutraceutical led to 60-fold increase of hyaluronic acid in the body, reducing wrinkles from the inside-out, without cosmetic injections.

In a 12-week human trial, dryness nearly disappeared without the use of topical moisturizers. Plus, subjects experienced a significant increase in the skin's collagen content, reduction in lines and wrinkles, and improvement in skin's microcirculation, hydration, and skin tone. Subjects also noticed a dramatic difference in their hair, nails, gums and even eyes.

"Higher levels of HA and collagen equal younger-looking skin. This nutraceutical has been a Hollywood secret in helping some of my most visible personalities look their best."

Jon M. Grazer M.D., M.P.H., F.A.C.S.,
 Board Certified Plastic Surgeon.

Active Joints Amazing Skin

The nutraceutical breakthrough that's completely changing the way we age!

Super Nutraceutical is the award-winning super nutraceutical, clinically shown to promote healthy aging, active joints, and younger-looking skin.

This state-of-the-art formula combines the multi-patented power of Super Nutraceutical with the added benefits of 13 potent, antioxidant-rich superfruits, and resveratrol, widely studied for its roles in longevity and cardiovascular health, infused into a unique liquid delivery system that provides unsurpassed absorption and fast results.

Feel what it's like to live life without joint discomfort.

See what happens to your skin.

Try Super Nutraceutical for yourself.

"I am a runner, and my husband was an avid runner until his joints would no longer allow him to keep up such strenuous physical activity. I am so excited to report that my husband, after about a month on the product, is now back to running. My own running time has improved, my joints feel amazing and my skin looks great!"

Stacy H. Rockport, TX

"Since I started taking this Super Nutraceutical I can see a noticeable improvement in the wrinkles on my face!"

Donna L.- Mosinee, WI



For a free health coaching assessment and recommendations on what would work best for your unique body type, please contact **Dr. Grazyna Pajunen or Tony Pajunen at 561-350-8269**

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<http://EffectiveCollagen.com/discomfort>

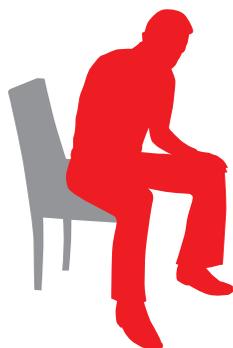
is this you?



Do you experience **pain** or **numbness** in your **lower back** when **standing** upright?



Do you experience **pain**, **numbness**, or **tingling** in your **legs** or **buttocks** when you **walk**?



Is your **discomfort** relieved when you **bend forward** at the waist or **sit down**?

SPINAL STENOSIS

Stand Tall & Walk Farther

Here at Spine & Pain Institute of Florida in Lakeland, Florida, Navdeep Jassal, MD, our board-certified pain management national expert, not only offers highly customized treatments for spinal stenosis, but he can help you protect your back and overall health to prevent back pain.

WHAT IS SPINAL STENOSIS ANYWAY?

Spinal stenosis is a condition that develops when your spinal column narrows. The condition usually develops in either your lower (lumbar) or neck (cervical) spine.

Your spine consists of a series of vertebrae separated by rubbery discs that provide support, flexibility, and shock absorption. Your vertebrae create a column that surrounds and protects your spinal cord. That column is narrow, and any inflammation or structural irregularity can make it narrow.

The narrowing of the spinal canal can cause a number of symptoms such as pain, numbness, or tingling sensation in your lower back, legs, or buttocks. Typically, these symptoms worsen when you are standing or walking and get better if you sit or bend forward. Sitting or bending forward

MANY PEOPLE THINK THAT ACHES AND PAINS, INCLUDING BACK PAIN, ARE AN INEVITABLE PART OF AGING – BUT THEY’RE WRONG. WHILE AGE IS A FACTOR IN CONDITIONS LIKE SPINAL STENOSIS, HERNIATED DISCS, ARTHRITIS, AND OTHER BACK PROBLEMS, THAT DOESN’T MEAN WE’RE ALL IN FOR A FUTURE OF PAIN.

provides relief because it “opens” the space in the spinal canal and alleviates the pressure on your spinal cord. If left untreated, symptoms of spinal stenosis gradually worsen over time, limiting your ability to stand, walk, and perform daily activities.

WHAT CAUSES SPINAL STENOSIS?

Several factors can cause spinal stenosis. For example, herniated discs, arthritis, bone spurs, thickened ligaments, and tumors can all lead to spinal stenosis. You might also develop spinal stenosis from general degenerative wear and tear on your spine.

While your age is a risk factor for all of the conditions that can cause spinal stenosis, that doesn’t mean it’s inevitable.

