

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

January 2016

Marion Edition - Monthly

www.healthandwellnessFL.com



FREE

Improve Your
Thyroid Function and
LOSE WEIGHT

**CANCER
DRINK**

Fuels the Fight
Against Cancer

**AWARD
WINNER**

Best Joint Health
Supplement

OSTEOPOROSIS
And the Benefits of
Strength Training

**COPD
TREATMENT**
Takes Center Stage





“Fueling The Fight Against Cancer”™

- Promote a healthy immune response
- Preserve strength, stamina and appetite
- Stress and anxiety support
- Support and maintain lean body mass
- Help for nausea and diarrhea

**26g
PROTEIN**

**0g
SUGAR**

**228
CALORIES**

CellMarkBiopharma.com
Call for more information:
888-444-7992



Stroll into the New Year with beautiful legs

If varicose veins have stopped you from baring your legs, we have great news. The experienced, Board Certified doctors at the Center for Vascular Health offer a variety of quick and effective treatments to help you enjoy smoother, younger-looking legs you'll be proud to expose.

We provide safe and effective treatments for varicose veins including endovenous laser treatment and phlebectomy, plus a host of other advanced vascular procedures such as uterine fibroid evaluation and treatment. Having your procedure done by CVH's Board Certified physicians means you'll enjoy a fast recovery and receive expert follow-up care.

***If you're ready to look and feel like yourself again,
call us – and reclaim your place in the sun.***



CENTER FOR VASCULAR HEALTH

in partnership with Radiology Associates of Ocala

(352) 671-4252 • www.RA0cala.com

Procedures performed at:
Munroe Regional Medical Center (MRMC) and
Ocala Regional Medical Center (ORMC)

We contract with a wide range of networks, including Medicare,
Medicaid, and file all claims with the exception of non-contracted HMOs.

BOARD CERTIFIED, VASCULAR AND INTERVENTIONAL
FELLOWSHIP TRAINED RADIOLOGISTS

Rolando E. Prieto, MD
David C. McKay, MD
Caleb R. Rivera, MD
Kareem I. Bohsali, MD
John Scales, MD
Phil Berardi, PA

Life Changing.

Look your best, feel your best, without anyone knowing what you've done.

Find the Valuable Information
You Need!
Free Book, Free Food!

Double
Board Certified
Facial Plastic
Surgeon

YOU'RE INVITED!

January 12th | 1 P.M. - Facial Beauty Master Class, Waterfront Inn
1105 Lake Shore Dr, The Villages, FL 32162

January 21st | 1 P.M. - Facial Beauty Master Class, Holiday Inn
3600 SW 38th Avenue, Ocala, FL 34474

Call **855.968.8480**
to reserve your seat **TODAY!**

All seminars are 100% complimentary



IMAGELIFT®
www.ImageLift.com

Patient and any other person responsible for payment has a right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination, or treatment that is performed as a result of and within 72 hours of responding to ad for the free, discounted fee, or reduced fee service, examination, or treatment. *One volunteer will be chosen for a free filler demonstration.

Call for a **FREE Consultation**

ELIMINATE PAIN

Even If Nothing
Else Works!

Safely Without Drugs or Surgery

Electricity is the future
of medicine.
The future is here.

EMed
ENERGY MEDICAL
(352) 552-1889

EMed is a Leader in the
Field of Electric Medicine

**Energy Medical Center
at The Villages**

17820 SE 109th Ave., Suite 106-B

Summerfield, FL. 34491

In the Spruce Creek Medical Center
Across from the Walmart on Hwy. 441

www.EnergyMedical.net

WHEN THE GOING GETS TOUGH.



You are going to want a urologist with the skills and experience to resolve your problem quickly. The good news, Advanced Urology Specialists has *fifteen* urologists — all with the expertise you need to focus on the toughest challenges. The better news, when the going does indeed get tough, you won't have to go far for relief with eight offices throughout Central Florida to serve you.

855-298-CARE
advancedurologists.com
With 8 convenient locations
to serve you!



ADVANCED

Urology Specialists

Contents

January 2016

6 Cancer Drink - Fuels the Fight Against Cancer

7 COPD Treatment Takes Center Stage

8 Stress Incontinence is Nothing to Sneeze At

9 New Technology Puts More "SEE" in CT

10 Eliminate Pain and Accelerate Your Body's Natural Ability to Heal, Even if Nothing Else Works!

12 Start the New Year with Better Hearing!

14 Improve Your Thyroid Function and Lose Weight

16 Weight Loss Surgery Options for the New Year

18 Surgical or Non-Surgical Don't Settle for Less

20 Don't Let a Sudden Ailment Interfere with Your Love Life

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

24 Award Winner Best Joint Health Supplement

26 Osteoporosis and the Benefits of Strength Training

27 Stage Your Home to Sell

28 7 Resolutions for an Organized New Year

30 Spiritual Wellness: God's Original Purpose for Marriage

 Find us on Facebook

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



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.

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

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2016. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

New year...
new ways to treat COPD.



Resolve To Get Your Life Back With Stem Cell Therapy.

Treatments at the Lung Institute use stem cells from the patient's own body to promote healing, which can slow the progression of the disease, improve lung function and quality of life.

Call (800) 921-4631 for more information, or visit lunginstitute.com/health


Lung Institute
Breathe Easier.

Cancer Drink – Fuels the Fight Against Cancer

What is the most important thing you can do once you or a loved one finds out they have cancer? The answer is simple and complex at the same time – prepare for the fight of your life and plan on winning!

Finding the best care possible and following the treatment protocols of your oncologist to the tee is a must. Keeping yourself as healthy as possible to be able to stand the rigors of chemotherapy, radiation, surgery and the emotional stress is absolutely essential as well.

CellMark Biopharma™ developed a revolutionary new medical nutrition drink, CellAssure, designed for the needs of all cancer patients battling the detrimental effects of cancer and even the side effects from cancer treatments.

Fact: 20-40% of cancer deaths are from malnutrition (cachexia) not cancer and the medical community agrees that nutritional intervention is imperative.

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

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

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

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

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

What is Cancer Cachexia and how can I best avoid it?

With figures showing as much as 40% of cancer deaths are from cancer induced malnutrition (cachexia) avoiding becoming cachectic should be a top priority for all cancer patients. Cachexia is a series of metabolic changes in the cancer patient's body. Cachexia is initiated when proinflammatory cytokines and other catabolic factors, such as proteolysis-inducing factor and lipid-mobilizing factor are released in tissues and in circulation. Increases in stress, anxiety, cortisol levels, inflammation and decreases in appetite, nutrient absorption, and liver function add to this hypermetabolic scenario.

Cancer cachexia is far more complex and different than other types of weight loss (simple malnutrition or starvation) and it cannot be reversed by the simple addition of extra calories. CellAssure™ is targeted medical nutrition for these specific inflammatory triggers and all of their resultant metabolic abnormalities!

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

When do I start taking CellAssure?

While most people think that their 'Day of Diagnosis' is when their battle with cancer begins – we know better. The fact is on the 'Day of Diagnosis' their body has already been compromised by the



cancer and their nutritional challenges have already started. Cancer has already started waging war and the need for additional nutritional medication is now. It is recommended that you start taking CellAssure from your day of diagnosis forward. Proper nutrition is something helpful regardless of where you are in the cancer process. Of course following a healthy diet along with CellAssure makes the most sense and your healthy eating should continue even after you've won your battle against cancer!

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

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

 **CellAssure**™
Advanced Medical Nutrition

COPD Treatment Takes Center Stage

By David Ebner - Staff Writer

The world will never forget the momentous day when four young men from Liverpool, England, walked onto the stage of the Ed Sullivan show in 1964. The Fab Four strolled onstage, squinting in the glare of the lights and smiling at the squealing fans, and that grainy black and white image became the music history icon of the "British Invasion."

Stem cell research appeared on the world stage with much less fanfare. There were no screaming fans or standing ovations when doctors conducted the first stem cell treatment in the form of a bone marrow transplant in 1956. The painstaking hours scientists spent researching and studying cells in laboratories across the world passed unremarked upon in the pages of Life Magazine. Even in 2012, when John B. Gurdon and Shinya Yamanaka won a Nobel Prize for their discovery that "mature cells can be reprogrammed to become pluripotent," enthusiasm was limited mostly to the medical community.

The advent of stem cell research may seem inconsequential in comparison to the rise of the Beatles or Elvis Presley, but its impact on the medical industry is nothing less than revolutionary. Although the ethical implications of using embryonic stem cells have a high-profile and controversial history, knowledge of *adult* stem cells—cells present inside the body of every adult, remains relatively obscure. Adult stem cells live in the blood, fat and bone marrow, and can be extracted and reintroduced into different parts of the body, as needed. Stem cells re-specialize to mimic whatever type of cell they are near. For example, when adipose (fat) stem cells are extracted, isolated and reintroduced to the lungs of the patient with a progressive lung disease, the stem cells have the potential to morph into lung cells. The hope is that the new cells will be disease-free and will promote healing and increasing lung function. For someone suffering from a debilitating disease, such stem cell therapy could mean the difference between struggling for air and singing "Twist and Shout" in the shower.

Physicians at the Lung Institute (lunginstitute.com) have been performing such procedures since 2013, increasing quality of life for over 1,500 patients with a 70 percent success rate as reported by the patients themselves. During a stem cell therapy procedure, cells are extracted from the patient's fat, blood or bone marrow tissue. The cells are then isolated and returned intravenously or through a nebulizer. This outpatient procedure is completed over three days and is considered minimally invasive. According to the Lung Institute's Medical Director, Kevin Huffman D.O., "stem cells are important because they offer a different approach. Instead of treating symptoms simply to make the patient more comfortable, stem cell therapy targets the disease and can actually repair damaged tissue, challenging conventional medicine's fatalistic mindset that there's nothing more we can do."

