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January 2016

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INTERCOMMUNITY CANCER CENTER *has been awarded an* ACR ACCREDITATION IN RADIATION ONCOLOGY.

The ACR seal of accreditation represents the highest level of quality and patient safety. It is awarded only to facilities meeting specific Practice Guidelines and Technical Standards developed by ACR after a peer-review evaluation by board-certified radiation oncologists and medical physicists who are experts in the field. Patient care and treatment, patient safety, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs are assessed.

American College of Radiology Certificate of Accreditation

The Radiation Oncology Services of

InterCommunity Cancer Center
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Lady Lake, FL 32159

were surveyed and accredited by the
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Period of Accreditation:

December 09, 2015 through December 31, 2018

Christopher A. Pope, MD
CHRISTOPHER A. POPE, MD
Chair

COMMITTEE ON RADIATION ONCOLOGY PRACTICE ACCREDITATION



"We are extremely proud to have received this accreditation and will continue to hold ourselves to the highest standards because that is what our patients have come to expect and deserve,"

- Herman Flink, MD, Radiation Oncologist at ICCC

Since 1985, ICCC has dedicated itself to providing local patients innovative Radiation Oncology treatments that rival even the finest academic-based cancer centers in Florida.

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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



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



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

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.

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:

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- CARDIAC FUNCTION
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- 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!

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NEW YEAR, NEW GOAL: LOWER STRESS

We live in stressful times. The economy is tough, global conflicts rage, severe weather events are affecting people in every corner of the globe, and our numerous technological devices don't seem to be making things any easier. Of course, this is nothing new. Every generation thinks theirs is the best of times and the worst of times. But the result is that people everywhere have high levels of stress. This is your year to lower stress!

Sometimes stress is a good thing. Mechanical stress, such as exercise, causes your muscles and bones to become stronger and your nerve system to become smarter. Taking on a new assignment at work or taking a challenging class in school may be stressful, but the effort involved in achieving a successful result will cause you to grow and develop in ways that you might not have imagined. After all, the great philosopher Friedrich Nietzsche famously said "what doesn't kill you makes you stronger."

But chronic, ongoing physical and mental stress, the kind that affects us every day, is not good for us physically or chemically. Chronic stress causes real psychological and physical problems. People undergoing chronic stress may develop anxiety, which if not managed effectively may lead to depression. Chronic stress may lead to a variety of disorders and diseases, including arthritis, inflammatory conditions such as Crohn's disease, gastrointestinal problems such as peptic ulcer, diabetes,¹ high blood pressure,² and even heart attacks and stroke.³ As we are all subject to numerous stresses every day, both personal and work-related, it's very important for us to develop strategies that will be successful in helping us manage ongoing stresses. In as much as stress manifests in many types of diseases, there are many intricate body systems and processes which should be evaluated to truly help you manage and heal from your stresses.

The most important method for managing stress is to attempt to focus your point-of-view, your frame of reference, on the present moment. Our minds are constantly in motion, constantly at work creating new thoughts and new scenarios regarding some potentially stressful situation, or rehashing old conversations, old conflicts, and old problems. The result is that we're almost never at peace. When we try to sit down and relax for a bit, it's never too long before our minds start bringing up the exact things we'd like to be able to forget or ignore, at least for a little while. Most of us can't flip a metaphorical switch and shut off our incessant stream of mostly negative self-talk. But we can learn to remind ourselves to return to the present, to come back to this moment, the one that's happening now.

The best way to do this is to ask yourself, "is this [what I'm thinking about] happening right now?" If you can see that what's happening now is that you're sitting in a chair reading the newspaper, you have a good chance of being able to let go of what your mind is talking to you about. Say to yourself, "I'm right here, right now, and none of that other stuff is actually happening right now." This will help you create some distance from your self-talk, and the self-talk may even recede into the background for a while. The feeling of calm you might then experience is one you can build on. The more you practice returning to the moment, the more power you gain in being able to manage the stress in your life.

Because all stresses affect the function of your nerve system and hormones your doctor should use various techniques and methods to restore proper nerve function as well as body chemistry. The direct result is improved functioning of your nerve system, which directly improves the functioning of all your other body systems.

One of the structural problems addressed by NUCCA care is a "Upper Cervical misalignment." This is a section of your lower brain that can be bombarded by too many nerve signals. These nerve signals arrive at the wrong times and in too great a quantity. Physical pain and other diseases and disorders can develop as a result of a Upper Cervical misalignment.

Stress makes Upper Cervical misalignments (and their effects) worse. By aligning your spine, your doctor is helping to reduce and resolve these irritated segments of your spinal cord. As a result, the stresses in your life have less physiological impact. You become better able to interact with people and situations, and become better able to manage stress.

