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February 2016

Marion Edition - Monthly

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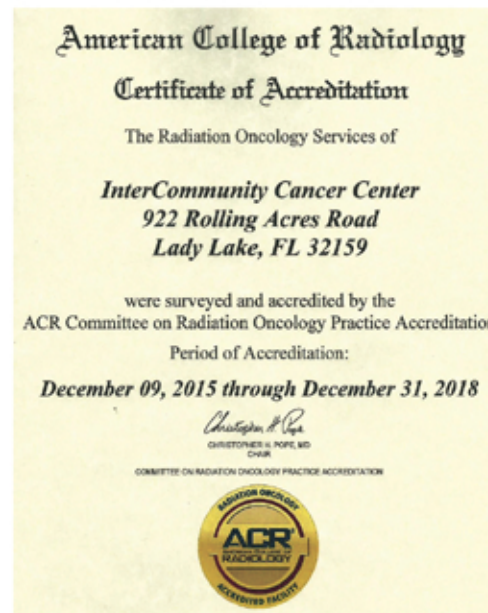
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Why Limit **Sugar** Consumption?

By Ali Nasser, M.D. FACC
Cardiologist

Food manufacturers of processed food, soft drinks and artificial fruit juices with added sugar, are not required to list how much sugar is added versus natural sugar contents. Food makers can also use sweeteners (alcohol sugar) that aren't technically "sugar." The body doesn't distinguish between natural or added sugars, so paying attention to total sugar is the key while buying sugary items.

Soft drinks are a prime source of extra calories in the United States that contribute to weight gain, without any nutritional benefits. Studies indicate sweetened beverages are less filling than the solid condiments, therefore causing people to continue to feel hungry after drinking such sugary drinks. Food manufacturers are coming under increased scrutiny for their contributions to the development of type-2 diabetes, heart disease, and other chronic conditions, such as obesity, a major health problem in the United States. Obesity is a definite cause of cardiovascular disease and many other systemic morbidities, beginning with dental and gum disease, sleep apnea, joint disease, high blood pressure, cancers, depression, gallstones, and impaired quality of life, not to mention the rapidly increasing cost of health care. The best indicator of obesity is measuring the waist circumference at the naval above belt-level. A waist circumference of greater than 38 inches in men and 36 inches for women is associated with a higher risk of obesity and all of the above mentioned morbidities and heart disease.





Nurses' Health Study showed that women who consumed large quantity of sugary items had an increased risk of heart disease and obesity. Shorter-term studies show consistent adverse effects of high sugar consumption on lowering HDL (good cholesterol), which could accelerate coronary artery disease. High sugar consumption can worsen diabetes control and its complications, and it will lead to formation of the harmful chemicals made of sugar with proteins and fats which is harmful to arteries, brain and in particular, the kidneys.

May be Plump but Malnourished: Diets high in sugar may cause malnutrition as well. The prevalence of obesity in the United States in 2012 ranged from 20% in Colorado to 35% in Louisiana. Majority of these individuals, though overweight, were found to be malnourished in various forms. High sugar diet adversely affects nutritional adequacy due to intake of pure calories without essential nutrients such as vitamins and minerals. Education and culture play an important role for shopping and cooking, and since sugary foods are less expensive, they tend to become the main ingredients on dinner tables in our society. Dinners are mostly cooked using macaroni-and-cheese mixes or mashed potato and white bread with high fructose syrup additives and processed ingredients. Expensive items such as fresh fruits and vegetables are eaten less due to socio-economic issues. Low Fat or Fat-free foods

(Skimmed milk, low fat yogurt) are often high in calories because of added sugar to improve taste and they may create a false sense of security in the consumers and higher amount of intake.

How to Lower the Risk? Risks may be lowered by education and legislation. American Heart Association dietary guidelines stress consumption of fresh fruits, vegetables, grains, and less harmful complex carbohydrates so that nutritional requirements for vitamins and minerals are met. Foods high in added-sugar displace wholesome foods (e.g., soft drinks displace milk and natural juice consumption) and contribute to additional calories that lead to obesity and malnutrition.

When dietitians advise having complex carbohydrates, they are usually referring to whole grain foods that are less harmful. However, refined or simple carbohydrates (more harmful), can result in harmful blood sugar spikes. When it comes to picking starchy foods, such as rice, bread and any other products made from flour, it's best to opt for whole grain versions with higher fiber contents (look for greater than 5 grams of fiber per serving). Adults need from 25 to 40 grams of fiber daily. Whole grain foods (high fiber) impact upon blood glucose rise is more slowly (less harmful) than simple carbohydrates.

Mexico's 10% tax on soft drinks led to 6% reduction in consumption. The United Kingdom is on its way to levying taxes by end of this year as well.

How Much Complex Carbohydrate? Generally speaking, complex carbohydrates should supply about half the daily required calories on your plate (1,000 calories/day). One fourth a plate can hold items, such as reduced calorie whole wheat bread, brown rice, potatoes or whole wheat pasta. You can accomplish both by eating a diet rich in colorful veggies, whole grains and nuts. The last quarter can be some grilled or baked meat, poultry or fish (size of the palm), or you can choose a vegetarian protein source such as lentils or beans. Eggs can be an important and nutritious source of proteins as well. An egg contains 7 grams of proteins and no sugars.



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Cardiologist
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As part of our ongoing effort to combat breast cancer, Radiology Associates of Ocala will be offering the revolutionary new 3D mammography exam system, also known as tomosynthesis, at our TimberRidge Imaging Center and at its Women's Imaging Center.

The Genius™ 3D tomosynthesis allows RAO's Board Certified radiologists to view images in 3D versus the traditional 2D, delivering more detailed and comprehensive pictures of breast tissue for greater accuracy in discovering breast cancer while reducing false positive results.

In fact, more than 100 clinical studies demonstrate that 3D mammography provides 41% better detection of invasive breast cancers and a 40% reduction in false positive readings in women of all ages and of every breast density, increasing early discovery and reducing unnecessary followup exams and patient stress.

3D mammography's multidimensional and comprehensive capture and assembly of 3D breast tissue images provide in-depth views from various angles for superior analysis by your Board Certified RAO radiologist and personal physician. This FDA-approved exam uses very low x-ray energy so radiation exposure remains below FDA guidelines. It requires no different preparation or compression than a traditional mammogram so your experience will be the same as with a traditional mammogram.

Its increased accuracy will soon make 3D mammography the new standard in breast cancer screening and diagnosis, but in keeping with RAO's tradition of leading the way in new technologies and superior patient care, we are among the first providers in Central Florida to offer it now. Because of its proven superiority, 3D mammography is covered by most insurance. To find out more, please call RAO at 352-671-4300.