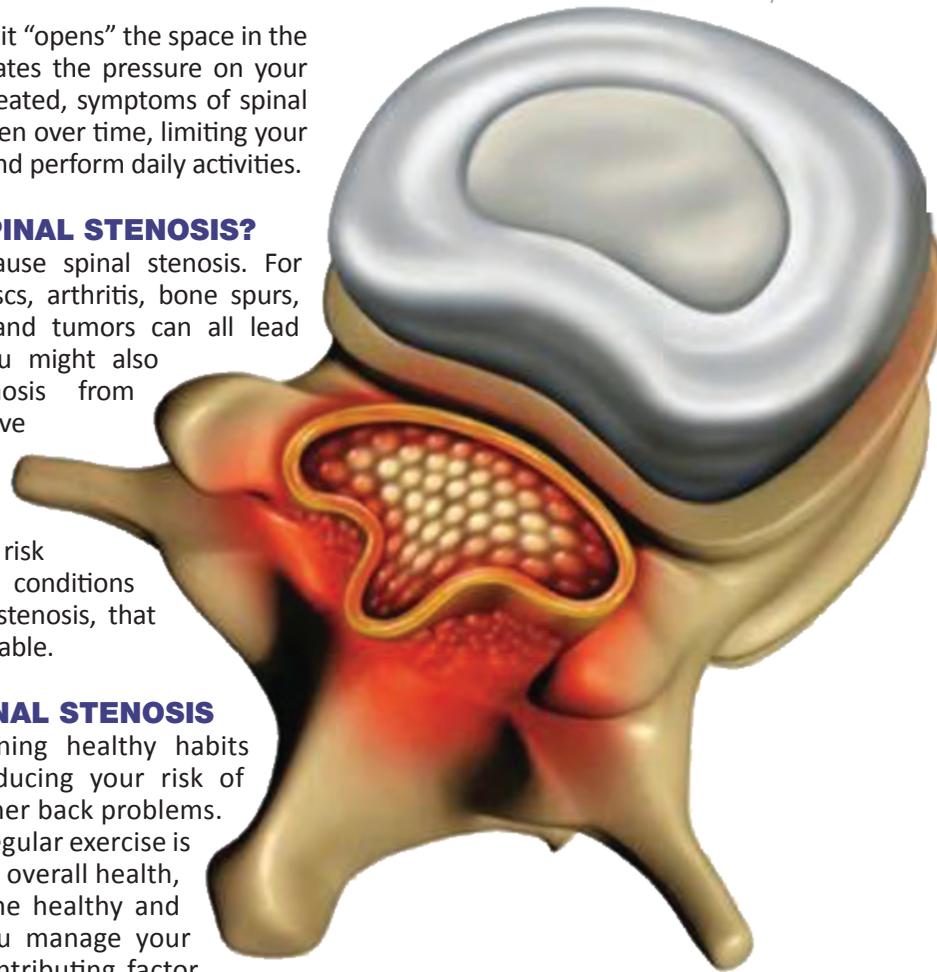
PREVENTING SPINAL STENOSIS

Starting and maintaining healthy habits now is critical to reducing your risk of spinal stenosis and other back problems. For example, getting regular exercise is not only great for your overall health, but it keeps your spine healthy and flexible and helps you manage your weight — another contributing factor to a variety of conditions that cause spinal stenosis. Even taking a brisk 30-minute walk every day can help.

You should also make time to stretch. We’re not saying you have to become a yoga devotee, just take time to stretch your body. Keeping your muscles and connective tissues supple and flexible decreases your risk of injury.

You should also pay attention to your posture. Too many of us spend our days slouched at a desk or hunched over scrolling through our phones. Poor posture stresses your muscles, connective tissue, and vertebrae, which can eventually contribute to spinal stenosis and other problems.

Avoid unhealthy habits like tobacco use, vaping, and excessive alcohol consumption. Protecting your overall health reduces your risk of a variety of health problems.



WHAT IF I ALREADY HAVE BACK PAIN?

Even if you already have back pain, it doesn’t condemn you to a life of discomfort. We offer customized pain management services, including treatments like the mild® procedure and Superior® interspinous spacers, to create more space in your spine. These are two Medicare approved options that will help you decrease pain, stand tall and walk farther. Dr. Jassal has experience amongst his own patients to reduce pain by 72% and opioid reduction by 64% on average with such treatment options.

We’re committed to helping you lead a pain-free life. Give our office a call or make an appointment online today to learn more about how we can help alleviate your back and neck pain and help you lead an active and healthy life.



About Dr. Jassal

If you want an award-winning expert who offers the latest treatments to reduce pain, look no further than Navdeep Jassal, MD. At his practice, Spine & Pain Institute of Florida, located in Lakeland, Florida, Dr. Jassal treats a wide variety of pain types with comprehensive, personalized, evidence-based care.

Dr. Jassal started his medical education at the University of California, San Diego, where he earned his bachelor of science in biology. He then continued onto Ross University School of Medicine in Dominica, West Indies, completing his Doctor of Medicine degree. He completed his physical medicine and rehabilitation residency at the Zucker School of Medicine at Hofstra/Northwell in Great Neck, New York, and was elected chief resident during his final year. Dr. Jassal then rounded out his medical training with a pain medicine fellowship at the University of South Florida Morsani College of Medicine in Tampa, Florida.

Today, Dr. Jassal is certified by the American Board of Physical Medicine and Rehabilitation in both pain medicine and physical medicine and rehabilitation. He leverages his pain medicine specialty to help patients manage even the most complex pain.

Dr. Jassal treats chronic and acute pain, including cancer pain, neurological pain, and musculoskeletal pain. To do this, he offers each patient a personalized interventional treatment plan that may include tailored physical therapy, medication, and procedures like implantable spinal cord stimulators, intrathecal drug delivery systems, lumbar decompression, minimally invasive sacroiliac joint fusion and more.

When he’s not treating patients, Dr. Jassal extends his expertise to others. He serves as an assistant professor for the Department of Physical Medicine & Rehabilitation at the University of Central Florida as well as an assistant clinical professor for the University of South Florida’s pain medicine fellowship. He is also actively involved in research to uncover new, minimally invasive ways to treat spinal pain.

Dr. Jassal is an award-winning physician. In the Tampa edition of Top Doctor, he was voted the #1 Tampa pain physician in 2018 and was runner up in 2019. The University of South Florida named him Pain Faculty Attending of the Year in 2018. In addition, he recently won first place at the annual meeting of the American Society of Interventional Pain Physicians for his research and consistently presents at regional and national conferences on his outcomes.