Do you have questions about staying stress free this new year? For more tips or to address any concerns about your heart health, call Dr. Vallabhan at 352-750-2040 today!

Source:

- 1 Bener A, et al: Association between psychological distress and gastrointestinal symptoms in diabetes mellitus. *World J Diabetes* 3(6):123-129, 2012
- 2 van Dijk, AE, et al: The association between prenatal psychosocial stress and blood pressure in the child at age 5-7 years. *PLoS One* 7(8):e43548, 2012
- 3 Pereira VH, et al: Stressed brain, diseased heart: A review on the pathophysiologic mechanisms of neurocardiology. *Int J Cardiol* 2012 Apr 20

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352.750.2040

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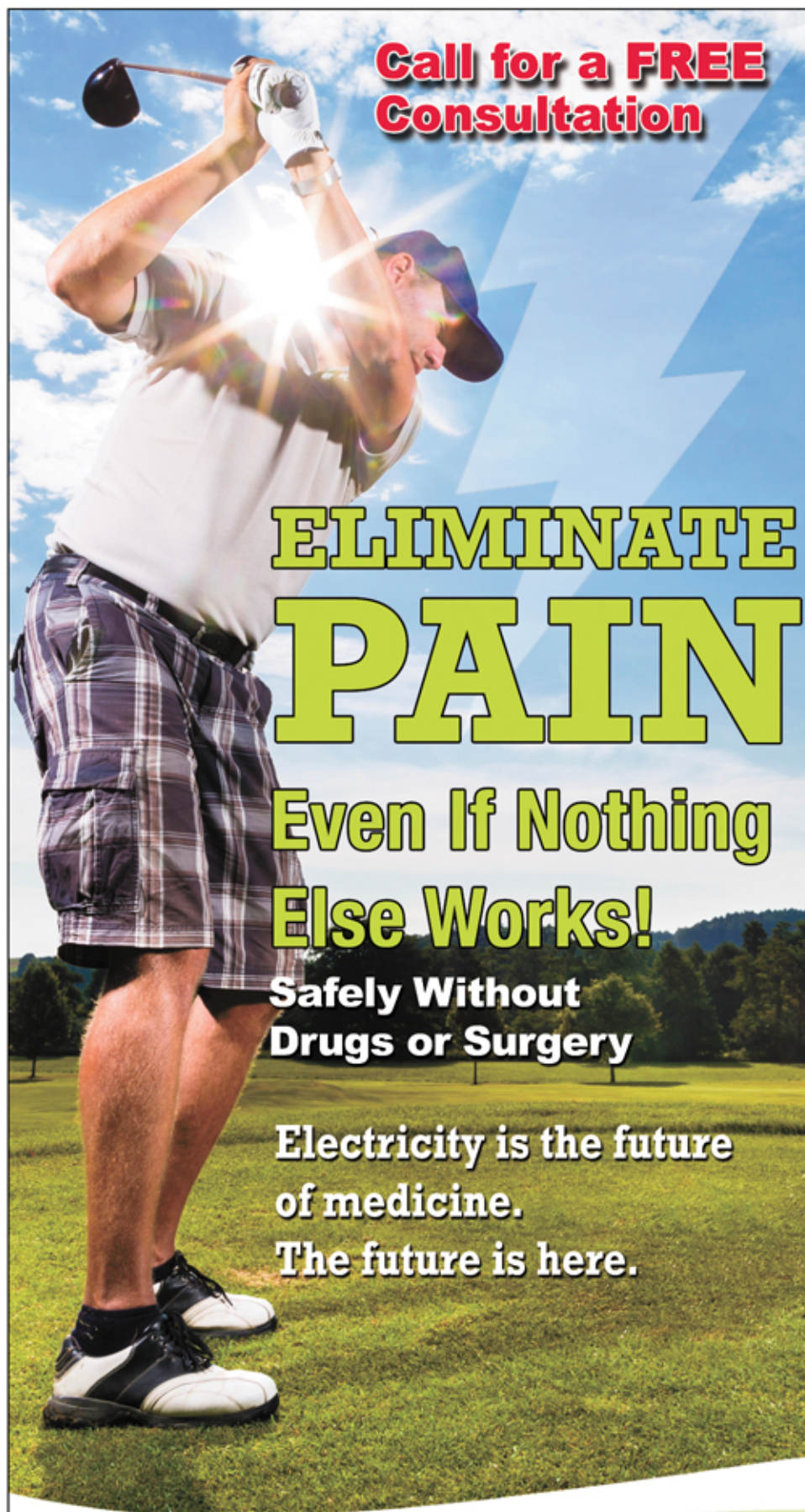
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BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