If you're due for a screening mammogram, it makes sense to choose the most effective imaging system available, from the local forerunner in women's imaging and early detection services – the caring experts of RAO.



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Stem Cell Therapy: A Defining Moment for COPD

By Cameron Kennerly - Staff Writer

At 5:39 a.m. on December 7th, 1972, Apollo 17 took a picture from 28,000 miles up. It revealed nearly the entire coastline of Africa and West Asia. Although this image would be officially titled "AS17-148-22727," due to its appearance and size, it would be referred to as *The Blue Marble*, and marked the first time humanity could see itself at such a scale. Its release changed the way we saw our universe, and more importantly, our place within it.

Recently, a similar discovery has been made; a discovery in stem cell therapy that has the capacity to fundamentally change the way we see lung disease forever.

More than 600 million people suffer from chronic obstructive pulmonary disease (COPD) worldwide, and that number is expected to rise. An incurable disease, COPD is often fatal, with treatment options generally limited to inhalers that alleviate symptoms, but fail to promote healing in the lungs themselves.

Though the Space Race is over, scientific discovery marches on. Modern biotechnology seeks to harness the smallest systems in the human body - our cells. The medical community has been turned upside down with the breakthrough of stem cell therapy. With this newfound push in regenerative medicine, the Lung Institute (lunginstitute.com) - specializing in treating lung disease - has established itself as a leading figure by publishing the first white paper of its kind. In a field where information of this scope (encompassing a total of 100 patients) has never been seen, this is a remarkable first.

The significance of the study may shine a light on COPD and our understanding of how to combat the disease. Where there was once a lack of published work showing the effects of stem cell therapy on COPD, the Lung Institute has broken new ground

with its findings. After testing approximately 100 patients, they discovered that within three months of treatment, 84 percent of patients found their quality of life had improved. The average improvement for the group was 35 percent. Additionally, 48 percent of the 25 patients tested for pulmonary function saw an increase of over 10 percent, with an average improvement of 16 percent over their pre-treatment test results.

This discovery could change lives *significantly*. For millions of people suffering from COPD, a natural decline in pulmonary health is a harsh reality. For many, oxygen tanks and inhalers have become a common burden as their quality of life gradually slips away. Based on these results, stem cell therapy could be the answer they've been looking for.

Through a single image we were awed by the beauty of the world we inhabit and connected by our shared humanity. *The Blue Marble* and the discovery it represented were unlike anything experienced before - a picture of clarity where there was once only darkness.

Within only a few years, stem cell therapy has established itself as an alternative form of treatment for COPD. As a result of this research, stem



An artist's rendering of the 1972 photograph, '*The Blue Marble*.'

cell therapy may be able to meaningfully change the quality of life for those suffering from COPD. As *The Blue Marble* before it, this revelation of new data may represent the dawning of a new age in medicine, a renewed perspective on health and a new approach to confronting COPD. In a world where change means progress, this could be a remarkable discovery benefitting not only future generations, but ours as well.

If you or a loved one suffer from COPD, 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/wellness to find out if you qualify for these new treatments.

Cancer Nutrition Drink is a Must Have

By Dr. Stan Headley

20-40% of cancer patients actually die from malnutrition (cachexia) and not cancer itself!

As a physician I am shocked and alarmed by that factual statistic. How can that be in this day and age of advanced medicine you might ask? The answer is simple - pharmaceutical companies have invested billions into advancing cancer medicines but medical nutrition for cancer patients has been massively neglected in comparison – until now.

I'm going to share two quick stories with you that at first will seem unrelated, but later they come together to change the world!

Story 1. Cancer is without a doubt the fight of your life, and it's the one fight that you didn't ask for. That was the case for my wife when she was diagnosed with stage III ovarian cancer 7 years ago. Right now is a good time to tell you that I am both dual credentialed as both an MD and a ND (Naturopathic Physician) with 24 years of nutritional medicine behind me. We fought the fight but I lost her to cachexia (severe weight loss) in the end – and thus began my mission to find a solution.

Story 2. The founder and CEO of an international pharmaceutical company (47 countries) received the news of his brother being diagnosed with throat cancer. His brother was young, tall and very handsome - but the fight he didn't seek came to him. He beat the cancer, but he lost the fight due to severe weight loss (cachexia) and passed away. This was a life-changing moment for the CEO and he vowed to change the world of cancer forever – and thus began his mission to find a solution. This is a good time to mention that the CEO's degree was in dietetics and he just happened to work with some of the world's best cancer experts.

Fate would bring myself and the CEO together and allow me to see things never done before in nutritional medicine which are giving cancer patients more than just a fighting chance! The must have product for cancer patients that was developed is called CellAssure. Cancer is one fight that you do not want to face alone, and CellAssure makes sure you have nutritional medicine fighting for you every single day from your day of diagnosis to the day you are cancer free!

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:

- Demonstrate Anti-Cancer / Anti-tumor effects
- Provide needed nutrition for cancer patients with zero sugar in formula
- 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

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.

 **CellAssure**[™]
Advanced Medical Nutrition



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 is scientifically formulated to help "Fuel the Fight 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.

CellMark Biopharma[™] is the leader in advanced medical nutrition for all cancer patients offering science-based products for cancer nutrition/cachexia (CellAssure), and chemo brain (Cognify) which are physician and pharmacist recommended.

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Did you know that collagen has a greater tensile strength than steel? From the Eiffel Tower to the Brooklyn Bridge, to the sharpest knives and life-saving surgical tools, steel has a reputation of being the toughest, unbreakable material that can withstand the highest of temperatures. Similarly, collagen shares the designation as one of the strongest substances that exists in the world. Collagen molecules are made of chains and cross-links, and a braid-like triple helix that acts as individual strands bonded closely together to create strength... So much strength, in fact, that our tendons and ligaments, made of collagen, hold the many components of our body together.

What is Liquid BioCell™?

I discovered Liquid BioCell in 2010 when a dear friend shared this incredible product with me. She knows I am a scientist first and foremost, and provided all the research. I soon realized that Liquid BioCell™ was a unique nutraceutical that provides a potent dose of collagen, hyaluronic acid, and chondroitin sulfate in a natural matrix that is clinically shown to replenish these vital components of the joints and skin.