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PHYSICAL ACTIVITY DELAYS THE ONSET OF AGE-RELATED HEARING LOSS

Kevin T. Barlow, Au.D.

REGULAR EXERCISE PROVIDES A WEALTH OF BENEFITS: MORE ENERGY, LONGER LIFE EXPECTANCY, STRONGER BONES AND MUSCLES, AND LOWER RISK FOR OBESITY AND DIABETES, TO NAME A FEW. A RECENT STUDY HAS ADDED A NEW BENEFIT TO THE LIST: DELAY OF AGE-RELATED HEARING LOSS.



Age-related hearing loss affects almost two-thirds of U.S. adults over the age of 70. It's a result of natural changes that happen in your inner ear, middle ear, and neural pathways as you age. The loss is gradual and can lead to communication problems, feelings of isolation, and decreased physical function. But results from a recent study in the *Journal of Neuroscience* suggest that regular exercise can delay age-related hearing loss.

THE STUDY

The researchers compared two groups of mice for 24 months. The experimental group regularly exercised by running on a wheel; the control group did not.

Mice in the exercise group had better hearing after 24 months than did the control group, and the physical findings supported this: For mice

in the exercise group, key areas of the inner ear hadn't broken down as much as the same areas had in the control group. However, for the exercise group, better hearing only occurred in the low and middle frequencies.

How did this happen? One important finding was that in the mice from the exercise group, a greater number of intact blood vessels were nourishing the cochlea — the part of your inner ear that converts sound into nerve impulses for your brain to interpret. In other words, physical activity ensured the inner ear continued to receive plenty of oxygen and nutrients.

THE GOOD NEWS

In this study, the mice were not forced to exercise — the mice in the exercise group only exercised if they felt like it. The authors speculated that forced running might have produced even better

results. This is, indeed, good news: Taking control of age-related hearing loss is as simple as working basic aerobic exercise into your day.

Physical activity is just the beginning. Overall health is connected to hearing health in many ways, such as heart health and nutrition. Untreated hearing loss has been linked to numerous other complications such as cardiovascular disease, diabetes, hypertension, cognitive decline, depression, anxiety, and social withdrawal. Knowing your body's relationship with hearing can help you stay mindful of your overall well-being and can help create a path for healthier living.

At WinterHavenAudiology, we understand that each individual's hearing needs are unique; therefore, we offer a variety of hearing aids, products, and options to personalize your treatment plan and enhance your hearing experience.

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WEIGHS IN ON WEIGHT LOSS

WITH FAD DIETS, EXTREME LIFESTYLE DISRUPTIONS AND UNHEALTHY DIET PILLS, AND OTHER MEANS TO CONTROL APPETITE, OVER THE YEARS, MOST PEOPLE HAVE LOST A FEW POUNDS, ONLY TO REGAIN THEM RATHER QUICKLY ONCE THEY STOP USING THOSE MEANS. WHY? BECAUSE THE UNDERLYING CONDITION IS WHAT'S REALLY KEEPING YOU FROM LOSING WEIGHT. IF THESE CONDITIONS ARE LEFT UNTREATED, YOU WILL NEVER BE SUCCESSFUL, AND YOU CERTAINLY WON'T ACHIEVE OPTIMAL HEALTH.



UNDERLYING CONDITIONS THAT DERAIL WEIGHT LOSS

Illness and disorders can contribute to weight gain and also make it difficult to lose weight.

If you're even just a few pounds overweight, your body is inflamed. Inflammation is the root cause of disease and disorders. These underlying condi-

tions include thyroid dysfunction, autoimmune disease, hypertension, high cholesterol, IBS, and fibromyalgia, to name a few. Additionally, Metabolic syndrome causes inflammation and weight gain. It is a condition in which the high insulin and leptin levels are resistant, causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for diabetes, heart disease, cognitive decline, and coronary disorders.

WHAT YOU CAN DO

Treating the underlying condition or root cause of your weight gain is critical for your overall health and weight loss. Inflammatory conditions are typically caused by environmental toxins, the food we eat, chemical exposures, and not enough exercise. These factors can be controlled for the most part by you! Eating a clean diet that works best for you and exercising are great ways to get



Dr. Raphael Lopez is Board Certified in internal medicine. He believes in a full-circle level of attention that allows for great continuity of care and reduces redundant testing, medical errors and other issues that often occur when seen by multiple doctors. Dr. Lopez has a special focus on the physician/patient partnership. He brings to this partnership the skills of an experienced physician in both an outpatient and hospital setting. Cypress Medical Center aims to educate our patients in a safe environment while offering you the necessary comprehensive care you deserve. We understand that many people have anxiety about medical treatment, so we created a soothing atmosphere and a scheduling system that never keeps you waiting long. By combining the latest technology with traditional techniques, we give our patients the best care possible.

Dr. Raphael Lopez is Board Certified in Internal Medicine and is a member of the ABIM. The ABIM is the American Board of Internal Medicine that sets the standards and certifies the knowledge and skills of physicians who practice internal medicine.

At Cypress Medical Center, we know that finding the right physician to take care of you is a choice not to be taken lightly. That's why Dr. Lopez believes that excellent health begins with education and prevention. He has made it his mission to enlighten patients to ways they can take greater control over their own medical health.