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It should be
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**The American Cancer Society predicted
96,830 cases of colon cancer in 2014.**

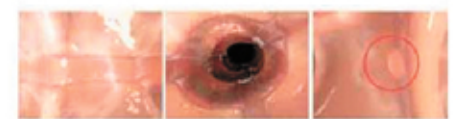
Don't become part of that statistic in 2015. - DR. ANAND KESARI

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UNDERSTANDING CHRONIC VENOUS INSUFFICIENCY

By Tom Tran PA-C, MPAs, NCCPA Surgery Board Certified

Do your legs often feel heavy, restless, or painful; or are they covered with varicose or spider veins? If so, you may be one of the many people walking around with venous insufficiency and not even know it. Unfortunately, venous insufficiency is often under diagnosed and under treated. Continue reading to learn more about chronic venous insufficiency, a condition that may be affecting you or someone you know.

When your leg veins cannot pump enough blood back to your heart, you have chronic venous insufficiency (CVI). CVI is also sometimes called chronic venous disease, or CVD. You have three kinds of veins: superficial veins, which lie close to the skin, deep veins, which lie in groups of muscles, and perforating veins, which connect the superficial to the deep veins. Deep veins lead to the vena cava, your body's largest vein, which runs directly to your heart.

When you are in the upright position, the blood in your leg veins must go against gravity to return to your heart. To accomplish this, your leg muscles squeeze the deep veins of your legs and feet to help move blood back to your heart. One-way flaps, called valves, in your veins keep blood flowing in the right direction. When your leg muscles relax, the valves inside your veins close. This prevents blood from flowing in reverse, back down the legs. The entire process of sending blood back to the heart is called the venous pump.

When you walk and your leg muscles squeeze, the venous pump works well. But when you sit or stand, especially for a long time, the blood in your leg veins can pool and increase the venous blood pressure. Deep veins and perforating veins are usually able to withstand short periods of increased pressures. However, sitting or standing for a long time can stretch vein walls because they are flexible. Over time, in susceptible individuals, this can weaken the walls of the veins and damage the vein valves, causing CVI.

What causes Chronic Venous Insufficiency?

Over the long-term, blood pressure that is higher than normal inside your leg veins causes CVI. This can lead to damage to the valves, which can further worsen the problem. In some instances, the valves that prevent blood from flowing "backwards," can



be congenitally defective. Other causes of CVI include deep vein thrombosis (DVT) and phlebitis, both of which cause elevated pressure in your veins by obstructing the free flow of blood through the veins.

DVT occurs when a blood clot (properly called a thrombus) blocks blood from flowing toward the heart, out of a deep or perforating vein. The blood trying to pass through the blocked veins can increase the blood pressure in the vein, which, in turn, overloads your valves. Vein valves that do not work properly are called incompetent because they stretch and no longer work efficiently, and incompetent valves contribute to CVI. DVT is a potentially serious condition that causes leg swelling and requires immediate medical attention because sometimes the blood clots in the veins can break off and travel to the lungs. This condition is called a pulmonary embolus.

Phlebitis occurs when a superficial or deep vein becomes swollen and inflamed. This inflammation causes a blood clot to form, which can also lead to DVT.

Factors that can increase your risk for CVI include a family history of varicose veins, being overweight, being pregnant, not exercising enough, smoking, and standing or sitting for long periods of time. Although CVI can affect anyone, your age and sex can also be factors that may increase your tendency to develop CVI; women older than 50 most often get CVI.

Symptoms of Chronic Venous Insufficiency

If you have CVI, your ankles may swell and your calves may feel tight. Your legs may also feel heavy, tired, restless, or achy. You may feel pain while walking or shortly after stopping.

CVI is also associated with varicose veins. Varicose veins are swollen veins that you can see through the skin. They often look blue, bulging, and twisted. Large varicose veins can lead to skin changes like rashes, redness, and sores.

CVI can also cause problems with leg swelling because of the pressure of the blood pooling in the veins. Your lymphatic system may also produce fluid, called lymph, to compensate for CVI. Your leg tissues may then absorb some of this fluid, which can increase the tendency for your legs to swell. In severe cases, CVI and the leg swelling can cause ulcers to form on the lower parts of the leg.

CVI is one of the oldest ailments known to mankind. Recent discoveries in medicine have shown that in some cases of CVI, there is a major contribution to the condition from superficial veins, which are most often varicose. Patients whose condition is due primarily to incompetence of the perforating veins can be treated by foam sclerotherapy, laser, and radio frequency ablation of such veins.