We start to age on the day of our birth. As we age, the catabolic (breakdown) pathways go faster than the anabolic (buildup) pathways. The whole body is affected by years of living in an oxygen-rich environment with every day wear and tear on the cells of the body, from joints to bones, to muscles and skin. We all age, but can it be done gracefully? When the joints start to ache, the skin begins to sag and wrinkle, and the fat moves around to places you never imagined, then a person seeks ways to slow down the aging process.

Liquid BioCell provides the building blocks that can speed the build-up processes and possibly slow the degeneration and aging processes. For example, HA (hyaluronic acid) has been shown in research to block the degrading enzyme, hyaluronidase.

What happens as we age?

Every cell in our body undergoes changes with time. Subcutaneous fat and moisture decreases. Pigmentation declines and age spots show up. Healing takes longer, elasticity of cells decrease, and circulation declines. The heart increases in size and the arteries stiffen. Strength, flexibility, and height decrease. The metabolism slows and it takes longer to recover from illnesses.

Obviously, taking good care of the body can slow these processes. We are what we eat, so good quality food, appropriate exercise, and optimal supplements can benefit the body as we age.

Unfortunately, everyone will experience some of the changes associated with aging at some point. Liquid BioCell™ is an ideal recommendation for helping to slow the aging process. It is a natural, clinically-tested, great tasting, highly absorbable source of collagen, hyaluronic acid, and chondroitin sulfate that has been shown to help restore skin and joint health.

In addition to its benefits for joint and skin health, Liquid BioCell™ contains 13 superfruits, and resveratrol in the equivalent of 8 bottles of red wine in a daily dose. The antioxidant and anti-inflammatory effects of this delicious delivery system add additional benefit to the product. Numerous studies have been done and continue to be conducted on the benefits of resveratrol. Resveratrol has been shown to have a preventive effect on obesity, cardiovascular health and brain health. Furthermore, it is a potent anti-inflammatory agent, which can counter the effects of unwanted chronic inflammation in the body. The superfruits give Liquid BioCell™ its great taste and provide additional anti-inflammatory benefit, as well as the ability to neutralize free radicals that are associated with aging and cell damage.

As a daily supplement, Liquid BioCell™ can provide a three way defense (collagen type 2 matrix, resveratrol, and antioxidant superfruits) in the repair, maintenance, and regeneration of skin and joints. I use Liquid BioCell™, my whole family uses it, and I recommend it in my practice.



Doctors' Perspective

Lisa DeRosimo, M.D., M.S.
Diplomate of the American Board of Obesity
Medicine, Diplomate of the American Board of
Family Medicine

I consider Liquid BioCell™ to be the premiere source of collagen, as it is the only collagen to have scientifically-tested effectiveness. It is in a naturally occurring matrix, in a highly absorbable form. It is manufactured exclusively in the United States in an NPA, NSF, cGMP certified facility. The corporation is debt free, and they own the exclusive patents to this product. Liquid BioCell™ is one of a kind in it's class.

More about Dr. Lisa DeRosimo

Dr. Lisa DeRosimo is a graduate of UCLA, Cornell University, and the University of Pittsburgh, School of Medicine. She is a Diplomate of the American Board of Obesity Medicine and a Diplomate of the American Board of Family Medicine. Dr. Lisa has concentrated her education and practice on bariatric medicine, which is the study of the causes, treatment, and prevention of obesity. She has been assisting patients since 1999 and is well-respected among her peers as a leader in her field. She has authored numerous publications and research studies, has won multiple national awards, and serves her community with a focus on weight management and wellness in her practice.

Clinical trials show Liquid BioCell™ improves joint mobility

Joint discomfort can come with aging, strenuous work, and athletic activity, but what you're really experiencing is the progressive degeneration of connective tissue where both collagen and hyaluronic acid are essential. Taken orally, in a patented, highly absorbable form, Liquid BioCell™ allows you to replenish these important substances and is clinically shown to work! Its Bio-Optimized™ manufacturing process produces an ideal molecular weight that your body can effectively absorb, and it mirrors the joint's natural composition, so the body readily accepts it.

Numerous clinical trials show that Liquid BioCell™ is highly effective in maintaining the structure, function, and flexibility of joints, muscles and connective tissue while easing discomfort associated with normal daily exercise or active lifestyles.



Improves joint mobility and lubrication
Reduces discomfort

Promotes healthy cartilage and connective tissue

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



**REFER THREE,
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FREE**

Doctor's Perspective



Louis P. Brady, M.D.
Board Certified Orthopedic Surgeon, Associate Clinical Professor at the University of Central Florida College of Medicine

"As orthopedic specialists are recommending Liquid BioCell to their patients, I can see the incidence and severity of one's joint problems, as we know it today, gradually declining. By improving joint health, you can prevent deterioration that comes with athletic activity, strenuous work, and aging. Liquid BioCell is the most remarkable nutraceutical for joint support that has ever been introduced to the market."



Jon M. Grazer M.D., M.P.H., F.A.C.S.
Board Certified Plastic Surgeon, Assistant Clinical Professor Department of Plastic Surgery at the University of California, Irvine

"By drinking Liquid BioCell, hyaluronic acid increases in the body. This translates to a decrease in wrinkles from the inside-out. Liquid BioCell brings tone, elasticity, and moisture back to the skin, and even goes a step further, it helps reduce the enzyme, hyaluronidase, that can make your skin age. Liquid BioCell is a stand alone in the world of nutraceuticals and is pioneering the 'beauty from within' concept."



Joosang Park, Ph.D.
Cancer Biology, Stanford and Cancer Vaccine Research at Harvard Medical Center, Vice President of Scientific Affairs at BioCell Technology

"The ingredients in this dietary supplement are substantiated by solid scientific research and offer multi-layered benefits for healthy aging. Liquid BioCell Life supports both joints and skin through replenishing hydrolyzed collagen, HA, and chondroitin sulfate in highly bioavailable forms, and is the only nutraceutical to offer Liquid BioCell."

Numerous clinical trials show that Liquid BioCell™ is highly effective in maintaining the structure, function, and flexibility of joints, muscles and connective tissue while easing discomfort associated with normal daily exercise or active lifestyles.

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**LOOK GREAT...
FEEL GREAT...
BE HEALTHY!**

With the new year already here and the holiday season behind us there is no better time than the present to get started on a path of achieving a healthier lifestyle. Maybe you put on a few extra pounds over the holidays and want to fit back into your favorite clothes or maybe you were recently diagnosed with high blood pressure, diabetes, high cholesterol or sleep apnea and are concerned about your overall health? Perhaps you don't have the energy you used to have or suffer from knee, hip or back pain and just want to feel energized and pain free again? Eighty to ninety percent of common medical issues are weight and lifestyle related. The good news is if your weight and overall lifestyle are corrected many of those medical problems improve or are totally eliminated and you can feel better about yourself and enjoy all that life has to offer.