To finally have a doctor that knows you by name, thoroughly knows your medical history, and manages your health as if you were a close friend or family member, call Cypress Medical center today at (863) 421-4400!

started, but you still need to treat your root cause, which requires in-depth testing and lab work is critical to understanding your body's specific needs and the root cause of your conditions

OBESITY AND ILLNESS ARE A CATCH 22

It's critical to keep your weight down. Being overweight leads to chronic illness just as much as illness leads to weight gain and the inability to shed pounds. The right doctor can help you succeed and live a healthy lifestyle.

CYPRESS MEDICAL – DR. LOPEZ

Cypress Medical is a sole practice utilizing old school medicine and incorporating the latest technology. Dr. Lopez has been in Polk County practicing since 2002, treating geriatric patients and has been the medical director for nursing homes. Dr. Lopez has in house diagnostics such as an ultrasound for the convenience of his patients and for his expertise in diagnostic management. He accepts self-pay patients, and Dr. Lopez has admitting privileges at both BayCare and Advent Health hospitals.

Medication Management is a critical detail that often gets overlooked in larger practices. This can

lead to adverse side effects and contraindications. As individuals age, it's also difficult to keep track of what drugs they should take at what time. Dr. Lopez helps to make these details easier and safer for his patients. Dr. Lopez also believes that medicine should be personalized. His dedication is for medical treatment to be the way it used to be, the way it's supposed to be, and to provide the optimal treatment and outcome for his patients.



295 Patterson Rd Suite B, Haines City, FL 33844

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Article and Photographs by John Robins

WHAT IS A WELLBEING ADVISER, AND WHY HAS RELIANCE MEDICAL CENTERS ADDED ONE TO THE CORE OF PRIMARY CARE FOR SENIORS?

Reliance Medical Centers continues to re-invent healthcare delivery for older adults with the addition of the Wellbeing Adviser Program. Adding a Wellbeing Adviser (a Licensed Clinical Social Worker) to a Primary Care clinic is a vital move in improving patient care, but when you understand why, it makes perfect sense.



Aaron Landry, Wellbeing Advisor

In the beginning, Reliance Medical Centers understood that traditional medical care is insufficient for ensuring better health outcomes. That philosophy has driven the organization to continually re-invent primary care for seniors. The basis of the philosophy is value-based vs. volume-based medicine. But value-based is only the foundation of reimagining primary care. The drive for continuous improvement has been the inspiration for the development of multiple innovative and non-traditional primary care programs designed to improve health outcomes. One of those initiatives is embedding Wellbeing Advisers (or behavioral counselors) as a core component of primary care.

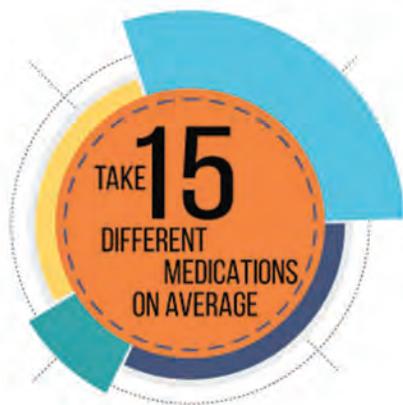
Leading this new program is Aaron Landry, a Licensed Clinical Social Worker. He has joined the team as the Manager of the Wellbeing and Medical Concierges programs. Aaron brings a great deal of experience to the organization.

Social-environmental and behavioral factors have a significant impact on a person's health and well-being, and this is particularly true for older adults yet often goes undetected. As people get older, life changes significantly. There are noticeable changes such as reduced mobility, hearing impairment, reduced eyesight, etc. and then there are the less visible changes too. For example, the onset of grief and loneliness due to close family members or friends passing, and perhaps spending less social time with family and friends. Also, the possibility of reduced income as a result of retirement. These are just a few examples.

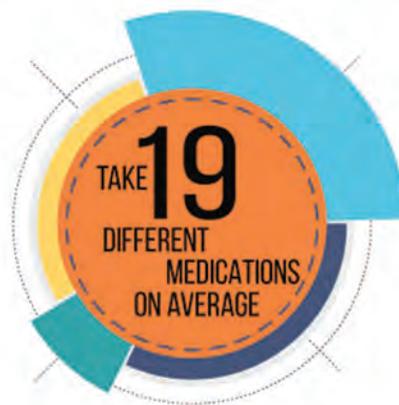
A large number of seniors experience ill health directly as a result of the impact of certain social-environmental factors. Social-environmental factors play a vital role in clinical outcomes of the patient. The problem is, most primary care physicians treat only medical symptoms, and largely ignore the mental and environmental determinants of health. Most patients who are feeling stress, anxious, or depressed will seek help from their PCP. However, their PCP is mostly only in a position to offer medication and not therapy.

Medication usage by older adults is alarming. Statistics show that people between 65-69 are, on average, taking more than 15 different medications and those between 80-84, take 18 prescriptions. This consumption gives rise

STATISTICS SHOWS THAT SENIORS



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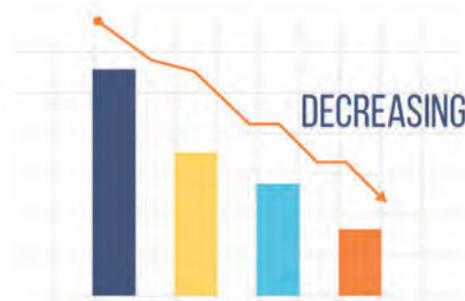
LEADING TO

GIVING RISE TO

INCREASED RISK OF
DRUG-ON-DRUG INTERACTIONS



PATIENTS HEALTH & WELLBEING



to an increased risk of drug-on-drug interactions, polypharmacy, further decreasing a patient's health and wellbeing. At Reliance Medical Centers, this is where the Wellbeing Adviser steps in.