If you are walking around with painful, restless, swollen legs or have unsightly and bothersome varicose veins, call the Comprehensive Vein Center at 352-259-5960 to learn more about the non-medication treatments that are available. Don't let your venous insufficiency problem go undiagnosed and untreated any longer!

Source: Society of Vascular Surgery


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Bio

Tom Tran PA-C, MPAs is one of the few Physician Assistants in the US that is NCCPA Surgery Boarded. He has extensive training, which includes 10 years experience in Trauma, General, and Vascular Surgery. He invented the Transcatheter Extractor®.



He was awarded Florida PA of the year in 2007, and is the current Treasurer of the National PA Foundation. He is the Clinical Director at Comprehensive Vein Center in The Villages, which has been a state of the art Vein Center designated to vein treatment for over four years. He has performed over 2,500 Laser and VNUS Closure procedures, and over 10,000 combined Ultrasound Guided foam and Visual Cosmetic Sclerotherapy procedures.

Laser Therapy

can be 90% Effective at Relieving Inflammation and Pain

Cold Laser Therapy or Low Level Laser Therapy (LLLT) is a treatment that utilizes specific wavelengths of light to interact with tissue and is thought to help accelerate the healing process. It can be used on patients who suffer from a variety of acute and chronic conditions in order to help eliminate pain, swelling, reduce spasms and increase functionality.



HOW DOES LASER THERAPY WORK?

Lasers are handheld devices used by the clinician and are often the size of a flashlight. The laser is placed directly over the injured area for 30 seconds to several minutes, depending on the size of the area being treated and the dose provided by the cold laser unit.

During this time, the non-thermal photons of light that are emitted from the laser pass through the skin's layers (the dermis, epidermis, and the subcutaneous tissue or tissue fat under the skin). This light has the ability to penetrate 2 to 5 centimeters below the skin at 90mw and 830 nm.

Once the light energy passes through the layers of skin and reaches the target area, it is absorbed and interacts with the light sensitive elements in the cell. This process can be compared to photosynthesis in plants – sunlight is absorbed by plants, which is then converted to usable energy so that the plant can grow.

When cells absorb this light energy, it initiates a series of events in the cell that is theorized to eventually result in normalizing damaged or injured tissue, a reduction in pain, inflammation, edema and an overall reduction in healing time by increasing intracellular metabolism.

TYPES OF CONDITIONS TREATED WITH LASER THERAPY

Cold laser therapy can stimulate all cell types including muscle, ligament, cartilage, nerves, etc., so a number of conditions can be treated by cold laser therapy. Some of conditions that may typically be treated by cold laser therapy include:

- Arthritis pain
- Back pain
- Carpal tunnel syndrome
- Fibromyalgia pain
- Knee pain
- Neck pain
- Tendonitis

EFFECTIVENESS LASER THERAPY

For years, physicians have been using laser therapy on patients who seeking effective, alternative methods for pain relief. Since 1967 there have been over 2,500 clinical studies published worldwide. Many of these studies are double-blinded, placebo-controlled and have demonstrated cold laser therapy to be a proven method for pain relief.

The effectiveness laser therapy for neck pain was recently reviewed by The Bone and Joint Decade 2000-2010 Task Force on Neck Pain, an initiative conducted by a multidisciplinary team of researchers and clinicians.

The task force concluded that low-level laser therapy can be a beneficial treatment for certain types of neck pain, including types of pain that cause little or no interference with daily activities and pain that does limit daily activities, as compared to pain that includes radiculopathy (arm pain) or serious pathology.

HISTORY OF LASER THERAPY

Laser therapy has been used in clinical practice all around the world for over four decades. In 1916, Albert Einstein conceived the theory of Light Amplification through Stimulated Emission of Radiation or LASER. In 1967, Professor Andre Mester began using low power lasers in medicine. Dr. Mester is recognized by many as the grandfather of laser therapy.

F.D.A RECOGNITION OF COLD LASER THERAPY

Certain low level laser devices are also FDA approved for relief of the following conditions.

- Muscle and joint pain
- Stiffness associated with arthritis
- Pain associated with muscle spasms
- Hand pain and wrist pain associated with Carpal Tunnel Syndrome
- Neck pain
- Lower back pain
- Wound healing

ADVANTAGES OF LASER THERAPY

Laser therapy is a non-invasive procedure, meaning that it does not require a surgical incision. This means that there is no prolonged recovery time.

Laser therapy also does not involve taking any medications, and many patients prefer to avoid taking medications. Studies have so far found that laser therapy does not have serious side effects when used properly by a doctor.

Laser therapy is one option among a variety of treatment approaches that can potentially provide pain relief or pain reduction, especially for patients seeking a treatment without the use of surgery or drugs.

It can be used alone or in combination with a number of other therapies.