It's difficult to imagine a medical breakthrough stealing the show from the latest trending celebrity. However, real people have sought these innovative treatments, and are already seeing these advancements make a difference in their lives. They may not be screaming like the crazed Beatles fans of the sixties, but the alternative treatment fan base grows

every day among people who are breathing easier thanks to stem cell therapy.

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



The Beatles changed the world of music; stem cells are changing the world of medicine.

STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

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

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

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

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

SO, HOW DO YOU FIX IT?

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

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

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

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

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

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

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



ADVANCED

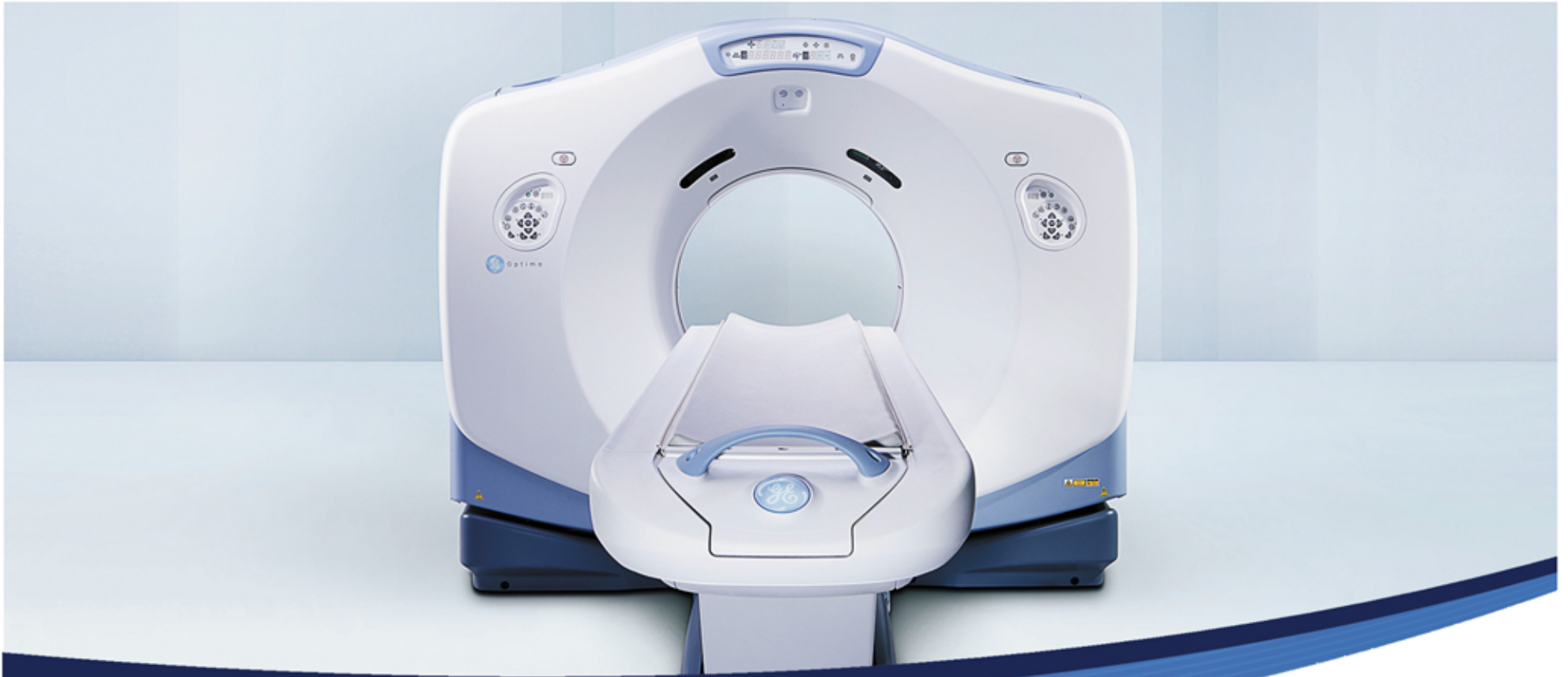
Urology Specialists

855-298-CARE

advancedurologists.com



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



NEW TECHNOLOGY PUTS MORE "SEE" IN CT

Computed Tomography, or CT, is a non-invasive medical test used to evaluate complex anatomic structures such as lungs, bones, soft tissues and blood vessels. CT uses an x-ray beam that rotates 360° around the patient, capturing multiple pictures - or "slices" - with each cycle. Powerful computer algorithms can reconstruct the collected data in many useful ways including angiography and 3D reconstruction.

Your CT scan is transmitted instantly to a computer read station and interpreted within minutes by one of our Board Certified radiologists. Results are automatically faxed to your referring doctor the same day.

CT Scanning is effective at identifying disease within the chest, heart, abdomen, head and limbs, and for detecting most cancers. In fact, a recent government study showed that heavy smokers can reduce their risk of death from lung cancer by 20% simply by having an annual CT scan. CT also assists with cancer treatment, staging and monitoring, making it one of the most powerful allies against disease.

RAO's 64-slice scanner utilizes four times the number of detectors than conventional CT, enabling it to detect extremely small lesions that may otherwise

go undetected and provides precise guidance for specific treatments. "Scans take just minutes and produce crisper images with fewer extraneous artifacts for a more complete and accurate 3-D representation than standard CT models," says Mark Yap, MD. "It is leagues above other x-ray methods."

RAO offers the Optima 64-slice CT with ASiR, a specialized feature that can reduce the radiation dosage for many patients, creating yet another breakthrough in patient care. It is proof you can get more, with less - and what's not to love about that?

RAO offers CT at two locations, its Medical Imaging Center and TimberRidge Imaging Center. For more information, call 352-671-4300.



**RADIOLOGY
ASSOCIATES
OF OCALA, P.A.**

(352) 671-4300 • www.RAOcala.com

Eliminate Pain and Accelerate Your Body's Natural Ability to Heal, Even if Nothing Else Works!

After 17 years, used in over 4,000 hospitals and medical facilities, in over 40 countries, documented in over 400 independent studies done internationally, with 115 published on the National Institute of Health's website, as well as 40 (PubMed) medical journals, and over 1 million happy users proving the effectiveness of BEMER (Bio-Electro_Magnetic-Response) therapy. The technology is so effective NASA is now using it the space suits of astronauts to enhance their health, and protect them from the harmful effects of being in space.

BEMER, Physical Vascular Technology is finally available in Central Florida.



Safe & Effective Results

BEMER therapy is so safe, it is recommended for people with pacemakers, pregnant workmen and newborn babies. To obtain optimal results you simply lay or sit on the mat for eight minutes twice a day in the morning and evening. After only four weeks you can sleep on the device, continually improving your health every day, while you do nothing but sleep at night.

BEMER ENHANCES:

- GENERAL BLOOD-FLOW
- THE BODY'S NUTRIENT AND OXYGEN SUPPLY AND WASTE DISPOSAL
- CARDIAC FUNCTION
- PHYSICAL FITNESS, ENDURANCE, STRENGTH AND ENERGY
- CONCENTRATION, MENTAL ACUITY, STRESS REDUCTION AND RELAXATION
- SLEEP MANAGEMENT

Extreme Dermatitis
(82 year old female patient)



BEFORE BEMER



15 DAYS LATER

Your body is designed to self-heal. So let it!
BEMER supports the body's inherent ability to repair and regulate itself.

Health is our most valuable possession. When we are ill, we want to re-gain our health as soon as possible; when we are healthy, we strive to maintain our good health as much as possible. Every living organism constantly produces, absorbs and distributes energy. These processes are kept in order and balance by natural self-regulating mechanisms.

Industrialization and socio-economic developments over the years have led to decreased production and utilization of vitally necessary energy in our bodies, mainly through lack of exercise, poor eating habits, unhealthy lifestyles, stress, and negative environmental changes. As a result, the self-regulating mechanisms that order and optimize our energy household have been brought to their limits.

Bio-Electro-Magnetic-Energy-Regulation – BEMER therapy- utilizes the therapeutic effects of a low grade pulsating electromagnetic field. The electro-magnetic energy of this field is the same principle used by nature from the beginning of time to maintain life and vitality in human organisms.

What makes BEMER therapy unique is the utilization of a very specific, patented broad spectrum impulse, developed in 1998 by physicist and biologist Professor Dr. Wolf Kafka. All metabolic and regulatory functions of the human body, specifically that of microcirculation, react positively to the electromagnetic field created by this impulse. As a

result, the body's oxygen supply improves, and with it the production of energy in the form of ATP (Adenosintriphosphate) – the power source of energy at the cellular level).

The deciding difference of BEMER therapy compared to other methods is that rather than merely treating symptoms, it addresses and supports basic processes in the body, and thus maintains and promotes healthy function. It regulates, stabilizes and supports essential and, if necessary, curative processes within the body.

BEMER therapy is not an "indication based" or ailment-specific.

This means that it does not work JUST on the one problem we might want it to deal with. BEMER therapy is holistic in the true sense of the word. The BEMER's electro-magnetic field is applied to the entire body; meaning it optimizes functions within the body as a whole and not on one specific ailment. This is why any BEMER treatment is of benefit. The different programs and levels fine-tune the treatment, but using a different level, or missing a treatment is not going to be detrimental to the client, it will simply mean that improvement and recovery might be a little slower than would otherwise be the case. There are therefore no rigid and specific protocols for various types of illness.

BEMER therapy increases blood circulation and lymph drainage at the capillary or micro-vascular level, increasing energy in the body at a cellular level, and much more.