Lifestyle Solutions MedSpa specializes in helping people achieve and maintain a healthy weight through physician-directed individualized programs that teach you how to achieve a healthy, realistic, sustainable lifestyle. "We educate, motivate, inspire, and hold people accountable so that each person starts feeling better about themselves and starts to develop a new healthier routine without feeling like they are on a "diet" or part of a "diet program", says Dr. Michael Holloway, medical director and founder of Lifestyle Solutions MedSpa, "With over 12 years of experience in this field we have become very good at what we do...most people who start our program are very successful and achieve good outcomes. We have helped people get their blood pressure and diabetes under control without the need for medication as well as help people reduce or eliminate many of their common medical conditions so they can feel healthy and confident.

The MedSpa takes the approach that focusing on the individual and establishing a positive, up-beat attitude is key. You will feel the difference from the minute you pull up to the facility and walk through their doors...it is unlike most anything you have experienced...a far cry from the typical sterile, bland, medical facility. You will also be greeted by their warm and friendly staff. "We raise the bar high in the area of customer service", says Shannon Holloway, the MedSpa's executive director and co-founder, "We see ourselves as much in the hospitality industry as the medical field. We want each and every client to feel uplifted and happy about coming to see us. Emotional health and well-being is a large part of one's daily attitude which makes a huge difference as someone works towards their goals of losing weight and developing a revitalized feeling about themselves.

Lifestyle Solutions MedSpa offers much more than just weight-loss programs. The menu of services they offer include numerous FDA approved facial

and body aesthetic treatments and procedures all of which are non-invasive and have the benefit of little to no downtime but deliver incredible results.

"If someone is looking for a total body make-over we can make that happen", says Dr. Holloway, "We offer everything from Botox® and Restylane® to laser hair removal, facial resurfacing, rosacea and sunspot reduction to Coolsculpting® which dramatically reduces that undesirable diet and exercise resistant body fat we accumulate as we age. We also have a fabulous permanent make-up artist from Japan who has been with us for over five years. She performs some of the best eyebrow and eyeliner results I have ever seen."

The MedSpa also offers a simple and effective way to "escape" from the busy stressful world and take an afternoon to just pamper yourself or you and your spouse or just have a "girls' day out". There are two adjacent amazingly adorned spa rooms that can be booked for a "spa party" where

each person can choose from a list of massages, facials or other desirable relaxing treatments and then enjoy a healthy revitalizing lunch while sitting just outside on the private French-style patio all while enjoying relaxing music, soothing sounds from a nearby waterfall and watch the butterflies mingle around the flower garden.

If all this sounds too good to be true, well, it isn't...Dr. Michael Holloway and wife, Shannon, challenged themselves over the past two years to design and construct a new facility in the heart of the Villages® community that they consider to be one of the top MedSpas you will find anywhere around the world. And once you experience the facility and everything they have to offer we think you will agree. You just simply need to come experience Lifestyle Solutions MedSpa. They have two equally unique facilities located in Ocala and Lady Lake. Call and make your appointment for a free consultation TODAY!

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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.



IS AN ACTIVE ADULT COMMUNITY RIGHT FOR YOU?

Active adult communities are real estate developments that offer independent, relatively maintenance-free living to residents aged 55 and over. In age-restricted active adult communities, 80% of homeowners must be 55 and over, while age-targeted communities simply market to the 55+ crowd.

Many of the residents continue to work part or full time, which is why the term "active adult retirement communities" is less accurate. The residents are not opposed to children (or grandchildren!) either. Rather, the 55+ component simply assumes that people at the same stage of life probably share a few leisure-time interests and pursuits.

What You'll Find at an Active Adult Community

At its most basic level, active means independent, so active adult communities offer no assistance with daily living activities, such as meals, medication, house-keeping and personal care. They do usually present a variety of on-site activities and easy access to natural or cultural attractions, shopping, nearby medical facilities, and large metropolitan areas. According to an American Housing Survey, 85% of 55+ housing is located near or in a metropolitan area.

But active adult communities are not simply real estate. Residents are also choosing a community and a lifestyle. Today's active adult communities go beyond the old stereotypes of shuffleboard and knitting (although those activities are often still on the schedule for those who love them). Some communities promote a resort or vacation feeling through activities and amenities, while others emphasize social or cultural life.

Most communities recognize that "active" encompasses bodies and minds. Without ever leaving their neighborhood, residents can:

- Golf
- Swim
- Bike
- Walk
- Jog
- Lawn-bowl
- Dance
- Practice Pilates, aerobics or yoga

Arts and crafts and social pastimes include scrapbooking, painting, ceramics, mahjonn, bridge, movie nights, afternoon tea, and holiday cookouts and gatherings. Some active adult communities also offer continuing education classes, such as bird-watching, history and genealogy, while others partner with nearby universities to offer academic classes and cultural events.

If all of this organized activity seems more like a hyperactive community, rest assured that active adult communities emphasize friendliness and relaxation as well, balancing time at home and hanging out with neighbors and friends.

Communities Designed with Your Needs in Mind

Today's active adult communities offer attractive, well-designed construction options for nearly every budget, including:

- Single-family homes
- Condominiums
- Townhomes
- Custom-built homes
- Manufactured homes



Many developers offer energy-efficient quality materials and open floor plans. Often, homes are built on land that is held in common. Residents then enjoy the privacy of home ownership without the obligation to mow the lawn or clean the pool.

Homeowners often pay an additional monthly fee to cover services and amenities, such as: garbage collection, maintenance of shared spaces and facilities, security, cable or satellite TV, internet connection, and shuttle bus.

Like amenities, services vary from community to community. For example, security might entail a gate with an access card, an on-site security officer or 24-hour surveillance. Sometimes the monthly fee includes insurance and property taxes, but not always.

Find Active Adult Communities

How do you know which community is for you? Recognizing that active adult communities offer not just real estate but lifestyle, many developers invite potential residents for a trial visit, including a tour. By joining the community for a day or two, visitors can see if the homes, amenities and people are a good fit.

For information on local active adult communities and to learn more about what they have to offer, call Judy Trout at 352-208-2629 today.

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

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



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

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

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

1 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, Sturmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. *Cancer Epidemiol Biomarkers Prev*. Mar 2007;16(3):494-499.