At Reliance Medical Centers, all patients have direct access to the Wellbeing Adviser, who meets with patients to provide a complete profile of a patient's behavior and social-environmental surroundings. Where necessary, they also offer ongoing support to help patients deal with any circumstances that may be impacting on their overall health and wellbeing.

Nationwide, and in our geography, there is a shortage of access to behavioral health, so there are many advantages to patients having direct access to a Wellbeing Adviser at their primary care practice. For example, when the social worker is part of the medical team, there is direct communication

between the medical care team and your therapist about addressing all the aspects of a patient's health. Booking a social worker or therapist can take upward of six months to get an appointment. The fact that all patients at Reliance can meet with the Wellbeing Adviser means that the Primary Healthcare Physician can build a complete profile of each patient and identify a broader range of factors that may have an impact on their health. If there are pressing issues that need addressing, quick access is imperative; things are more likely to get worse with delayed access. Also, Reliance's Wellbeing Adviser has direct access to Reliance's Patient Advocate, a member of the Health Support Team, whose responsibility it is to provide information and connections to any community resources that can be of benefit to a patient.

Adequate and coordinated behavioral treatment of seniors has a high impact on their outcomes and effective allocation of resources. Some of the effects Reliance identified and were the genesis for the Wellbeing Adviser Program, were.

- Patients being medicated instead of treated
- Industry-wide overutilization of pharmacotherapy vs. psychotherapy
- Misdiagnosing. i.e. not having a coordinated complete picture/context of patient.
- Detrimental changes in behavior due to onset or ongoing chronic conditions or acute cases.
- Lack of identification of Social Determinants of Health (SDoH), thus no treatment put in place.
- High index of SDoH best treated through Wellbeing Advising Program, such as isolation, anxiety, depression, insomnia.
- High overutilization of ER for conditions related to SDoH

The answer was simple and relatively easy to implement. After analyzing all these factors, the most glaring truth was that "Primary Care for Seniors was Broken." Reliance realized embedding Wellbeing Advisers must be standard in primary care for seniors. A primary care practice focusing on Seniors, those 65+, must have LCSW Wellbeing Adviser as part of their basic service.

Now all Reliance centers will have a Wellbeing Adviser alongside Medical Doctors, Nurses, and Medical Assistants as standard.

Reliance

MEDICAL CENTERS

LOCATIONS

Lakeland

3655 Innovation Dr.
Monday – Friday: 8am – 5pm
Saturday: 9am – 1pm
Lab: 7am – 4pm

Winter Haven

111 Avenue A SE
Monday – Friday: 8am – 5pm
Lab: 7am – 4pm

RelianceMedicalCenters.com



INSERTS, INSOLES, ARCH SUPPORTS AND ORTHOTICS – What Your Feet Really Need Might Surprise You

You've known about inserts for years (hello Dr. Scholl). These inserts are available at the local drug store, big box stores, online and even at most grocery stores. It turns out that inserts, insoles and arch supports are all generally the same item, just called different terms. They are off-the-shelf products that you put in your shoes to help your feet with support and fit within your shoe wear. But the question is, are they right for you, or are they making your condition worse?



Orthotics are not the same as the aforementioned inserts. However, many companies are touting their products as “orthotics” when they are not. Some of the orthotics available at the store are made with plastic or metal materials to support the arch of the foot, so they essentially, are a step up from inserts, but they are not custom orthotics, which is what most people actually need. Custom orthotics are available at your podiatrist’s office.

Custom orthotics are made from an actual mold/impression of your feet, and they are then fabricated to precisely fit your foot and the needs of your condition, and they will last for a very long time as opposed to inserts. Your podiatrist will evaluate your feet and depending on your specific condition, you may require more than just an orthotic. You might have plantar fasciitis, flat feet, a high arch, heel spurs, bunions, and the list goes on and on. If you have any of these



disorders, you may need to learn techniques to stretch your tendons, or you might need a procedure to help alleviate your pain, such as laser therapy, or minimally invasive surgery.

Consider that most of the foot problems which develop are caused by abnormal foot mechanics. That would be moments in time when under body weight, the foot might get to flat or pronate. Pronation essentially leads to unlocking of the joints and overstretch of the ligaments. It can be the cause for many painful conditions such as plantar fasciitis and tendinitis. We also see nerve pain developing from improperly supported feet. Think about braces on teeth. They keep the teeth aligned. Just like braces on teeth orthotics are designed to maintain a certain element of alignment also known as the neutral position in medical terms. So with orthotic usage, the feet function more neutral providing greater balance, reducing strain and potential injury. Since we take tens of thousands of steps daily, every step counts from the individual engaged in everyday activities to the marathoner. It matters. For this reason an over the counter or off the shelf inserts simply cannot provide the control and support needed to achieve a better functioning foot. The correct orthotic prescription requires the expertise of a podiatrist which not only understands your condition but how to prescribe and fabricate the correct orthotic you need for it.

MID FLORIDA FOOT, ANKLE & VEIN CLINIC

Mid Florida Foot, Ankle & Vein Clinic provides pain-reducing, comprehensive cutting-edge treatment. Their podiatrist, Dr. Gabriel Delgado, can treat all foot problems and even performs in-office surgeries. Rest assured you'll get patient-focused care from their highly skilled and compassionate staff.