The effectiveness of BEMER therapy has been documented as follows by scientific studies at universities and national science institutes worldwide, in accordance to GCP standards:

- Improved circulation, especially micro-circulation
- Strengthened immune system
- Stabilized oxidative balance
- Increased endurance (sport)

Herpes Zoster (Shingles)



Before BEMER



After 3 days

(4 daily applications)

The BEMER has been used successfully for the treatment of the following conditions, amongst others:

- Accelerated recovery from mild to severe burns
- ADD and ADHD in children
- Arthritis
- Asthma
- Backache Burns
- Cancer support
- Chronic and 'Age-Related' conditions
- Chronic Tiredness
- Circulatory Disorders
- Degenerative conditions of the joints and spine
- Depression and anxiety states
- Diabetes and related circulatory complications
- ED, Erectile Dysfunction
- Fibromyalgia Fractures
- Headaches & Migraine Hyper/Hypotonia
- Inflammation
- Immune System Disorders (auto-immune)
- Jet-lag alleviation
- Muscle Tension
- Non-healing wounds, ulcers, pressure sores etc.
- Osteoporosis
- Post-operative care - to reduce swelling & risk of infection
- Pain, chronic and acute
- Rapid regeneration after exercise & sport injuries
- Respiratory Conditions, COPD
- Rheumatism Scar build-up
- Sinus Issues
- Skin conditions, i.e. eczema, acne, psoriasis
- Sleep Disorders
- Sports Injuries
- Swelling
- Varicose Veins
- Wound Healing
- Support for multiple sclerosis & other degenerative conditions
- Tinnitus

BEMER & AMT together, produce astounding results.

The technology used in BEMER therapy, is a perfect compliment to the Electro-Acuscope Myopulse Therapy (AMT) equipment which uses artificial intelligence (read-analyze-respond) to optimize the autonomic nerves system. It produces, similar, and complementary results, by using precise low level electromagnetic fields (instead of micro-current) to stimulate blood and lymph flow to micro circulatory or capillary system of the body.

Diabetes – Leg Ulcer



Before BEMER

After 4 weeks

After 8 weeks

When BEMER therapy is used in conjunction with AMT it is by far the worlds most advance therapy for accelerating natural healing, optimizing health and eliminating pain.

Never accept that you should learn to live with any disease(s). Your body's amazing ability to heal itself must not be ignored. It just needs the right ingredients to do this, i.e. energy and bloodflow.

Contact Energy Medical at 352-552-1889 today to learn more about providing your body what it needs to heal itself! FREE Consultation and Demonstrations available.



BEFORE BEMER
Extreme Dermatitis
(82 year old patient)



12 DAYS LATER

Psoriasis



DAY 00



DAY 15

15 days Therapy

Energy Medical is proud to announce Multiple Sclerosis Clinical Studies, beginning early 2016. The studies are based on the highly effective use AMT, and BEMER therapy to relieve pain and other symptoms associated with the condition.

<http://www.EnergyMedical.net/emed-videos>

It is a known fact that the degenerative condition of MS is not curable in the allopathic (modern medical) paradigm. This is because modern medicine seeks to manufacture a biochemical intervention (a drug) to encourage healing and/or mask symptoms.

Anyone with Multiple Sclerosis is welcome to participate, and should call our office for further details.

Call 352-552-1889 to learn more about the MS studies or to enroll in one today!

E Med
ENERGY MEDICAL

(352) 552-1889

www.EnergyMedical.net

17820 SE 109th Ave., Suite 106B

Summerfield, FL. 34491

In the Spruce Creek Medical Center
Across from the Walmart on Hwy. 441

For Those Who Are Experiencing Hearing Loss – **Start the New Year with Better Hearing!**



That time of year has just passed, and what comes to mind? A variety of holiday events, and emotions, experienced only during the holiday season, and hopefully you didn't spend time asking everybody to repeat what was going on around you. The unfortunate truth for those of us with hearing loss is that we do miss out on so much, trying ever so politely to nod in bluffed agreement even though we may not have heard the whole story, no matter how attentive and courteous we try to be.

The worst part can be the times when everybody is gathered around, sharing jokes and laughter, or at the dinner table sharing stories and updating everybody on our lives. Not being able to keep up with the conversation can be particularly frustrating when these conversations happen in large groups—nobody wants to be the person who throws the conversation off its tracks. Did you experience this frustration?

So what can be done? Everybody should celebrate the holidays without having hearing loss get in the way! This year, resolve to improve your hearing now so you can enjoy more for many holidays to come. It's no surprise that technology has changed our lives with marvelous advancements in our everyday health and wellness. Why not see if nearly invisible, extremely comfortable, technologically advanced and scientifically developed hearing aids are a good fit for you? The first step to improving your active lifestyle could be as simple as an appointment with a nearby HearUSA hearing health provider.

A quick and confidential hearing test could mean the difference between missing the defining moment from the holidays, or being the one to bring up the inside jokes from family gatherings for years to come. Make last year's holidays the last year that you suffer from hearing loss and resolve to hear more in the coming years.



Brownwood Town Center • The Villages • Call Toll Free: 855.270.1587

IMPROVE YOUR THYROID FUNCTION AND LOSE WEIGHT

You've done your homework and tried every weight loss program you could find. Nothing worked for your weight loss, or if it did, it didn't work for long. You lost weight only to regain it. Or you sacrificed for months without shedding a pound.

Doctors and others told you that you didn't have will power, and you started to believe them. You questioned yourself. Is this weight loss problem in my head or is it in my hormones?

Would you be surprised to learn that an estimated 30 million Americans are unsuccessful at weight loss because of an existing thyroid problem, and not because of a lack of will power or discipline?

Weight Loss Is Regulated by the Thyroid
The thyroid gland is the primary regulator of your body's metabolism. If it does not function properly people can have weight loss as well as weight gaining issues.

It plays a distinct role in maintaining body temperature, can adjust the metabolic rate of every cell, controls neurotransmitters in the brain altering your moods, appetite, behavior and emotions.

When the thyroid isn't doing its job, many people have significant hair loss, or feel cold even though it is warm. When thyroid hormones aren't regulated the result is often depression, forgetfulness, irritability and trouble losing weight.

An underactive thyroid doesn't support your body's metabolic rate and you can become overweight even if you only eat a little food. If you have an underactive thyroid, without treatment weight loss seems hopeless.

Weight loss is difficult or nearly impossible when your metabolism slows to a crawl. You feel fatigued, and your mind acts like it is in a fog.



LIFESTYLE
SOLUTIONS MEDSPA
— BEAUTY THROUGH HEALTH —

Most people do not realize how much thyroid imbalance can effect and change their quality of life. If you are one of those who have struggled with weight loss for many years, you may find relief when you get the proper testing and make the appropriate lifestyle changes.

Addressing Underlying Cause is Important to Losing Weight

Lifestyle Solutions MedSpa's physician directed weight loss programs enable their physician to monitor and regulate hormone levels, administer required hormone therapy and recommend appropriate individualized lifestyle changes to reactivate the thyroid with the goal of ultimately allowing the body to lose and maintain a healthy weight. The programs focus on addressing not only your weight loss goals, but on treating the underlying cause of your inability to lose and maintain a healthy weight.

"We understand your health and weight struggles", says Dr. Michael Holloway, the MedSpa's Medical Director and founder. "Making the appropriate realistic, healthy and

sustainable lifestyle changes will many times reset the thyroid gland and improve one's overall metabolic rate, energy levels and success with shedding those undesirable pounds often without the need for additional medication."

Whether your thyroid is not functioning properly, or you are suffering from diabetes-related issues, high blood pressure, fatigue, or a host of other conditions, our physician-directed programs can help get your health and weight back on track.

At Lifestyle Solutions MedSpa, we dig deep to find the underlying causes of your health issues and weight problems, then our physician and dedicated staff work directly with you to correct your health problems.

Using a physiological approach (meaning we treat your WHOLE body, not just the symptoms you are experiencing), our physician will determine the cause of your symptoms then prescribe an individualized treatment plan to maximize your weight loss success all while optimizing your overall health.

Our program can help your body regulate hormones and revamp the thyroid, resulting in greater weight loss and control. Once your thyroid is reactivated weight loss becomes easier, you feel better, fatigue is replaced with energy, digestive disorders are eliminated, you are able to think more clearly, and you can enjoy an overall healthier lifestyle.

For more information on the programs available at Lifestyle Solutions MedSpa or to schedule a consultation, call 1-844-LIFESTYLE today!

2016 is the year to finally overcome your health and weight struggles...Lose Weight, Look Better, Be Healthy!



1-844-LIFESTYLE
LSMedSpa.com

MUCH MORE THAN WEIGHT LOSS...

Physician-Directed
Weight Management & Skin Care Solutions

**"DIETS DON'T WORK.
IT'S ABOUT MAKING HEALTHIER
LIFESTYLE CHOICES."**

Michael Holloway, M.D.