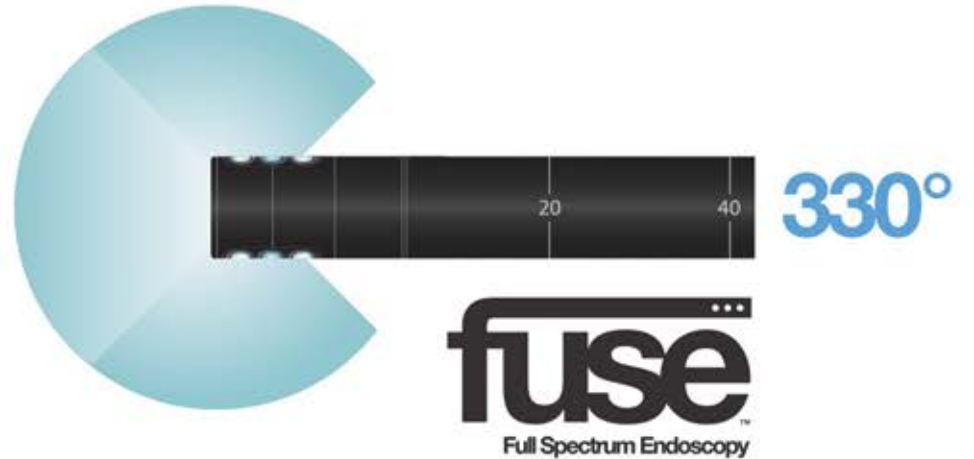
Dr. Anand Kesari



**Standard Colonoscope
Limited 170° Field of View**



**Fuse™ Colonoscope
Panoramic 330° Field of View**



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

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

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



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

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

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

**Gastro-Colon Clinic
Dr. Anand Kesari**

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Eliminate Pain

and Accelerate Natural Healing with Electricity, Even if Nothing Else Works!

Are you still suffering in pain no matter what the doctors prescribe? If so, you're not alone. According to The National Institute of Health and WebMD, over 100 million Americans suffer with chronic pain every day no matter what the doctors prescribe.

But there is good news! You can be pain-free, because now the world's most advanced electrotherapy technology (AMT), which once reserved for the elite of Olympic, and professional sports, entertainment for the past 30 years is now available to the general public in central Florida for the very first time ever, thanks to Energy Medical at The Villages.

Why Just Manage Your Pain When You Can Eliminate It?

Using two devices, the Electro-Acuscope and Myopulse, (AMT) therapist are easily able to address every part of the body from head to toe in a safe and pleasant, non-invasive manner. AMT doesn't just mask the pain or trick the brain into not feeling pain, it electrically normalizes tissue so it can quickly heal and eliminate the pain permanently. How does it work?

Electricity Flows Through Every Healthy Cell in the Body

The human body actually runs on electricity. Energy flows in distinct pathways throughout the entire body powering every cell, muscle, organ and brain function. Each cell holds a charge, just like a battery, and operates like a little battery driven pump, electrically pumping nutrients into each cell, converting them to energy (in order to do work), and then electrically pumps out metabolic waste to be carried out of the body. This is the cycle of cellular life. When the batteries get weak cell function diminishes. It's all energy, and it's all measurable electricity. Whenever there is pain, disease, injury or weakness there is always a corresponding weakness in the electrical properties of the cell / tissue.



Using electro-physiological instruments such as EKGs, EMG, and EEGs physicians measure the electricity of the heart, muscles and brain. With this in mind, it only makes sense to ask, "If we are all being diagnosed electrically, why then aren't we being treated electrically"?

The human body has an amazing ability to heal itself, if it only has enough electrical energy.

The Electro-Acuscope is a pain-management device designed to specifically treat neurologic tissues, and read all body tissues and systems as well. The Electro-Myopulse specializes in treating connective tissues such as bone, muscle, tendon, ligaments and skin. Together they are a full body treatment system, designed to eliminate pain, accelerate natural healing, increase energy levels and improve detoxification. In other words AMT will help you to look, feel and perform better.

Electricity is the health secret of the ages, successfully treating many conditions without medication or surgery.

Not All Energy Devices Are Created Equal.

The Electro-Acuscope and the Electro-Myopulse are unique micro-current instruments unlike any other micro-current devices available today. They operate at especially low currents and more importantly, are both input and output devices with the ability to read electrical impedance & capacitance, analyze and respond back with precise inverted electrical signals at more than a hundred times per second. *No other micro-current device simultaneously reads and treats tissue!*

Electricity is the key to life and health.

What Is Pain and Why Does It Hurt?

Health is all about the flow of energy and fluids throughout the body. Whenever the flow is restricted, by disease, injury, scar tissue, arthritis, etc., the cells stop functioning properly. Basic physics teaches us that resistance to the flow of energy or fluids always creates heat - heat induces inflammation - inflammation increases sensitivity - and increased sensitivity results in the sensation we know as pain. The more resistance, the more sensitivity or pain. AMT addresses the inflammation by addressing the root cause of the resistance.

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Electricity Is The Missing Component In Western Medicine.

The efficacy electro-therapy goes back thousands of years in history. Acupuncture, which has been used since ancient times in China, is all about using static electricity to help normalize tissue. In ancient Greece, Egypt and Rome people used to soak their feet in pools with electric eels and torpedo fish and let the mild electrical currents come thru the water and up feet and legs to relieve pain.

The term electricity is actually a medical term, first coined in the early 1600s by Queen Elizabeth's royal physician, Dr. William Gilbert to describe medical therapies. He is known as the Father of Electricity. However today because of the influence of powerful drug companies and insurance interests and political oversight electro-therapies are mostly overlooked in favor of other highly profitable substances.

How To Avoid Unnecessary Surgeries and Other Dangerous Side Effects

Besides eliminating pain, AMT has helped many people avoid surgeries, recover faster when surgery was necessary, lessen medication dependencies, increase energy levels, return to favorite activities and improve their overall quality of life. Visit www.EnergyMedical.net to see recent local testimonials.

Over prescription is rampant, according to experts. A new report finds that U.S. doctors are too quick to prescribe drugs, and often give little thought to side effects and non-drug alternatives. Nearly half of all Americans have used at least one prescription drug in the past month. Many are being exposed to dangerous side effects, some fatal, even though they are receiving few or no benefits from the drugs.

Even though medications aren't always needed, it does takes more than just eating right and a healthy diet to achieve and maintain a pain-free life. Adequate and uninterrupted energy flow throughout the body is necessary to eliminate pain, and live an energized life.

As the number of patients successfully being treated with electric therapy increases, the medical field is embracing AMT as an efficient and cost effective treatment option.