Laser therapy is yet another method in the set of tools to help assist in pain relief, and it is considered a reasonable treatment option for certain types of pain by most health care professionals. While it is still a relatively new treatment option, it is considered a viable treatment option for those seeking an alternative to invasive treatment.

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InterCommunity Cancer Center Earns ACR Accreditation in Radiation Oncology

InterCommunity Cancer Center Continues Provides Patients Convenient Access to High Quality and Innovative Radiation Oncology Services

InterCommunity Cancer Center (ICCC) of Lady Lake is proud to announce that it was recently awarded a three-year term of accreditation in radiation oncology as the result of a recent review by the American College of Radiology (ACR).

The ACR is the nation's oldest and most widely accepted radiation oncology accrediting body, with over 600 accredited sites, and 27 years of accreditation experience. The ACR seal of accreditation represents the highest level of quality and patient safety. It is awarded only to facilities meeting specific Practice Guidelines and Technical Standards developed by ACR after a peer-review evaluation by board-certified radiation oncologists and medical physicists who are experts in the field. Patient care and treatment, patient safety, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs are assessed. The findings are reported to the ACR Committee on Radiation Oncology Accreditation, which subsequently provides the practice with a comprehensive report they can use for continuous practice improvement.

"The ACR's accreditation of our center represents our entire team's commitment to excellence in delivering high quality radiation oncology services to our patients," said Herman Flink, M.D., radiation oncologist at ICCC.

The ACR is a national professional organization serving more than 36,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

"We are extremely proud to have received this accreditation and will continue to hold ourselves to the highest standards because that is what our patients have come to expect and deserve," added Dr. Flink.

HIGHLY TRAINED & HIGHLY MOTIVATED

Since 1985, ICCC has dedicated itself to providing local patients innovative radiation oncology treatments that rival even the finest academic-based cancer centers in Florida.

ICCC radiation oncologist Dr. Herman Flink was trained at Johns Hopkins University and is board-certified by the American Board of Radiology. He brings exceptional expertise in treating breast, lung, prostate, gynecologic, skin and other cancers.

"We are privileged and honored to treat our surrounding communities with compassionate and high quality cancer care," says Dr. Flink. "While we continue to make significant progress in the fight against cancer, we are working diligently to continue to advance our research and treatment efforts so that one day we can beat this horrible disease."

HI-TECH CANCER FIGHTERS

ICCC was the first in Lake County to provide the following advanced radiation and treatment planning technologies: Intensity Modulated Radiation Therapy (IMRT) and inverse treatment planning, Image Guide Radiation Therapy (IGRT), High-Dose Rate (HDR) Brachytherapy, Low-Dose Rate (LDR) Radioactive Seed Implants, Organ and Tumor Tracking with Calypso Medical Systems 4-D System, Breast HDR Irradiation, Valencia Skin HDR Irradiation and Accelerated Partial Breast Irradiation (APBI) using the AccuBoost technology. These treatments are resulting in increased use of radiation in cancer treatments with potentially enhanced outcomes for many people diagnosed with cancer.

The Calypso, or GPS for the Body®, is the newest treatment for prostate cancer. It is a form of IGRT that allows precision-guided radiation therapy delivery to the prostate with continuous, prostate-motion detection and monitoring. Essentially, Calypso tells the physician where the tumor location is at all times during daily radiation treatments.

AccuBoost allows the physician to see the tissue that needs treatment in real time, enabling radiation oncologists to select the area for radiation just prior to delivery and administer the dose only to the affected tissue. AccuBoost can be delivered either prior to or after the main external beam portion of the patient's treatment. During the treatment, the patient's breast is immobilized and imaged without the excessive discomfort commonly caused by mammograms. A special applicator is then positioned to deliver the radiation with greater accuracy and virtually eliminate unnecessary exposure to the heart, lungs and chest wall.

Because of the precision involved with IMRT, IGRT, and now Calypso and AccuBoost, ICCC radiation oncologists can use higher doses of radiation to more effectively treat the cancer. These external radiation therapy treatments are performed on an outpatient basis and provides excellent survival rates equivalent to radical surgery for prostate cancer patients. It is a non-invasive and relatively painless treatment that helps maintain a patient's high quality of life during the treatment process.

"New therapies such as the Calypso and AccuBoost deliver higher doses of radiation with fewer complications and side effects than patients typically experience when treated with conventional radiation therapy," added Dr. Flink. "With the multi-disciplinary approach to treating malignancies today, our new therapies are helping to provide optimal results for patients."

ICCC is part of Vantage Oncology which includes more than 50 cancer treatment centers in 13 states providing quality, personalized care in a community setting.

For more information, please visit www.ICCCVantage.com.