Weight Management

Individualized Affordable Programs
Comprehensive Medical Workup
Metabolic Testing and Analysis
Personalized Nutrition & Exercise Coaching
HCG, B12, LIPO and HGH Injections Available
Prescription Appetite Suppressants Available

Medical Spa

Botox® & Restylane®
Coolsculpting®
HydraFacial®
Latisse®
Laser Photofacials & Hair Removal
Smoothshapes Laser Cellulite Treatments
Microdermabrasion
VI Peel
Massage & Permanent Makeup

Now serving
Ocala & The Villages
communities

1-844-LIFESTYLE
LSMedSpa.com



Like Us on Facebook!
Facebook.com/LSMedSpa

2139-B NE 2ND ST. OCALA | 8550 NE 138TH LN., LADY LAKE

Weight Loss Surgery Options for the New Year

By Juan C. Gutierrez, M.D.
Board Certified in General Surgery

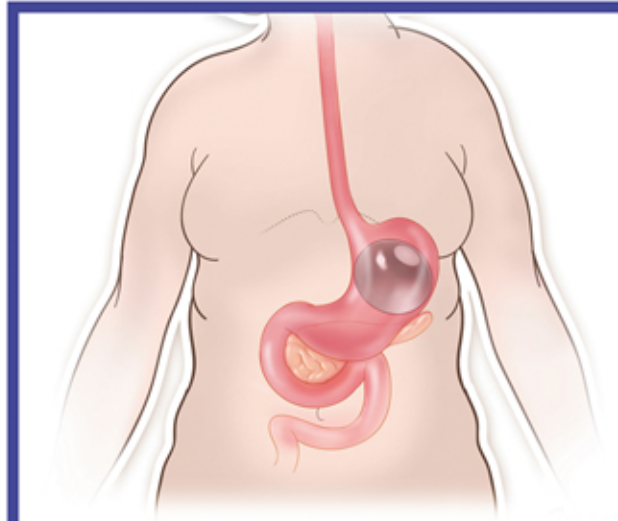
In the final hours of December 31, 2015, millions of people across the United States will unknowingly join together in making that all-too-common resolution, "This is the year that I'm finally going to lose this extra weight!" Some will succeed, but unfortunately, many will not despite a valid effort at healthy eating and regular exercise. This should never be regarded as a failure – our bodies are programmed to store fat, and some of us do it better than others. If you have a body mass index greater than 30 or are more than 100 pounds overweight, there is no better time to consider your weight loss options for the coming months.

Obesity has become a major health crisis in this country – approximately 78.6 million U.S. adults are considered obese. The greatest dangers of obesity are the associated medical problems such as heart disease, stroke, type 2 diabetes mellitus, sleep apnea, gastroesophageal reflux disease (GERD), and certain types of cancer. Obesity is no longer considered a cosmetic issue that is caused by overeating and a lack of self-control, but rather a chronic, progressive disease resulting from multiple environmental and genetic factors, affecting all ages, races, and levels of income. Like any other disease, there are effective treatments for obesity when diet and exercise aren't enough. In fact, the National Institutes of Health recognizes that long term weight loss is nearly impossible for those affected by severe obesity by any means other than metabolic and bariatric surgery.



There are several surgical options available, which must be personalized to each individual patient. The two most common operations being performed at most centers today are the sleeve gastrectomy and the Roux-en-Y gastric bypass. The sleeve is performed removing the outer two-thirds of the stomach and creating a thin banana-shaped stomach with much less room for solids and liquids. The gastric bypass reduces the size of the stomach to a small pouch and bypasses some of the small intestine to avoid the food stream and enzymes needed for digestion and absorption. Regardless of the operation performed, most patients can expect to lose at least 60-70 percent of their excess weight, as well as see an improvement or even a complete resolution of most of their obesity-related medical conditions.

The field of bariatric surgery has seen significant advances with the development of minimally invasive techniques. These procedures are now performed with tiny instruments through 5 or 6 small incisions less than one half-inch long. This results in less scarring for the patient as well as decreased pain after the surgery, decreased risk of hernias and wound infections, and a quicker return to work and normal activities. Most patients are able to go home in one or two days.



Here at Munroe Regional Medical Center, we are proud to be the area's first and only institution to offer the weight loss balloon procedure as an alternative to traditional surgery for select patients. The FDA has recently approved this less-invasive, non-surgical weight loss option for patients that need to lose less than 100 pounds. Under light sedation a balloon is inserted through the mouth and into the stomach and filled to the size of a softball. There are no incisions and no pain - the procedure takes around 20-30 minutes and the patient is able to return home the same day. It is left in place for six months and works by causing a feeling of fullness and decreasing the amount that one can eat. The most common side effect reported was nausea immediately following the procedure, which can be controlled with medications if needed.

The patient also receives an individually tailored support program through a team of experts – which may include a dietitian, psychologist and exercise physiologist – to help keep them motivated, coordinate their program and help them work through weight loss barriers to meet their long-term weight loss goals. After 6 months the balloon is then removed, and patients continue on a diet and exercise plan with excellent long-term results. In fact, U.S studies have shown that within only six months, most patients lose an average of 300% more weight with the balloon procedure than is achieved with diet and exercise alone. For more than 20 years, the global medical community has been using intragastric balloons to help thousands of people lose weight. More than 220,000 balloons have been distributed worldwide in over 80 countries. It has been proven to be both safe and effective through numerous long-term scientific studies conducted worldwide.

As the New Year begins, make the decision to take an active role in your health for a better life. If you are concerned about your weight and the impact it may be having on your health, schedule a consultation today to see if weight loss surgery or the new non-surgical gastric balloon may be right for you.



Juan C. Gutierrez, M.D.
Bariatric and General Surgeon

Dr. Gutierrez is board-certified in general surgery by the American Board of Surgery and is an Assistant Professor of Surgery at the University of Central Florida. He specializes in minimally invasive approaches to both bariatric and general surgical procedures.



1511 SW 1st Avenue
Ocala, FL 34471
352-368-1661.



The Villages Facelift Specialist You Can Trust

Surgical or Non-Surgical. Don't settle for less.

Dr. Rich Castellano is a Double Board Certified Facial Plastic Surgeon as seen on:



LIMITED QUANTITIES
AVAILABLE



FREE IMAGE LIFT BOOK
for first 20 callers!
(Retail \$14.95)



Results are typical and do vary.

YOU'RE INVITED!

Free ImageLift seminars are being held at the following locations in September and October.
Meet the doctor and enjoy free food, free books, *drawings and door prizes.



*RAFFLE DRAWINGS AWARD FREE FILLER TREATMENTS, A \$1200 VALUE!

CALL NOW TO RSVP - LIMITED SEATING

PROMO CODE
"HEALTH"

January 12th | 1 P.M. - *Facial Beauty Master Class, Waterfront Inn* | 1105 Lake Shore Dr, The Villages, FL 32162

January 21st | 1 P.M. - *Facial Beauty Master Class, Holiday Inn* | 3600 SW 38th Avenue, Ocala, FL 34474

Dr. Castellano



THE VILLAGES // 8630 East County Road 466
877.346.2435 // www.IMAGELIFT.com

The American Cancer Society predicted 96,830 cases of colon cancer in 2014.

Don't become part of that statistic in 2015. - DR. ANAND KESARI

Improved Early Detection of Colon Cancer

Full Spectrum Endoscopy® (Fuse®) is revolutionizing colonoscopy by providing a full 330° view of the colon, almost double the view of standard colonoscopes. A study recently published in The Lancet Oncology revealed that Fuse® found 69% more adenomas than standard colonoscopes.

PREVENT COLON CANCER

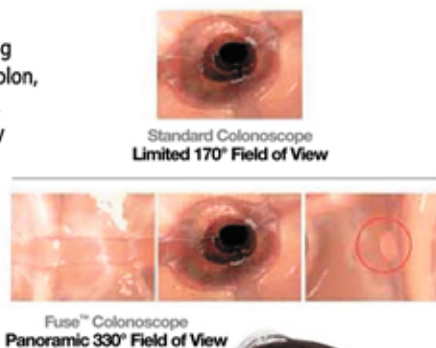
Insist on Fuse® Colonoscopy.

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

WWW.GASTRO-COLON.COM



To schedule your Fuse® colonoscopy or if you have gastro problems, CALL (352) 237-1253



OCALA:
7535 SW 62ND CT.

OCALA (SHORES):
7578 SE MARICAMP
RD., #102

THE VILLAGES:
805 E CR 466,
#102

SUMTERVILLE:
1389 S US 301

SUMMERFIELD:
10435 SE 170TH PL.

Joint Problems?



New Age-Defying Liquid Collagen Hits the Market!

37 clinical trials support it's dramatic results... improved joint mobility and firmer, more youthful-looking skin!

And it's been featured on:
NBC, Good Morning America, and Fox News



Active Joints Amazing Skin™

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

REFER 3, GET YOURS

FREE



Learn more at www.healthyjointsandskin.com

Neil & Barb Ellis | **239-822-1106**



Central Florida's Health & Wellness Magazine



On the Web

HealthAndWellnessFL.com



On Facebook

[facebook.com](https://www.facebook.com/HealthAndWellnessFL)



On Twitter

[twitter.com](https://twitter.com/HealthAndWellnessFL)



In Your Inbox

Receive our monthly newsletter. Sign up online

Providing information that will promote living a healthy, well-balanced lifestyle.

Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals', health and wellness centers', shopping plazas', grocery stores and many other locations.

URGENT CARE

DON'T LET A SUDDEN ALIMENT INTERFERE WITH YOUR LOVE LIFE!!

They are the “after hours” of health care – the weekends and evenings when your regular doctor's office is closed and a trip to the emergency room isn't necessary. Perhaps you suffered a minor cut or injury from a fall and you don't want to wait all night or all weekend without medical attention. The most common illness especially during the COLD season is Sinus Pressure, Congestion and Post Nasal Drip (PND). The question is: do you wait until your symptoms could potentially get worse? No, says William Goellner, M.D., medical director of 441 Urgent Care Center. Physician Assistant, Adam Santos, add: “It is better to prepare and prevent than to repair and repent.” It is 441 UCC goal to keep patients out of the Hospital. Early detention of Upper Respiratory Infection (URI) can prevent an elderly patient from going to acute bronchitis to pneumonia. “For most non-emergency medical ailments, 441 UCC is a convenient and cost-effective alternative to emergency room care,” Adam Santos explains

441 Urgent Care Center opened its door on June 1, 2009 at Summerfield Location. The original idea was to provide excellent care to local retiring communities mainly Spruce Creek South, Spruce Creek North at Del Webb and Stone Crest. In response to Villages resident, we extended our services to The Villages in March 2011 by opening our Buffalo Ridge Location on CR - 466. With the exponential growth in The Villages and the increase need for more urgent cares, our third location was open in March 2013 at Lake Sumter Landing. “We are excited about having three locations to meet the urgent care needs of our patient,” PA

Santos says. “The three locations are open late because we realize not everyone can fit healthcare needs into an 8a.m. To 5p.m.. Monday through Friday schedule. We want people to know we are there for them so they can receive passionate, quality healthcare whenever they need it. They really like our services because they see results quicker and do not have to go through bureaucratic layers to accomplish their goals.”