Electricity is the future of effective medicine.

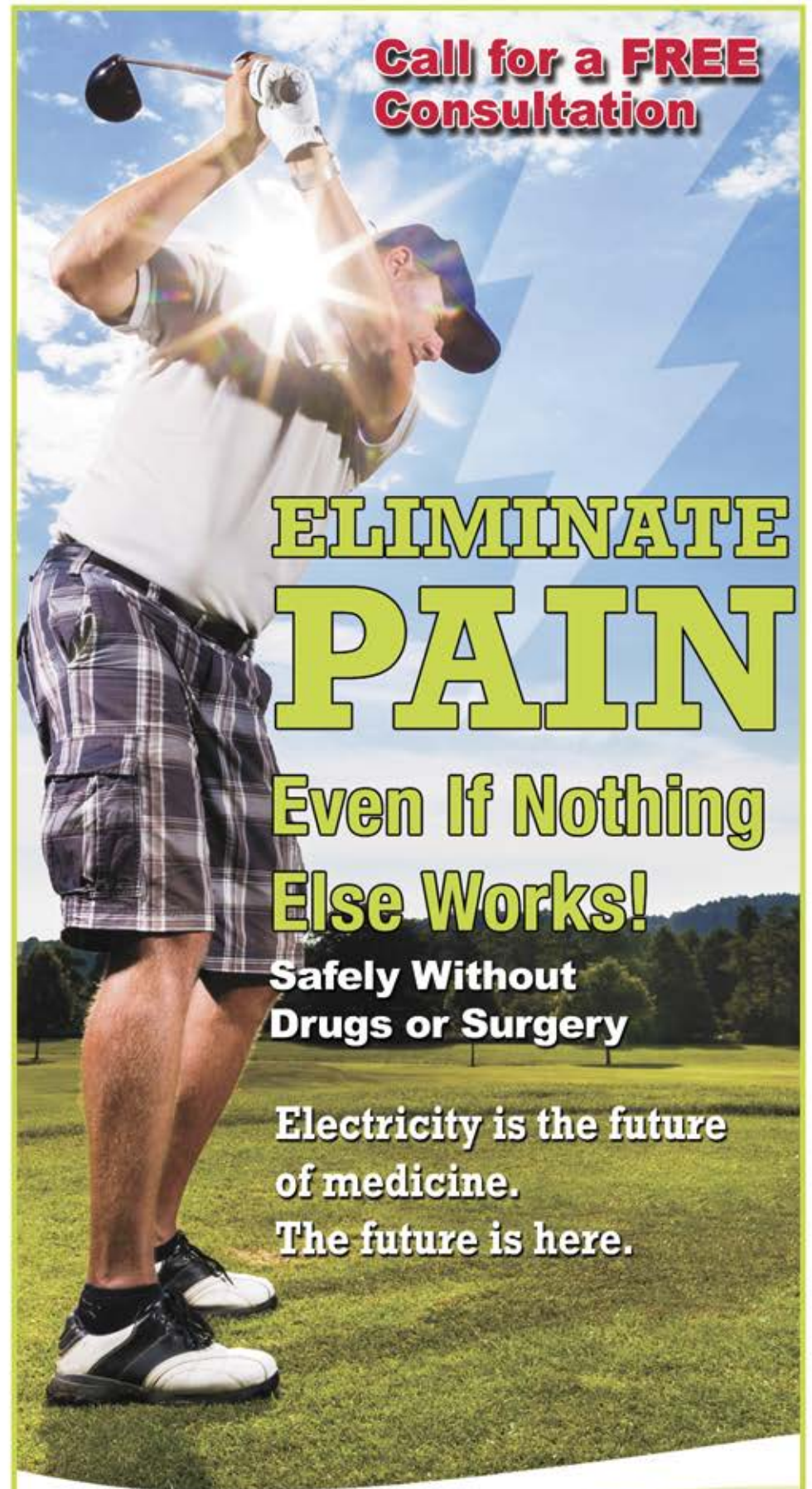
AMT Is The Worlds Most Advanced Electro-Therapy.

Used for more than 30 years by top athletes and entertainment celebrities because it accelerates the body's natural ability to heal, and allows them to function at peak performance. Today doctors around the world are acknowledging the importance of electro-therapy, and the undisputable results being delivered with AMT, even when nothing else worked.

It can do the same for you, just look at our website to see the dramatic results your friends and neighbors are receiving. www.EnergyMedical.net

Using AMT, the team electro-therapists at Energy Medical is ready to eliminate your pain for good. Feel more youthful, more mobile, and more comfortable today.

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- February 18th | 1 P.M. - Facial Beauty Master Class, Citrus Hills Golf & Country Club - 505 East Hartford, Hernando, FL 34442
- February 23rd | 1 P.M. - Facial Beauty Master Class, Waterfront Inn - 1105 Lake Shore Dr, The Villages, FL 32162

Dr. Castellano



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Low Level Laser WEIGHT CONTROL

Low Level Laser Therapy (LLLT) is the application of a coherent cold laser light to treat certain conditions. It has been used to successfully treat many kinds of musculoskeletal injuries, because it promotes healing and tissue repair. LLLT has also been found to be an extremely successful treatment for alcohol & drug addiction, smoking cessation, and weight control.

HOW DOES LLLT WORK?

It works along the same principle as acupuncture but of course, no needles. The laser light easily penetrates through the layers of your skin to activate healing responses by your cells and to stimulate your nerve endings to produce endorphins. Endorphins such as serotonin are produced normally by your body and are nature's natural mood lifter and help keep you from feeling anxious or moody.

The treatment of specific points on the body helps to reduce the desire to eat, providing a natural satiation without food. The laser helps to balance organ and glandular functions that regulate weight. LLLT quickly helps to activate the bodies innate cellular communication system and positive immune, enzyme and endorphin response.

A series of treatments is usually recommended after the initial consultation.

WHAT POINTS ON THE BODY ARE USED FOR WEIGHT CONTROL?

Applying the laser to various points on the body can facilitate weight loss by giving the person a feeling of well being, which can suppress the desire for excessive and inappropriate food. The laser can also stimulate metabolism and thereby enable the body to utilize food efficiently instead of storing it as fat.



Each patient is custom-treated according to his or her specific and unique diagnosis. Usually a combination of body, hand, and ear acupuncture points are used that are believed to influence the organs and energetic pathways associated with weight management and hunger control.