THE EXPERIENCE OF INTERCOMMUNITY CANCER CENTERS

ICCC has 25 years of cancer-fighting experience having treated over 10,000 patients. They are dedicated to empowering patients to have the confidence they need to change their lives. Radiation Oncologist Herman Flink, M.D., was trained at Johns Hopkins University and is board-certified by the American Board of Radiology. He brings exceptional expertise in treating breast, lung, prostate, gynecologic, skin and other cancers.

As part of a larger, nation-wide oncology group of physicians and specialists under Vantage Oncology, the oncologists at ICCC have access to aggregated clinical information and best practices from the treatment of more than 1,000 patients per day, enabling them to develop highly-effective and peer-collaborated treatments. This gives many of the centers that work with Vantage, including ICCC, the ability to offer university-quality treatment services in smaller and more rural areas. It gives local communities exceptional services closer to home and in a non-hospital setting. To learn more, please visit www.ICCCVantage.com.

ABOUT VANTAGE ONCOLOGY

Vantage Oncology offers a complete development, Vantage Oncology offers a complete development, implementation and management solution for radiation oncology practices. It provides ownership opportunities that empower physicians to maintain control of their practice while leveraging the strength of the company's network and clinical resources. A multi-disciplinary team is committed to continuously raising the standards of cancer care. Vantage provides patients and their families with ultimate peace of mind through its commitment to clinical excellence and superior outcomes. For more information, please visit www.VantageOncology.com.

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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.



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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!

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After

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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.



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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.”

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

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

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

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

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



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

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



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."

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.

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.

Gastro-Colon Clinic Dr. Anand Kesari

7535 SW 62nd Court,
Ocala, FL 34476

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The Villages, FL 32159

1389 S. US 301,
Sumterville, FL 33585

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

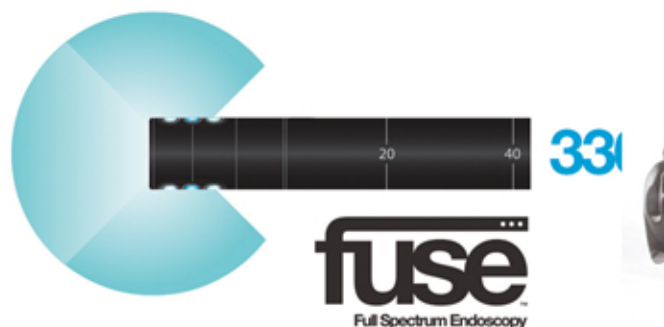
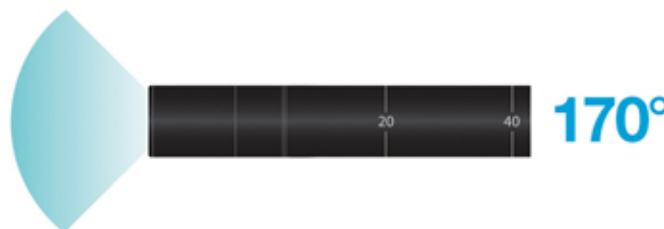
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¹ Zauber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. N Engl J Med 2012; 366:687-696

² 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.



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

Dealing with Sciatica Shooting Down the Leg?

DON'T PAY THOUSANDS FOR SPINAL DECOMPRESSION!

By Compton Chiropractic Care

Sciatica is a pain that you would not want to wish on your worst enemy. It is described as a sharp and shooting pain travels down the leg, but most people experiencing the symptoms will describe it as a numbness, tingling or burning sensation.

You may have considered local newspaper advertisements advertising decompression, but don't want to pay thousands up front for long treatment plans. Well at Compton Chiropractic there is a more affordable decompression therapy called Cox Flexion distraction technique that can relieve your sciatic symptoms.

What makes Cox flexion distraction different from other decompression machines is the doctor is with you at all times. The doctor will use his hands and the machine to make corrections as he is administering treatment. Ask yourself this question: Do you want a machine taking care of you or do you want a top rated experienced doctor there with you at all times that can make adjustments and provide you with better results with fewer visits?

Having the doctors at Compton Chiropractic control the decompression from start to finish guarantees that the patients will receive more effective care and much shorter treatment plans. The typical treatment is 8-12 visits where as other decompression therapies require a patient to undergo over 26 visits. Our doctors also work with your primary care physicians, neurologists, and neurosurgeons in order to provide effective conservative care first. The truth is not every patient is a candidate for major surgery or prescription medication.