In addition to urgent care, all three locations offer travel medicine, shingles vaccine, allergy testing, laboratory testing, school and sports physical, pre-employment exams, and DOT physicals for their patients.

The 441 Urgent Care team prides itself on offering affordable, fast and friendly services. They have vast medical expertise and years of experience. By combining their medical experiences they have more than 50 years in the field of caring for local communities. Their diagnosis are fast and accurate so that they can get you on the road to recovery. Follow up also is an integral part of their care. Every patient is encouraged to follow up with their primary care provider or they have the option to return to 441 at any time.

SUMMERFIELD

OPEN DAILY
8am to 10pm
365 days a year

Office:
352-693-2340
Fax: 352-693-2345



Spruce Creek Medical Plaza • 17820 SE 109 Ave, Ste 108
Summerfield • Across from Wal-Mart on Hwy 441

THE VILLAGES - BUFFALO RIDGE - CR466

OPEN M-F
8am to 6pm
SAT & SUN
8am to 6pm

Office:
352-350-1526



Golf Cart Access

3602 Wedgwood Lane, Buffalo Ridge Shopping Plaza,
2 Doors Down From Bonefish Grill, Inside The Villages Lab, Hwy 466

THE VILLAGES - LAKE SUMTER LANDING

OPEN M-F
7am to 5pm
SAT & SUN
8am to 5pm

Office:
352-350-1525



Golf Cart Access

910 Old Camp Road, Suite 182, Across from Too Jay's in between Citrus
Cardiology and the Medicine Chest (yellow building with blue trim)

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

441 Urgent Care Centers offer a number of benefits, according to Adam Santos, PA-C, before you head to the ER, you need to consider several things:

- First, urgent care offers better value because patients receive the same quality of care at a more affordable cost and friendly staff members are there to greet them and answer their questions. The majority of insurance companies have lower co-pays for urgent care than they do for the emergency room. In addition, when you go to the ER, you will pay additional facility fees and doctors' fees. Patients who go to 441 Urgent Care receive only one bill, that is it. Simple and easy.
- Second, Emergency rooms prioritize everyone who walks in with a triage process. This results in someone with a nonlife-threatening illness spending hours in the waiting room with other sick and contagious patients before they ever see a physician or mid-level provider. At 441 Urgent Care, the door-to-door time is less than one hour.
- Another advantage that 441 Urgent Care provides is prompt follow-up care. If you go to the ER, you are told to follow up with your primary care physician, this process may take weeks. Instead at 441 Urgent Care is open seven days a week, 365 days a year; you can simply walk back in for your follow up appointment or if your condition worsens, providing you the adequate follow up you deserve. For example: Patients that come in with dehydration, they can be brought back in have IV fluid hydration or serial antibiotic shots. No appointment necessary. This is truly concierge medicine.

A TEAM EFFORT

The physicians at 441 Urgent Care are board certified in both emergency medicine and family practice. In addition, their Physician Assistants (PA) and Nurse practitioners (ARNP) are also board certified and experienced in multiple specialties including: emergency medicine, internal medicine, pediatrics, surgery, oncology, occupational medicine and family practice. In alliance with The Villages Regional Hospital and Lake Medical Imaging (LMI) 441 Urgent Care utilized laboratory and imaging services to allow the physicians and mid-level providers to treat higher and acute problems. We plan to complement the emergency department by providing healthcare to patients who may be too acutely ill for a primary care office, but not critical enough to warrant an emergency department visit. And the extended hours of operation allows them to provide services after hours, weekends and holidays.



William Goellner, MD, Medical Director
Duke University Medical School (1974)
Surgical Internship, Dallas, TX (1974-1975)
Surgical Residency, Miami, FL (1975-1977)
Board Certified in Emergency Medicine
American College of ER Physicians, former president
American Heart Association, Emergency Care Committee
American Medical Association, member
Florida Association of EMS Physicians, Charter member

Our medical director Dr. William E. Goellner is a graduate of Duke University Medical School and is board certified in emergency medicine and tropical medicine. He completed his residency training in general surgery in Dallas, Texas and Jackson Memorial in Miami, Florida. 441 Urgent care is primarily staffed by board-certified emergency medicine physicians, Dr. William Goellner and Dr. Mark Sbarro. Together our physicians have over 50 years of emergency and urgent care experience. To complement our physicians we also are blessed with experienced physician assistants (PA) and nurse practitioners (ARNP)

SIMPLY THE BEST

The after hours team is here to care for your immediate and urgent care needs. "There was a big need for an urgent care center because people were typically going to emergency rooms and discovering that the wait time is long, tedious, and stressful," PA, Adam Santos says. "They are grateful we are here and truly appreciate that we can see them anytime, day or night, weekend or holiday." "The emergency room is an over-utilized, expensive and stressful place to seek healthcare for those who do not have a true emergency," PA, Adam Santos states. "We believe Urgent Care is a solution for this complex healthcare system and bridges the gap between primary physicians and emergency rooms." One local physician, Dr. Hammersfahr, a neurologist agrees when he stated that "When I need results fast for my patients and my family, I send them to 441 Urgent Care." After all, your health is important and you deserve the best care possible, regardless of whether you are facing an unexpected illness or emergency.

When you come to 441 Urgent Care Centers you experience the best of all medical worlds: you are treated with respect and compassion by our friendly staff members. "It is my personal and professional opinion that patients should consider urgent care before going to the emergency room," says PA Santos.



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

It is our mission statement to provide the highest level of healthcare by utilizing medical experience and technology equivalent to what one would find in an emergency department.

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

- We will take care of our patients in a timely fashion
- We will explain the patient's condition in layman's term, so that they will fully understand their diagnosis and treatment plan
- We will allow ample time to answer any patient's questions regarding treatment
- We will assure that their care is continued by their primary care provider (PCP) or referral source, or a combination of both
- We will assure that every patient that leaves 441 Urgent Care will know that someone has cared about his or hers health and well-being in a holistic way.

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

ADULT AND PEDIATRIC CARE ON SITE LAB, X-RAY AND EKG

ILLNESSES:

- Colds, flu, and other viral illnesses
- Bronchitis, pneumonia, asthma attacks
- Ear, throat and sinus infections
- Rashes and Poison Ivy / Oak
- Nausea, vomiting and dehydration
- Urinary Tract Infections / STD's
- Migraines and chronic / acute LBP

INJURIES:

- Fractures, sprain, strains and dislocations
- Lacerations (cuts) abrasions (scrapes)
- Splinters and foreign body removal
- Wound care / repair and abscess drainage
- Work related injuries w / authorization



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

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



Although colonoscopy exams prevent many colon cancer deaths¹ and are the gold standard, for detecting colorectal cancers,² the procedure is not completely effective in preventing cancer cases.³ For this reason, Gastro-Colon Clinic has invested in an innovative technology that significantly improves the accuracy of colonoscopy exams and can greatly reduce the number of potentially pre-cancerous lesions missed by standard, forward-viewing endoscopes.

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

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

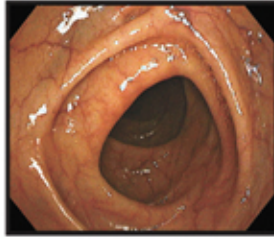
1 Zuber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. *N Engl J Med* 2012; 366:687-696

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

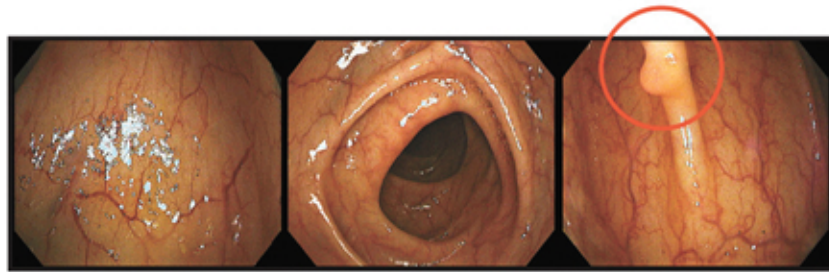
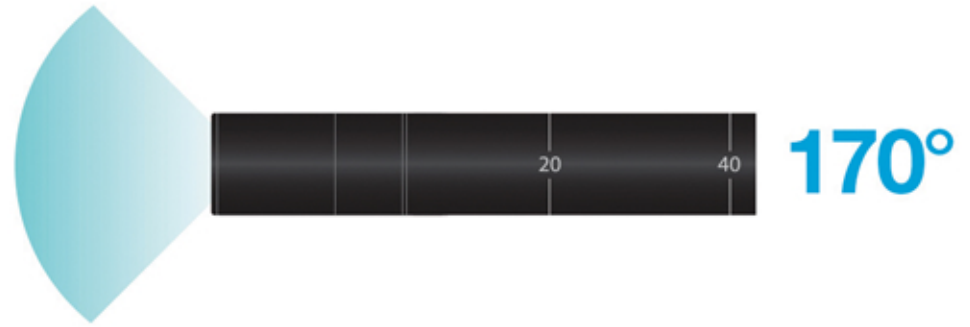
3 Brenner H, Chang-Claude J, Seiler CM, Stürmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499.