Diet and exercise are helpful in any program of weight reduction. Most people who come for the laser treatment for weight control, however, have been given diets and exercise regimens before. They may have good knowledge of what they should and shouldn't eat, but they feel depressed or irritable when they try to stay on a diet. The laser should relieve such problems and improve will power.

WHAT WEIGHT LOSS RESULTS CAN BE ACHIEVED USING LLLT?

The weight loss to be expected is about ten to fifteen pounds per month. Weight loss should continue after the treatments are completed until normal weight is achieved. The effects of the laser usually last at least 6 to 9 months following your last treatment.

A succession of three laser treatments over a three to six week period is recommended initially. You may require additional treatments, depending on desired weight loss goals. Sometimes a couple of treatments within the first weeks are necessary to get things started.

IS LLLT SAFE?

LLLT is a safe, painless and medication-free treatment with virtually no negative side effects. It has been used in England, Canada and Europe for over 20 years with no documented adverse side effects. Laser therapy is a non-medical procedure and is respected by many physicians as a highly effective treatment. Several companies are currently participating



in a study by the FDA to validate the effectiveness of LLLT. Countless patients are raving about their successful medication free treatment.

DOES LLLT HURT?

No. LLLT is completely painless. In fact, most people describe an extremely relaxed feeling after being treated.

Weight loss is enhanced when LLLT is combined with a healthy diet and regular exercise. It has been found beneficial to drink at least 8 glasses of pure water per day to help flush out toxins, eat 6 small meals per day to help control blood sugar. The glycemic index diet is worth looking at. For the best long term results avoid sugars, refined foods, sodas and saturated fats. Instead, eat plenty of fresh fruits, vegetables, whole grains, fish, lean poultry and use cold pressed flax oil and extra virgin olive oil.

IF you have tried everything and are tired of failing to control or lose weight, Low Laser Light Therapy may be just the treatment for you! For more information or to schedule a consultation, call 614-638-7957!

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Ask About Our Seminar's!

TREATING SARCOPENIA: How To Deal With The Single Most Frequent Cause Of Late Life Disability

Sarcopenia is a potentially serious health-related condition that affects the majority of older adults, progressively reducing their muscle strength, muscle mass and physical function. This paper briefly summarizes the current research on sarcopenia – its scope and risk, as well as its ongoing effects on the aging body. It will also show that strength training can prevent a diagnosis of, or delay the onset of sarcopenia, better enabling older adults to remain healthy, active and independent.

Sarcopenia is the clinical name for the loss of muscle mass, strength and function that occurs with advancing age. Such losses are particularly noticeable in the performance of activities of daily living (ADL): everyday activities that were once taken for granted (climbing stairs, getting out of chairs, walking briskly, carrying shopping, etc.) become more and more of an effort and, for some, even impossible. While such losses are, ultimately, inevitable with more advanced aging, their scope, progression and impact are within the capabilities of almost everyone to minimize, reduce or delay.

“...there are grades of sarcopenia that range from sub-clinical to frailty.”

SCOPE OF SARCOPENIA IN THE U.S.

Up to 13% of adults in their 60s, and 50% of adults in their 80s have been clinically diagnosed with sarcopenia, meaning their muscle mass losses have reached severe levels. This amounts to approximately 18 million older adults in the United States. However, the definition and scope of sarcopenia has recently been expanded to encompass more than just muscle mass loss. A recent international sarcopenia consensus conference stated that there are grades of sarcopenia that range from sub-clinical to frailty. Sarcopenia thus affects all adults to some extent as they transition into their later years. That is, subclinical loss of muscle mass, strength and function are evident, and inevitable, in virtually all older adults compared to young, healthy, physically active young adults.

PROGRESSION AND IMPACT OF SARCOPENIA

Sarcopenia is to muscle what osteoporosis is to bone. By age 30, many individuals have begun to lose muscle mass. This can amount to as much as 10% per decade between 30 and 70 yrs of age, and 15% per decade thereafter.

“...sarcopenia is regarded as the single most frequent cause of late-life disability.”

Strength losses are even greater: as much as 15% per decade between 30 and 70 yrs of age, and up to 40% per decade thereafter. Physical function losses parallel these findings: in recent surveys of adults 65+ yrs of age, 0-70% report difficulty in performing a wide range of ADL. Sarcopenia also compromises muscle function (‘muscle quality’) by allowing fatty tissue to infiltrate the muscle resulting in significant reductions in strength and force generation.

Such losses, if unchecked, can also lead to a clinical diagnosis of frailty. This is a disabling condition characterized not only by an inability to perform daily activities and to an increased risk of falls, but also by general malaise, fatigue, susceptibility to infection and a precipitous drop in body weight.

As a result of this, now generally accepted catalogue of lifestyle-impacting deficits, sarcopenia is regarded as the single most frequent cause of late-life disability.

ASSESSING THE RISK OF SARCOPENIA

The European Working Group on Sarcopenia in Older People recommends that sarcopenia risk be assessed on the basis of three criteria: low muscle mass, low muscle strength and low physical function. However, because strength and physical function represent major determinants of sarcopenia, a low score on these two factors alone is considered sufficient to indicate a high risk of its incidence. This would then merit a referral for specific strengthening interventions. Accordingly, at ActiveRx we utilize an evidence-based screening test designed to assess aspects of strength and functional status that identify the level of risk of sarcopenia, or its diagnosis. Depending on the results of these tests, we then design an appropriate intervention/treatment, in collaboration with the individual’s physician.

TREATMENT AND PREVENTION

Strength training (‘resistance training’) has been shown to increase strength at any age, and it is now acknowledged as the most effective method for the treatment of sarcopenia. A recent international conference on sarcopenia reported that “Resistance exercise, at present, is



the treatment modality of choice.” This statement represents the culmination of a remarkable change in attitude. Until recently, society in general – and even medical professionals – considered strength training to be unsuitable or unsafe for older adults. However, over the course of the past two decades, a growing body of research has conclusively demonstrated the safety and fundamental value of strength training for this population – even at high-intensities.

The benefits of strength training are noticed relatively quickly. Research has shown that 15-20 minutes of moderate to high intensity strength training 2-3 times per week for as little as 8-12 weeks can increase muscle mass by 12% or more, and strength by as much as 100%. A recent review has also reported that muscle mass can be increased 12-62% over 9-52 weeks of training, 2 to 3 days per week. In lifestyle terms, more than a decade of age-induced loss of muscle, strength and function can be regained over a period of 9-12 weeks, with a regular and appropriately-designed program of strength training.

“Resistance exercise, at present, is the treatment modality of choice.”