Dr. Gabriel F Delgado FACFAS

Dr. Gabriel Delgado prides himself on taking excellent care of his patients and making them feel at home. He is bilingual and a native and current resident of Lakeland, FL with his wife and 2 kids. He is a graduate from the University of Florida with a Medical Degree from Barry University followed by residencies at the Veterans Hospital of West Palm Beach, FL and St. Luke Medical Center in Phoenix, AR. He is Board Certified in Podiatric Medicine and Surgery and has received Certificates of Appreciation from the West Palm Beach VA Medical Center for his dedicated service to the veteran population.

You're not just another patient in his office, he takes the time to listen. Earning your trust, respect and exceeding expectations by providing a compassionate and professional environment. With over 20 years of being in practice, Dr. Gabriel Delgado always strives to provide the best healthcare for his patients.

To find out more, or to schedule your appointment, please contact Mid Florida Foot, Ankle & Vein Clinic today.



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midflfootanklevein.com

Reference:

¹ ACFAS, American College of Foot and Ankle Surgeons, Calcaneal Apophysitis (Sever's Disease), 2018, Chicago, IL, <https://www.acfas.org/Content.aspx?id=1483>



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ITCHY, FLAKING SCALP? THINNING OR BREAKING HAIR? Try a SCALP MAKEOVER

PAMPER YOURSELF AND YOUR FOLLICLES WITH NEW SCIENCE-BASED TRICHOLOGY TREATMENTS

By Alan J. Bauman, MD, ABHRS



If your hair is not looking as healthy as it should or you think your itchy, flaky scalp is trying to tell you something – it might be time to consider a scientific ‘Scalp Makeover.’ By combining the science of trichology with a relaxing regimen of self-care, men and women are able to achieve a healthier scalp, boost healthy hair growth, all while enjoying a little pampering.

Does Your Scalp Need a Makeover?

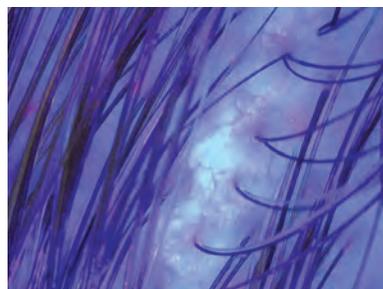
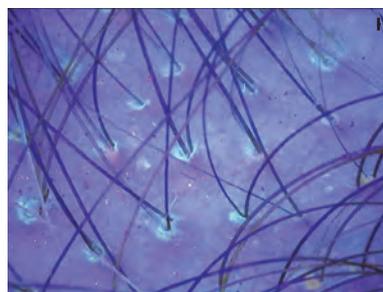
Men and women wishing to achieve the most beautiful head of hair possible, as well as those who are experiencing a “symptomatic scalp” (dry, itchy, flaky or oily scalp, excessive hair loss, shedding, damaged/dull hair or hair breakage) should consider scheduling a trichology evaluation. These conditions, while incredibly common, are oftentimes not easily treated with at-home remedies or with over-the-counter products or special

shampoos. They also may also be a sign of an underlying health problem. The good news is that a scientific trichology evaluation can begin to help decipher why you are experiencing annoying scalp symptoms and also get to the root cause of your unhealthy hair.

Let’s start by getting right to the point. Healthy hair begins with a healthy scalp. Period.

But, unfortunately, because it hides out of sight, we often forget to take care of our scalp – until concerns become noticeable – and then it’s simply too late for early prevention. It is important to remember that a beautiful head of hair starts at the scalp; this is why Trichology (trih-kol-uh-jee) is fundamentally so important. We are continually finding new evidence that links inflammation of the scalp with poor hair growth and other common hair problems.

Trichology, the study of the hair and scalp, can address many cosmetic concerns, as well as more serious issues, with the health of your follicles. At Bauman Medical, we have designed an exceptionally comprehensive medical trichology program that offers patients a wide variety of trichological therapies to boost the underlying health of the scalp and follicles, effectively treating a wide range of conditions – from frizz to limp/lackluster hair, excessive shedding or thinning, dandruff, irritated or oily scalp, fungal infections, etc.



During a Scalp Makeover evaluation, specialized ‘blue-light’ and HairCam microscopy of the scalp can reveal hair quality/quantity changes and imbalances like oxidized sebum buildup that may affect the health of the scalp and hair follicles.

Scalp Evaluation

A scientific scalp evaluation requires special tools and special training. Your scalp’s pH, moisture and sebum levels, HairCheck trichometry measurements of hair density, quality and breakage, as well as blue-light and dual-polarized white light microphotography or dermoscopy of several areas and more, begin to tell the story of your scalp’s overall condition.