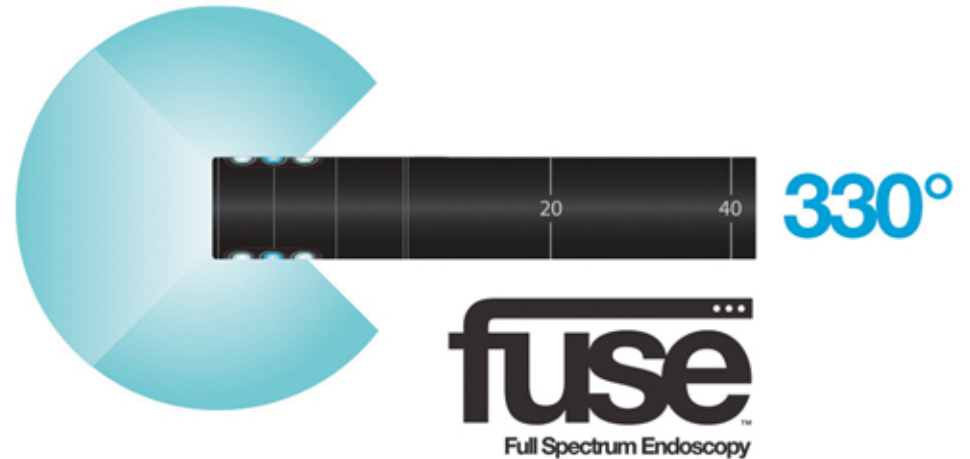
Dr. Anand Kesari



Standard Colonoscope Limited 170° Field of View



Fuse™ Colonoscope Panoramic 330° Field of View



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

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

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

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

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

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



Gastro-Colon Clinic Dr. Anand Kesari

7535 SW 62nd Court,
Ocala, FL 34476

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

1389 S. US 301,
Sumterville, FL 33585

7578 SE Maricamp Rd. #102,
Ocala (Shores), FL 34472

10435 SE 170th Pl.,
Summerfield, FL 34491



(352) 237-1253
www.gastro-colon.com

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



Liquid BioCell™, with its award-winning, multi-patented collagen and HA matrix, set a new gold standard for joint health and skin-care as Winner of the global 2015 NutraIngredients Readers Choice Award. The industry-wide recognition was given to the best ingredient, product, and research in Geneva, Switzerland among the leading and most innovative companies in the global nutrition industry.

It is a true honor to receive this award and we appreciate the judging committee, VitaFoods, and NutraIngredients for recognizing innovative, evidence-based products like ours. It is important to our consumers to know that these world organizations have given their seal of approval on the research, effectiveness, and quality of our products.

The science behind the product is shown on the faces of thousands as testimonial to the ingredient's effectiveness. Collagen does not function by itself to support healthy joints and firm, youthful-looking skin; it works in conjunction with other essential components like hyaluronic acid (HA). Unlike the first wave of supplemental collagen products on the market that only contain collagen, second wave, advanced-science Liquid BioCell™ delivers a unique, patented, naturally-occurring matrix of hydrolyzed collagen type II, HA, and chondroitin sulfate to the joints and connective tissues of the body in an ideal molecular weight that the body can effectively absorb. Because it mirrors the joint's natural composition, the body readily accepts it. Furthermore, and adding to its unique competitive advantage, Liquid BioCell™ has been clinically tested independently on human subjects in double-blind, placebo controlled clinical trials in U.S. based, IRB-approved CROs (Clinical Research Organizations) showing efficacy in both skin and joint health.



Jusuru International, the makers of Liquid BioCell™ products, has formulated this clinically-tested nutraceutical product:

Liquid BioCell™ LIFE, for mitigating the joint discomfort and visible signs of advancing age; (Also available in a sugar-free soft chew).

Liquid BioCell™ SPORT, for peak athletic performance and recovery; (NSF Certified for Sport which certifies that the formula has been cleared of over 150 banned substances, and is officially recognized by the NFL, NFLPA, MLB, MLBPA, PGA, PGA, NCAA, and CCES).

In a twelve-week human bioavailability study, researchers found that within 28 days, daily intake of Liquid BioCell™ lead to a 6000% increase of hyaluronic acid (HA) in the body. HA supports cartilage and joint-lubricating synovial fluid and has water-holding properties that are essential for hydration, which brings elasticity and firmness back to the skin.

In an eight-week clinical 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 micro-circulation, hydration, and skin tone.

An in-vitro study concluded that Liquid BioCell™ goes an important step further, it helps reduce hyaluronidase, which is the enzyme that breaks down HA in the body, providing long-lasting suppleness to aging skin.

Other clinical trials show that Liquid BioCell™ has a remarkably positive effect on joint mobility by reducing discomfort, helping to improve cartilage and connective tissues, and promoting joint lubrication. In an eight-week human clinical trial, 90% of subjects with chronic joint discomfort experienced a 40% improvement in physical activity. With continued use, many experienced significant improvement in mobility as well.

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

We also have Liquid BioCell™ for your horses. Liquid BioCell™ Equine is the cutting-edge, veterinarian-approved nutraceutical designed to meet the demanding needs of athletic performance and complete joint support for horses of all breeds. Exclusively formulated with Liquid BioCell™, clinically shown to improve mobility, reduce discomfort and improve joint health, while promoting healthy skin and a shiny coat and also supports hooves, gums and eyes. Our Bio-Optimized™ manufacturing process produces molecules that your horse's body can actually absorb. That's why Liquid BioCell™ has been awarded 7 patents and multiple industry awards, including "Best Bone and Joint Health Ingredient" by Frost and Sullivan. The advanced, fast-acting, liquid delivery system is highly effective in maintaining the structure, function and flexibility of your horse's joints, tendons and ligaments, while easing discomfort associated with both normal daily exercise and high-performance competition.



A breakthrough so advanced, Liquid BioCell™ is a clinically substantiated nutraceutical for horses of all breeds. It's been debuted in 8 top Breeders' Cup horses, is veterinarian-approved and endorsed, is used by top trainers, manufactured in a cGMP, NSF, NPA certified facility, made in the USA and is great-tasting with a natural rosemary flavor.

Joint problems can affect any horse, no matter how much care he's had over his lifetime. As your horse ages, so does his joints; their contents diminish, leading to degeneration of the cartilage and chronic joint problems and although horses do not complain, the condition worsens without treatment. Liquid BioCell™ is clinically shown to help restore the joints, improve joint mobility and lubrication, reduce discomfort and promote healthy cartilage and connective tissue.

Liquid BioCell™ is a new generation of super ingredients. Our Bio-Optimized™ manufacturing process produces molecules that your horse's body can effectively absorb, and it's patented matrix of hydrolyzed collagen type II, hyaluronic acid, and chondroitin sulfate mirror the joint's natural composition so the body readily accepts it.



**ASK US HOW YOU CAN
GET YOUR PRODUCT FOR
FREE**

4 most common joint problems in horses

[Learn More](#)



The HA and collagen of Liquid BioCell™ can help nourish and hydrate the dermal layers of your horse's skin and aid in keratin production for a healthy, shiny coat.

Vitreous humor, the fluid in the eye, can break down due to aging or eye injury. HA is often used for possible restoration. Liquid BioCell™ elevates HA levels in the bloodstream after intake, potentially aiding in the health of eyes. Gums are integral to healthy teeth. Liquid BioCell's unique form of collagen and HA can help support the gingival fibers that attach the teeth.



Awards:

- Reader's Ingredient of the Year 2015
NutraIngredients Award Winner
- Best Bone and Joint Health Ingredient
Frost and Sullivan Award Winner
- Most Innovative Dietary Ingredient
Nutraceutical Business and Technology Award Finalist
- Personal Care New Product Innovation
Frost and Sullivan Award Winner
- Exemplary US Brand
Beauty From Within Conference
- 2015 Anti-Aging Award Winner
TasteForLife Supplement Essentials
- 2015 Editor's Pick
Remedies Magazine

Featured on:



**For more information about the age-defying Liquid BioCell™ products, call Neil & Barb Ellis at 239-822-1106 today.
www.healthyjointsandskin.com**

Osteoporosis and the Benefits of STRENGTH TRAINING

Osteoporosis is responsible for two million broken bones and \$19 billion in related costs every year. Its impact is worsened by falls, which are the major cause of many fractures of the wrist and hip. Approximately one in two women and one in four men over the age of 50 will break a bone due to osteoporosis.

The joint pain, compromised mobility and anxiety that usually accompany Osteoporosis typically result in excessive caution with daily activities and a consequent, often dramatic, reduction in independence and social interactions. In more extreme cases, even bending over, coughing or lifting can collapse a vertebra.

CURRENT RESEARCH AND IMPLICATIONS FOR TREATMENT

Pharmacological treatment is still the standard treatment for Osteoporosis with bisphosphonates such as Alendronate (Fosamax) being the most commonly prescribed. Most of these drugs act to slow bone breakdown (resorption), so effectively maintaining bone density and decreasing its risk of breaking. However, a recent meta-analysis in the journal Osteoporosis International reported on the potential limitations of drug interventions in terms of outcomes.

Drug treatment has also been reported to have a variety of side effects including heartburn, nausea, headaches and joint pain, with a reported 20% of patients discontinuing treatment because of this. Research has also reported that extended use of bisphosphonates may cause bones to become more brittle over time. In addition to this, a recent publication in the British Medical Journal has reported findings from a major analysis of Osteoporosis treatment approaches.

Unfortunately, the focus on drug treatment means that widely feasible non-pharmacological interventions are overlooked.