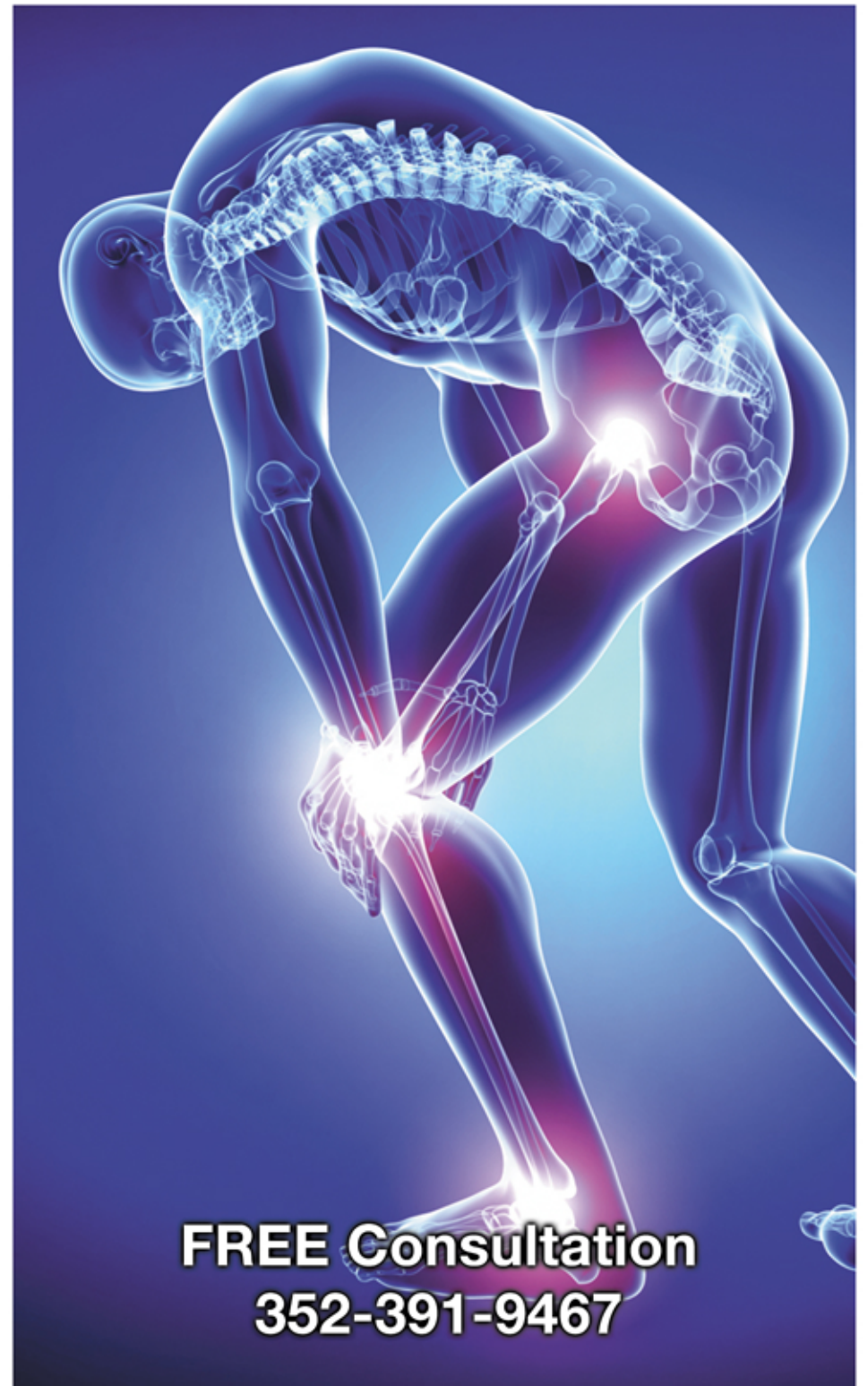
This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica). The average treatment time last about 15 minutes and most patients report feeling better in just a few visits.

The Cox Flexion distraction was developed by Dr. James M. Cox. For 50 years Dr. Cox has designed this decompression treatment; documenting the science of this non-surgical alternative to back surgery approach to back pain relief in the hands of well-trained back specialists.

Evidence-based protocols are tested in laboratory trials and clinical trials supported by privately funded, clinician-volunteer, and federally funded research grants. Their objectives are to document the effect decompression has on the spine and its nerves to relieve pain (drops pressure) as well as the amount of time in days (29 average) and visits (12 average) it takes to relieve pain.


These protocols are well-defined in medically-published textbooks and peer-reviewed journal articles. Their proper application, even the amount of force, is taught in recognized postgraduate and graduate training programs. Patients seeking relief of their lower back pain and neck pain can rest easy knowing that Cox Technic flexion distraction protocols are safe, gentle, and well-documented to help them.