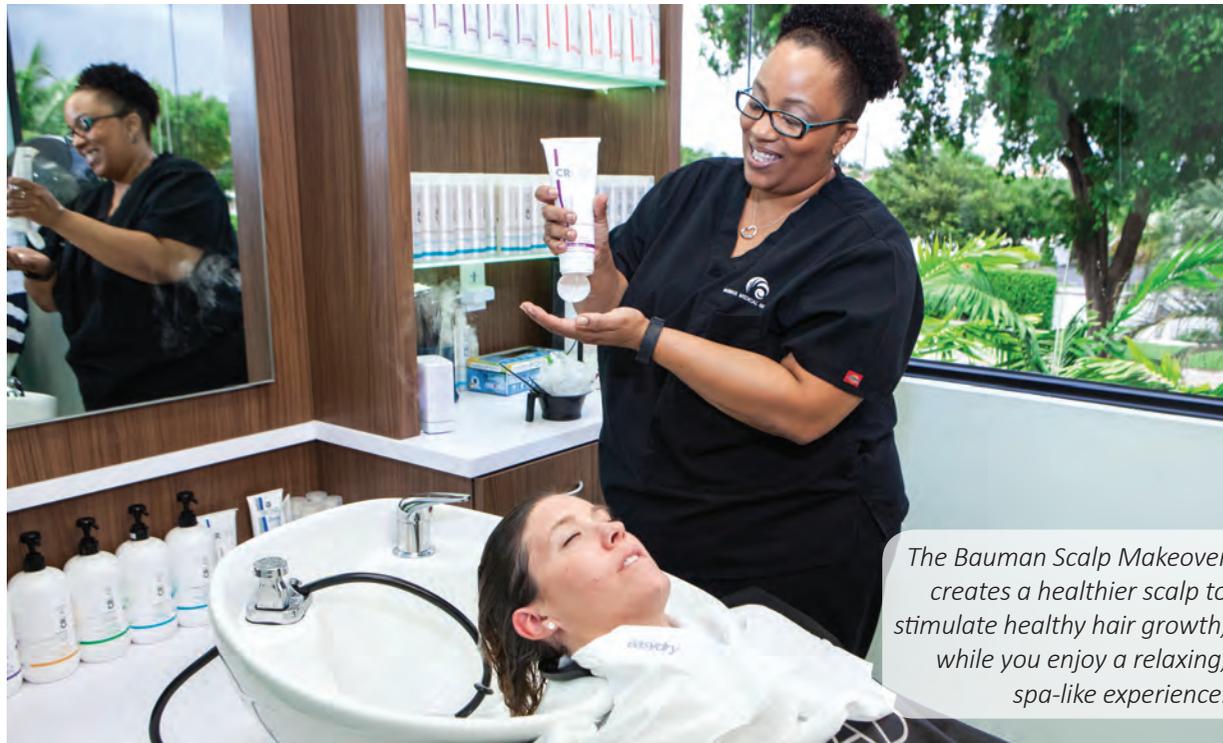
Trichology Treatment Options

Trichology clients at Bauman Medical receive a customized treatment plan based on the findings of their scalp evaluation and specific symptoms and hair and scalp health status. These treatments may include topical serums (including sebum-regulating, hydrating or blood microcirculation stimulants), nutritional guidance or supplementation, scalp steaming with ozone therapy, manual and mechanical scalp massages, exfoliating and-or stimulating scalp treatments, high frequency stimulation, herbal hair boosting transdermal patches (e.g. saw palmetto) and/or low-level laser light therapy. If indicated, medical treatments may include compounded topical or oral prescription medications, PRP Platelet-Rich Plasma or other cell therapy treatments.

The latest, most exciting scalp treatment includes Keravive by HydraFacial. Bauman Medical is one of the first clinics in the U.S. and first in Florida to add this exciting new hydrodermabrasion device to their comprehensive scalp and hair wellness program. The HydraFacial Keravive is a unique treatment specifically designed to cleanse, stimulate, nourish and hydrate the scalp for fuller and healthier-looking hair.

Do Good and Feel Great

While these treatments are science-based, they are also thoroughly enjoyable for women and men. Similar to a massage or facial, your relaxing and therapeutic Scalp Makeover will allow you to enjoy some self-care – while treating your scalp and hair problems.



The Bauman Scalp Makeover creates a healthier scalp to stimulate healthy hair growth, while you enjoy a relaxing, spa-like experience.

Highlights of the Bauman Scalp Makeover

Science of Scalp Health: Bauman Medical offers a science-based trichology scalp program designed to optimize the health of your scalp and improve the beauty of your hair.

Pamper your Scalp, and Yourself: Patients can choose from a menu of treatments designed to make them feel relaxed and pampered, while also addressing their hair care concerns, boosting hair health and stimulating health hair growth.

State-of-the-art Technology: Patients also enjoy the benefits of the HydraFacial Keravive, a unique, relaxing treatment designed to cleanse, stimulate, nourish, and hydrate the scalp for fuller and healthier-looking hair.

Exclusive Products: Enjoy a relaxing and spa-like experience during a customized scalp treatment with products that promote and enhance scalp health.

Bottom line on scalp health

Many men and women aren't aware that our hair and scalp act as a barometer for our overall health. This is why you never want to dismiss any issues as merely cosmetic. By not investigating and getting to the root cause of the problem, you may be missing clues to more serious health concerns.

If you have concerns about the health of your scalp and hair follicles, or would like to learn about the Bauman Scalp Makeover, please visit www.baumanmedical.com or call 561-220-3480.

ABOUT SCALP HEALTH

- Trichology, the study of the hair and scalp, can address many cosmetic issues, as well as more serious issues concerning the health of your follicles.
- A healthy, balanced, hydrated scalp is the “fertile ground” where about 100,000 to 150,000 hair follicles reside, working hard every single day to produce those strands of beautiful keratin protein we call “hair.”
- Scalp inflammation, other imbalances, and even scalp acne, can significantly affect hair follicle function causing diminished or altered hair growth, as well as other troubling physical or cosmetic symptoms.
- Today, there is a wide variety of Trichology-based therapies to boost the underlying health of the scalp and follicles, effectively treating a wide range of conditions - from frizz to limp/lackluster hair, excessive shedding or thinning, dandruff, irritated or oily scalp, fungal infections, and more.
- Bauman Medical is one of the few medical hair restoration facilities in the US that employs a full-time trichologist to help patients scientifically optimize the health of their hair and scalp.