IMPACT OF STRENGTH TRAINING IN THE TREATMENT OF OSTEOPOROSIS

Whether for commercial or safety concerns, strength exercise—particularly of higher intensity—is not typically prescribed by physicians as a treatment for Osteoporosis. Notwithstanding, evidence of its safety and effectiveness for increasing bone mineral density and bone remodeling has been in the public domain for at least the last 20 years. Studies conducted with older men in the early 1990s reported significant improvements in BMD of the femoral neck, compared to control, after 16 weeks of moderate to high intensity strength training. A 2004 Position Stand on Bone Health from the American College of Sports Medicine (ACSM) recommends relatively high intensity exercise in terms of bone loading—including high intensity resistance exercise, and high impact bodyweight exercises.

In a more recent major meta-analysis, on the effect of resistance training on the bone mineral density of postmenopausal women, reported positive effects of strength training on femoral neck and lumbar spine BMD. Although fewer studies have been conducted with men, outcomes are similar across genders: strength training can improve BMD as much as 3-4% in 6 months. The meta-analysis also found, in agreement with the ACSM Position Stand above, that outcomes were further improved by combining strength training with higher impact bodyweight exercises such as hopping, jumping and skipping.

The overall effects (of strength training compared to drug intervention) could be greater considering the added benefits of exercise-related muscle mass increments, strength gained, joint flexibility and agility, and healthy dynamic movement and good balance, all of which are recognized as independent risk factors for fractures.

STRENGTH TRAINING AS PART OF A HOLISTIC APPROACH TO HEALING

Strength training is not the only proactive solution to preventing and/or reducing the impact of Osteoporosis. It can be combined with other recent recommendations from the National Osteoporosis Foundation:

- Get the daily recommended amounts of calcium and vitamin D
- Avoid smoking and excessive alcohol consumption
- Talk to your healthcare provider about bone health
- Have a bone density test and take medication when appropriate

However, of all these recommendations, compelling evidence suggests that strength training is the most powerful non-pharmacological 'treatment' for bone health.

THE ACTIVERX DIFFERENCE

Interventions of any kind have to be consistent and long term to elicit meaningful benefits. Low rates of adherence have been cited as potential limitations to both pharmaceutical and exercise interventions for Osteoporosis. Adherence is universally regarded as a powerful barrier to the improvement of health and wellbeing. Surveys reflect this concern: approximately 20-30% of patients taking daily or weekly treatments for Osteoporosis may suspend their treatment within 6 to 12 months of initiating therapy. The numbers are even greater for exercise: more than 50% of individuals drop out of self initiated exercise programs in the



first 6 months, and more than 60% stop using their gym membership in the same period.

In contrast to these figures, at ActiveRx, our average length of membership participation nationwide is ~300 days, in some of our Strengththerapy Centers it is closer to a year.

The reason for this dramatic difference in adherence and commitment is that we base our approach and culture on Self Determination Theory. Using this powerful methodology, our Strengththerapy Center teams across the country work with their members to co-create an autonomy-supportive environment, and a positive experience that supports continued attendance. The American Psychological Association has recently acknowledged Autonomy as one of the most powerful contributors to wellbeing. Recent research—and our own experience—has confirmed that this approach fosters exercise adherence.

WHY SHOULD YOU CONSIDER ACTIVERX TO TREAT YOUR OSTEOPOROSIS?

- Our Strengththerapy® System aligns with current research recommendations for strength training and its positive effect on Osteoporosis
- Both our Strengththerapy Rehab and Strengththerapy Regen sessions are built around higher intensity strengthening exercises and also incorporate higher intensity bodyweight exercises within the protocol
- Our strong commitment to physician collaboration ensures that both Rehab and Regen sessions can also be beneficial to individuals already undergoing pharmacological treatment for Osteoporosis
- We also focus on Fall Prevention and Balance, two additional important recommendations from International Consensus Statements on Osteoporosis
- We have produced more than two decades of published, applied research demonstrating the benefits of Strength Regeneration with older adults
- We have developed a strong autonomy-supportive approach which fosters long term attendance and so enhances the impact of the protocols

To learn more about the benefits of strength training as a treatment for osteoporosis, call 352-430-0473.

ACTIVERX®

www.activerx.com

STAGE YOUR HOME TO SELL

Selling or buying a property is one of the biggest investments anyone could make.

In today's competitive market, you need all the edge you can find to sell your home for the most money in the shortest period of time.

One of the costliest mistakes made by home sellers, and even inexperienced real estate agents, is to ignore the visual psychology involved in gaining a buyer's immediate attention.

In order to gain an edge in today's real estate market when buyers/investors have so many options, a property must be priced right and look better than the competition. One of the best, proven methods to faster sales is a process known as "staging."

The objective of staging is to have potential buyers walk in and envision the property as their home. They can see themselves living and entertaining there. It's all about creating a space that makes buyers connect emotionally to it. They should feel as if they were the owner, not a guest. As a seller, in order to do this effectively, you need to make your house as impersonal and attractive as possible to stimulate the buyer's visual acuity.

10 EASY STAGING TIPS FOR A BETTER SHOWING

1. LIGHTS: Open all draperies and window blinds. In most rooms, you should turn on lights for a bright and cheerful look. Lamps and indirect lighting are preferable, but use overhead lights if that's all there is in a particular room.

2. LIGHT SWITCHES: If some wall switches operate wall outlets, plug in a lamp or radio to demonstrate that the switch works. When a buyer flips a switch and nothing happens, he instinctively suspects a problem.

3. AROMAS: Set out some fresh flowers, both for their appearance and fragrance. Right before an agent showing, place a small dish of vanilla extract in your oven at 250 degrees.

4. CLOSETS: Keep doors closed except for walk-in closets. Have those doors slightly ajar and turn on the lights to draw attention to this special feature.

5. POSTERS AND SIGNS: We live in a tolerant age, but don't take a chance on offending a potential buyer. Remove all signs or posters that might be considered offensive.

6. ASHTRAYS: Dirty ashtrays are both unsightly and a source of objectionable odor to nonsmokers. Keep them clean or put them away.

7. UTILITY BILLS: Have copies of the past twelve months' bills available, or at least a written summary of the amounts paid monthly for the period.

8. PETS: Get them out of the house or in a cage, if not off the property. Some people don't like dogs, and nobody likes muddy paw prints on a clean suit or dress. Cats can be just as objectionable to the person who doesn't like them, and invariably a cat will single out the cat-hater to use as a rubbing post.

9. MUSIC: Soft background music will help create a relaxed mood that prompts buyers to linger and enjoy, but it is better to have no music than loud music. Never have the television on when the house is being shown.

10. YOUR PRESENCE: Most buyers will not relax and closely inspect a home if the owners are present, so try to arrange to turn the home over to the Salesperson. If you must remain at home, refrain from talking unless questions are directed to you. All too often, a seller will jump in to point out some special feature, fearful that the salesperson might overlook it. But, please bear in mind that some of the most successful sales people will say little or nothing during showings, and for two reasons: First; they have made their selling points before entering the house; and second; they want the buyers to discover some things for themselves in order to build excitement. The Salesperson also knows the buyer's temperament. So trust the Salesperson's professional judgment.



ONE FINAL NOTE: The legal principle of caveat emptor (let the buyer beware) is dead or dying. We are living in an age of consumer awareness, and it's hard to find a court that won't favor the buyer in a dispute. In fact, consumer groups and many government agencies are taking the posture that the seller has a positive obligation to disclose everything.

If you have a problem in your home, don't mask it. A common example is the homeowner who spray-paints a ceiling to cover water stains caused by a leaking roof. If you have a major problem that you don't intend to correct, disclose it! Sure, some people will be turned off by the prospect of a major repair, but most buyers who otherwise like the home will be philosophical about a problem openly displayed. And usually, they will discount the price they offer by far less than the cost of the repair.

Remember, for all your real estate needs, whether buying or selling, call Judy Trout and the Trout Real Estate Team. With more than a century of combined experience, we've got what it takes to get the job done! Call 352-208-2629 today!

Are You Selling?

If you are selling your house, look no further than the Judy Trout and the Trout Team to provide an unparalleled listing experience.

I will begin by providing a comparative market analysis to help you properly price your home in today's market.

I will then provide guidance as you "stage" your property to look its best. "Curb Appeal" is an expensive form of advertising and can mean the difference in a decent price and the price you want!

When the house is ready to be shown, I will provide the marketing expertise to provide the maximum number of QUALIFIED potential buyers.

My marketing includes print and networking with area agents. I also utilizes today's fastest growing marketing tool, the Internet.

When I list your home, it will be posted on my site, on my company's website, on Realtor.com, and on all IDX driven data real estate websites throughout the area!

If you are considering selling your house, call 352-208-2629 today.

352-208-2629

www.judytroutrealestate.com | email: judy@judytroutrealestate.com





SELLSTATE
NEXT GENERATION REALTY

352-208-2629
www.judytroutrealestate.com

**SELLING OR BUYING...
CALL US TODAY!**

DYNAMIC MOTHER/DAUGHTER TEAM BOTH
MULTI MILLION DOLLAR PRODUCERS

**THE TROUT
REAL ESTATE TEAM**

14031 Del Webb BLVD.
Summerfield, FL 34491

7 Resolutions for an Organized New Year

By Tara Aronson

We've just come through the sound and fury of the holidays - and our homes, nerves, and bank accounts reflect it. Relax. It's a new year, and we can get things back under our control. The 7 tips below are the place to start. The best part? They all build on one another.

1. Downsize!

Consider instituting this post-holiday rule: for every new item (bathrobe, earrings, slippers) that arrives, three things have to say adios. Call it the get-organized, one-for-three rule. Before anyone puts away presents, he or she must fill a minimum of three bags for donation to children's charities. Now move on to your holiday stuff. Any decorations you didn't use this year? Chances are you won't them next year, either. These go in the donation pile.