Doctor Compton shares that, "some patients are candidates for surgery in order to correct their sciatic symptoms; however in most cases I am able to postpone or prevent surgery for my patients."



FREE Consultation
352-391-9467

Low Back Pain: Prescribed Medications vs. Spinal Manipulation




56%


of medical care recipients had a 30% reduction in low back pain at week 4

Patients should be informed of nonpharmacological therapies for low back pain before using riskier, less effective treatments. Manual-thrust manipulation, performed by chiropractic physicians, achieves a greater short-term reduction in pain compared with common medical treatments.

94%

of manual-thrust manipulation recipients had a 30% reduction in low back pain at week 4





©American Chiropractic Association

Source: Schneider M, et al. Comparison of Spinal Manipulation Methods and Usual Medical Care for Acute and Subacute Low Back Pain. Spine. 2015. Vol. 40. No. 4 pp 209-217

TESTIMONIALS

• *I suffered from numb feet for 2 years before I decided to see the doctors at Compton Chiropractic. Within 6 visits my feet were back to normal and so was my golf game. –Male Patient*

• *Dr. Compton, Thank you for being extremely knowledgeable in multiple areas of medicine. The doctor you referred me to solved my problem that had been ongoing for 15 years. Seems like you were the only one who diagnosed it correctly. –Female Patient*

FREE consultation

The patient and any other person responsible for payment has the 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 this advertisement. Expires 1/31/16

• *Your group really puts patients first and that is becoming a rare quality these days.*
–Local Physician

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm and Saturdays 9-2.

Compton Chiropractic added on another physician, Dr. Daniel Taylor to their practice. With three physicians on staff, Compton Chiropractic can now more effectively serve it's increasing patient base.

Feel free to set up a free consultation to meet with one our doctors in order to determine what treatment plan may be right for you!

COMPTON CHIROPRACTIC CARE

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COMPTON CHIROPRACTIC CARE

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Our Philosophy

- Treat patients as individuals and perform a thorough exam
- Deliver an accurate diagnosis
- Treat patients with the highly reliable and world-known Palmer "hands on" Technique
- No long-term treatment plans or large out-of-pocket expenses
- Provide patients with non-surgical alternatives to pain

Our Facility Offers

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Dr. Brent Compton
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Biology Sciences

Dr. Daniel Taylor
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Molecular & Microbiology Sciences

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

Prevent Surgery with Knee Injections

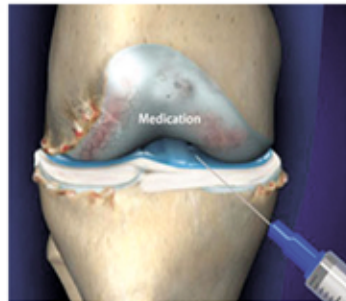
The knee is notorious for pain and injury. Knee pain can occur from an injury or a condition like osteoarthritis, and can impact activities of everyday life. There are many remedies for this condition, including rest, anti-inflammatory medications and using knee braces. For individuals whose knee pain progresses or does not respond to other types of treatment, injections may be an option to help relieve pain and discomfort without requiring surgery.

When regular treatments are not working well enough such as medication management with nonsteroidal anti-inflammatories along with physical therapy, intra-articular injections can be a great option.

There is a substance known as hyaluronic and that is naturally found in the synovial fluid of human knee joints. It works to lubricate and cushion the knee joint, being the human equivalent of "motor oil". In 1997 the FDA approved the first hyaluronic acid preparation made from rooster combs for usage in knee injections for osteoarthritis.

Currently there are multiple FDA approved hyaluronic acid preparations, which are all extracted from rooster combs. They have trade names such as Hyalgan, Synvisc and Orthovisc. While each company counts the benefits of their individual product, research studies have shown that all of them work consistently well while no one particular brand has shown superiority.

These injections are also called viscosupplementation as they restore the normal viscoelastic properties to synovial fluid. This can help protect cartilage, lubricate the joint and improve the shock absorbing effect of the knee. It is also suspected that hyaluronic acid injections may protect cartilage cells and actually promote the formation of more cartilage. This is the subject of a lot of speculation and has not been definitively proven.



Numerous clinical studies have been performed regarding the effectiveness of hyaluronic acid formulations. One of the largest studies in the US showed beneficial effects in 80% of patients for over six months it appears that the combination of joint lubrication along with the anti-inflammatory effects that both come from hyaluronic acid work together to create such effective results.

Knee injections are typically extremely effective. Specifically, hyaluronic acid injections have shown over 80% satisfactory results as well which was maintained for over a six-month time period. These results are often good enough to delay the need for a knee replacement surgery or avoid it altogether. If you suffer from the pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.



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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.

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

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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,
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