About Dr. Alan J. Bauman



**Alan J. Bauman, MD, ABHRS, IAHRS
Hair Loss Expert**

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated over 20,000 hair loss patients and performed over 9000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of “10 CEOs Transforming Healthcare in America” in Forbes.

His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more.

A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.



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TubcuT[®]

Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.

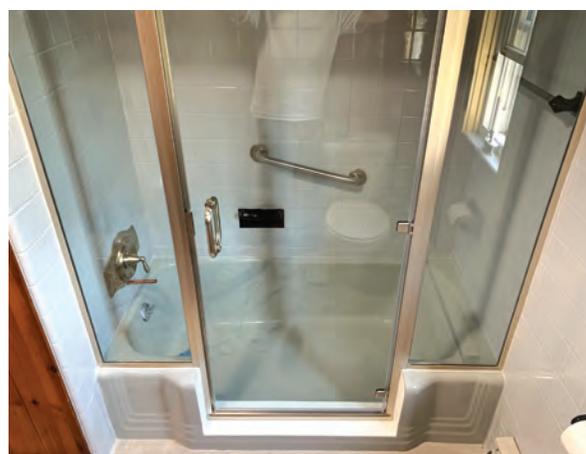
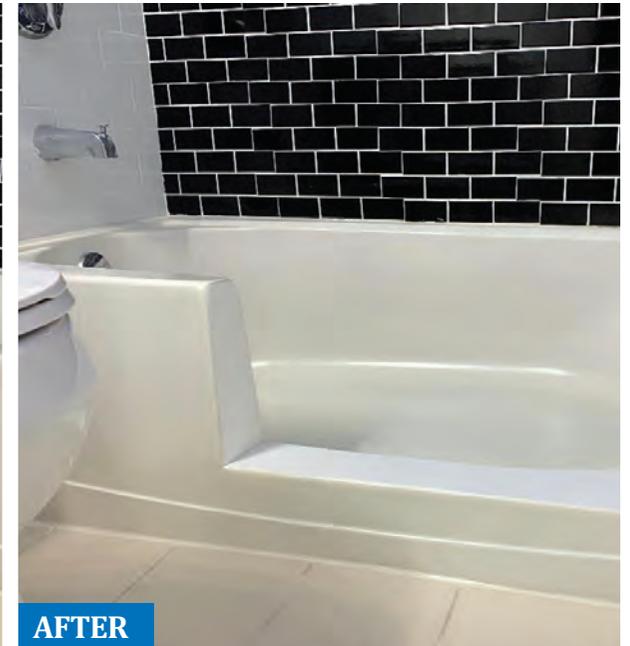
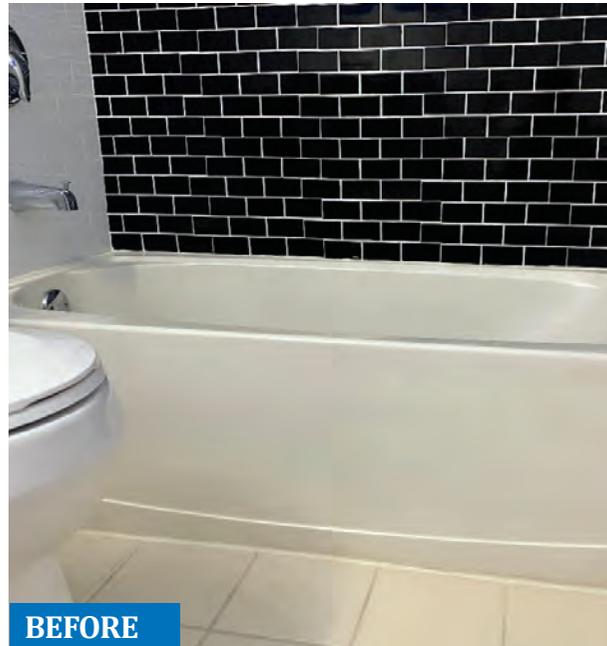
Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT[®] Company.

The TubcuT[®] is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT[®] as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT[®] creates an opening that fits your needs. Unlike cap systems, The TubcuT[®] adapts to you and what your lifestyle requires. With TubcuT's[®] exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT[®] threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT[®] Follows the same exact contour of your tub there, and there is no ledge on the threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT[®] is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT[®] is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



The TubcuT[®] changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT[®].

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT[®] can be a life-changing product. To find out more, contact them today!



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Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

Act differently. “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

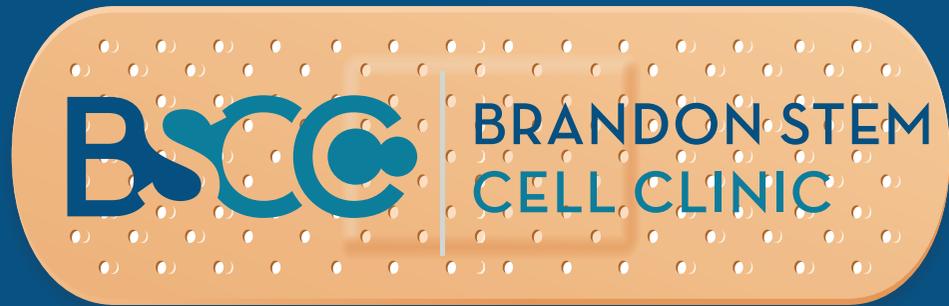
Think differently. “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)



*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*

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