Yes, you want to keep a few cozy T-shirts and jeans for Saturday sports or painting with the kids. But you don't need two dozen. Donation to children pile. And that collection of hotel shampoos that you've been working on for the last decade? This is going to be an organized new year, remember? You don't need them all (if you did, they wouldn't be there.) Donate these to your neighborhood shelter.

2. Divide, conquer, and label.

Label every box or bag you stash or store in the garage this year. It's a key element to an organized new year. When you take down the tree and decorations, label each box before it heads into a year of storage. Next, find a corner or area in the garage, basement or attic for storing these boxes.





**clean
ORGANIZED
FAMILY HOME.com**

• EVERYTHING YOU NEED TO SIMPLIFY YOUR HOME •



Apply the same strategy throughout the house, starting with closets and drawers, and ending with neatly labeled storage boxes from each.

3. Resolve to have a neater, cleaner home.

Now that you've decluttered and organized, cleaning should be a breeze. Often, clutter is what really makes cleaning hard. Start your organized new year cleaning routine by setting aside an hour or so several days a week to tackle essential tasks. For example: Laundry is Monday nights; bathrooms are Saturday morning; trash is Sunday nights, etc.

This ensures nothing is overlooked. It also spreads the work out into more manageable chunks of time throughout the week.

4. This is the year for simpler, saner lives.

We not only ricochet through the house - it often seems we ricochet through life just as madly. Downsize and organize family activities so family breakfasts and dinners won't be endangered times in the year ahead. Breakfasts are a free-for-all-mad-dash most mornings. Dinners are endangered. Homework goes on into the wee hours of the night. We didn't grow up like this. What happened?! We unwittingly veer into the fast lane of family life and can get stuck there. . . if we don't take the driver's seat instead of going along for the ride. This is fixable.

Here's how to start:

Allow everyone in the family a maximum of three sports, activities or hobbies, not to exceed three commitments each (practices, meetings, etc.) per week. If you have more than two kids, the limit might be two hobbies. Now look at your own hobbies and interests. A little tougher. Parents not only have hobbies they love to do, but also commitments they should do (PTA, etc.). Save at least two time slots per week for something you love to do. Limit volunteering to two more slots. 2015 is the year to learn to say 'No'—and mean it. It's a crucial part of your organized New Year's success.

5. Resolve to save money.

If you faithfully adhere to resolutions 1 and 4, this resolution will wonderfully take care of itself. After all, we've been spending money on things we don't really need and on too many expensive extracurricular activities for the kids. Pare down the essentials list and you're halfway home. For the other half, list all the bills that have a fixed amount paid monthly, such as the mortgage or rent, health insurance, car payment, tuition, etc. Finally, list luxury expenses: lessons, clothes, Starbucks, movies, dining, etc. Set a budget for each. Include the kids in the process for this one. Tell them how much is budgeted for family entertainment and let each kid vote on how at least part of the money should be spent. Call this your resolution for an organized new year for the entire family.

Source: www.clean-organized-family-home.com

6. Resolve to take care of yourself.

The above resolutions are about helping take care of yourself, of course. After all, if your home is clean, efficient and organized and your time and money are well-managed, you are taking care of yourself. And remember those time slots? Don't cut corners here. Your slot could be as extravagant as an occasional day at the spa or as simple as taking a long soak in the bathtub. You choose, but do it!

7. Resolve to be the best you can be.

If you have accomplished resolutions 1-6, this one, too, takes care of itself. If you find time to be good to yourself, you will find the time, energy and patience to be good to your loved ones. One just flows from the other. But you can't go directly to Resolution No. 7, unfortunately. These resolutions are like building blocks. If the bottom layer is unstable, you can't build on top of it.

So take a deep breath and resolve to start anew with No. 1. Don't expect to finish the resolutions in a day, week or even a month. This is a continuous process that will provide ample rewards in the year ahead.

Happy Organized New Year!



www.SantaMonicaBeaches.com
www.Clean-Organized-Family-Home.com

God's Original Purpose for Marriage

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

So here is God's original reason for marriage. In Genesis, He said, "It is not good for man to be alone." Among other things, marriage creates intimacy. Intimacy is the cure for loneliness. Yep...loneliness.

I once heard someone say, "I'm committed to being married, but my intimacy is conditional upon the other person." They were not committed to intimacy. The problem with that comment is that it defines *roommates*, not Biblical marriage.

You don't commit just to live together when you marry. That's not what God meant a marriage commitment to be. What God wants is a commitment to love and intimacy until death do you part.

Marriage is a ministry of service to God that is directed at your spouse on His behalf.

Marriage is an act of faith and obedience, not between you and your spouse, but between you and your savior, Jesus Christ. You commit to cure loneliness for another person for life...on Christ's behalf.

Now here is where the power of the Gospel kicks in. Do you stay married or just stay together? Neither. You stay committed to *intimacy*.

You cannot do this without the power of the Gospel. You can only do this out of your recreated spirit—not your human soul (mind-will-emotions) only. The only way to do this is through the power of Holy Spirit.

So how does that work?

Here's where the power of the gospel comes into action in a marriage.

Jesus, the author and finisher of our faith, stayed committed to the cross—in the face of torture and death—because of the joy God had set before Him.

In other words, Jesus was Holy Spirit empowered (He was also baptized with Holy Spirit's power when He was water baptized by John the Baptist). Jesus, like a spirit-filled Christ follower, could "act before



He felt." He did not need to *feel it* before He *did it*. He would do it (die on the cross), then feel the joy the father promised...later.

We commit to intimate marriage the same way Jesus committed to the cross. Take a look at this.

"We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne."
Hebrews 12:2 NLT.

The word "disregarding" means He belittled or thought very little of the shame, torture and death He would endure on the cross. Like Jesus, we have to keep our eyes on the "joy" that is set before us in marriage...life-giving intimacy.

Now you may be thinking, *What if it's one-sided and my love is never returned? How do I stay married to someone who is not as committed as I am to life-giving intimacy?*

It's not about them. It's about you. It's about doing it anyway, because you don't consider their lack of intimacy your joy...it's not important. What is important are your actions towards your spouse. By the way, the real odds on them not returning love are very slim anyway—if they are a Christ follower. Remember, the same Holy Spirit that lives in you lives in them. He will be active about bringing heart changes to your spouse. So like with Jesus and the cross, this is your act of faith.

Like Jesus, we have to keep our eyes on the prize. What's the prize? For husbands—love your wife like Christ loved the church and gave Himself for her (husbands, ask your wife what that means to her). This is your goal, guys—nothing else. Gals, for you, it's honor and respect for your husbands (wives, ask your husband what that means to him). That's it. That's your goal. (Ephesians 5: 25-33)

Now notice that neither one of these goals is dependent on whether or not they deserve it. It's your personal goal to do it. The goal is your "joy." It's not about them, it's about you and God. Everyone is called to ministry. If you are married, to do this for your spouse is *your ministry*. Remember your first and greatest ministry is to your spouse before anyone or anything else. This is how God engineered our loneliness to be satisfied—through life-giving intimacy.

So *what do I do now*, you say? Ask Holy Spirit to increase the grace (unconditional love) level in your heart and start acting the part. Act first, feel later, is the answer.

Yes, you can do it.

So how long do you do this? Remember the phrase "Till death do us part?" There was not a quick way to the cross. It took Jesus thirty-three years to get there. So get after it. You might say, *my spouse is a knucklehead, and they may never change*. Their change is not your goal. Serving the Lord by serving your spouse—that is the goal.

As a Christ follower, you were married to serve, not be served! Just like Jesus said, "The son of man (Jesus' favorite title for himself) came not to be served but to serve." Mark 10:45.

Okay...go get 'em tiger!

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



The Smart Hearing Experience!



Start the New Year with NEW SOUNDS!

- Small, barely noticeable hearing aids packed with incredible features.
- Experience sounds by streaming directly to your bluetooth enabled hearing aids.
- Discreetly adjust settings with a tap or swipe on your smartphone.



Shown in ear.



Connects wirelessly with your smartphone!

\$1000 OFF

purchase of a pair of Siemens level 3 binax digital hearing aids

Everyday retail price for Siemens level 3 binax is \$2,895 each. Sale Price \$2,395 each. Offers cannot be combined. Excludes previous purchases. Offer expires 1/31/16.

FREE \$20 McAlister's Deli Gift Card with FREE Hearing Screening

Must have hearing loss. Call for details. Offers cannot be combined. Limit one per customer per year. Offer expires 1/31/16.



HearUSA

America's Most Trusted Name in Hearing Care.

**Brownwood Town Center
3618 Kiessel Road, The Villages
Call Toll Free: 855.270.1587**



**Danielle Rosier, Au.D., F-AAA
Doctor of Audiology**

Our new balloon procedure
could have you feeling
a lot lighter.



If you're having trouble losing weight through diet and exercise alone, now you have another non-surgical option: the Weight Loss Balloon. The idea is simple. A saline-filled balloon placed in the stomach curbs your appetite to help you lose weight. There's no surgery, and the balloon is removed after six months. Weight loss results average 22 pounds, which may help lower blood pressure and cholesterol levels, and even prevent or control diabetes.

To learn more or schedule a consultation with Juan Gutierrez, M.D., the only area physician who performs this procedure, call 352-368-1661.



Juan Gutierrez, M.D.
General Surgery
Munroe Bariatrics
1511 SW 1st Avenue, Ocala



Member of the Medical Staff at Munroe Regional Medical Center. • Patient results may vary. Consult your physician about the benefits and risks of any surgical procedure or treatment.