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

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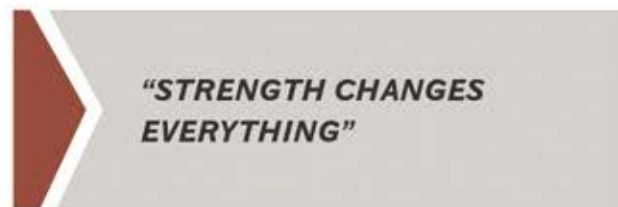
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The consequence of this, now well established, information is that older adults can (i) delay, slow or even reverse for a time, the pre-clinical effects of sarcopenia and, (ii) significantly increase their potential for avoiding an actual diagnosis of sarcopenia and frailty. Importantly, all this is possible without the use of drugs or pharmaceuticals. At ActiveRx, we have a long pedigree of work in this area. In 1996, Dr. Wayne Phillips, our Research Director, was the first scientist in the UK to publish evidence of the safety and effectiveness of high intensity strength training to increase both strength and muscle mass in older adults. Since this time, we have published many other studies in support of our philosophy. The scientific literature regarding the benefits of strength training for older adults also continues to expand and confirm our early application of, and advocacy for, this approach.

STRENGTH THERAPY CENTERS

At our neighborhood Strengththerapy Centers, we take every opportunity to collaborate with physicians and other medical professionals in working with patients who may be at risk for sarcopenia. An essential aspect of this approach is providing a friendly, welcoming and positive environment. In the Centers, our members can be heard to share lifestyle-related stories of their strength and functional regeneration, as well as their newly reacquired experience of independence and quality of life.



TAKE HOME MESSAGE

Getting older does not have to stand in the way of greater strength, independence and quality of life. Instead of defining aging by loss, it is time to discover just how much is yet to be gained!

Our unique national network of Strengththerapy Centers is currently established in 10 states, with more to follow by the end of 2015.

NEXT STEPS:

REFER TO ActiveRx

In summary, we provide an evidence-based sarcopenia screening battery with follow-up services that include:

- Our proprietary Strengththerapy® System that directly addresses the primary determinants of sarcopenia
- A proven evidence-based approach that increases strength, muscle mass and muscle quality, while improving a range of sarcopenia-limited functional tasks, and
- Muscle mass assessment via BIA (at selected locations)

NOTE: Sarcopenia screenings can be conducted as part of a Medicare Preventive visit and/or yearly wellness exam.

ADDITIONAL RESOURCES

Access the following links for more information on ActiveRx and the work that we do with older adults:

- ActiveRx website: ActiveRx.com
- ActiveRx Aging Insights newsletter: ActiveRx.com/News/Aging-Insights-Newsletter
- ActiveRx Choose How You Age blog: ActiveRx.com/Blog Access the following studies for more in-depth research on sarcopenia:
 - Brotto, M. & Abreu, EL. Sarcopenia: Pharmacology of Today and Tomorrow. *Journal of Pharmacology and Experimental Therapeutics*, 343: 540–546, 2012.
 - Tracy, BL, et al. Muscle quality. II. Effects of strength training in 65- to 75-yr-old men and women. *Journal of Applied Physiology*, 86: 195–201, 1999.
 - Cruz-Jentoft, AJ, et al., Sarcopenia: European consensus on definition and diagnosis. *Age and Aging*, 39: 412–423, 2010.

**Dr. Phillips is an internationally known consultant, researcher, author and speaker in the field of gerontology, whose work focuses on the role of strength and behavior in active, healthy aging.*

10 Valentine's Ideas for Your Family

Valentine's Day doesn't have to be just for "couples." Include your kids or grandkids to make this Valentine's Day extra special.

1. Ask the kids to tell you how they think Valentine's Day began. Write down what they say. Then do some research with the children, online or at the library, and see if their ideas are correct.

2. Designate the month of February as a time to show special love in your home. Read the following paraphrase together of 1 Corinthians 13:4-7 (The Message).

Love never gives up. Love cares more for others than for self. Love doesn't want what it doesn't have. Love doesn't strut, Doesn't have a swelled head, Doesn't force itself on others, Isn't always "me first," Doesn't fly off the handle, Doesn't keep score of the sins of others, Doesn't revel when others grovel, Takes pleasure in the flowering of truth, Puts up with anything, Trusts God always, Always looks for the best, Never looks back, But keeps going to the end.

Then discuss each of the above characteristics of love at the dinner table on separate nights. For example, "Love never gives up." How have friends and family stood by one another in good and bad times?

3. Plan a unique scavenger hunt with the kids for Dad (or Mom). Help the children make and hide clues, taping a small chocolate kiss on each one. Have meaningful gifts at the end of the hunt. Possibilities include handwritten notes of love and appreciation, personal certificates of service (I will wash your car, clean out the garage, cook dinner, etc.),

drawings, homemade treats, framed family pictures, etc. To make the scavenger hunt extra special, end your time with a family trip to the pizza parlor or bowling alley.

4. As a family, think of those who may be especially lonely on Valentine's Day, then brainstorm ways that you could show God's love to them. The kids may want to make unique Valentine cards, bake heart-shaped cookies, or invite them to a special lunch or dinner

5. Cultivate a sense of appreciation in your children by helping them express appreciation to their grandparents. Have each of the kids write Grandma and Grandpa individual Valentine's Day notes. On February 14, personally deliver the notes along with an arrangement of flowers or a balloon bouquet. If grandparents live out-of-town, mail each note in a separate envelope and also call Grandma and Grandpa.

6. Make February 14 a "red letter day" for your family. Decorate the kitchen or dining room with hearts, red and white streamers, and heart-shaped balloons. Wear a red outfit or apron and serve the family heart-shaped pancakes; add some red food coloring to the syrup. Make heart-shaped sandwiches for lunch, and choose dinner entrees that are red.

7. Mail each of your children a Valentine's card from you and your spouse. Share not only why you love your child unconditionally, but also your gratitude to God that your son/daughter is your child.



8. Tell your children how you celebrated Valentine's Day as a child. Then have the kids call/visit their grandparents to see how they celebrated it. Talk about ways that Valentine traditions have not only changed, but also remained the same.

9. Help the kids make an "I love you because" book for someone special (parent, grandparent, pastor, teacher, etc.). In addition to writing and drawing heartfelt messages, include some favorite photographs and artwork. For a lasting keepsake, have the book bound at a local print shop.

10. With your spouse, decide on personalized ways that you can show love to each of your children on Valentine's Day. Spend time praying about how to best do this. While love for one child may be expressed by time, another may feel loved by words of affirmation or gifts. You may want to read *The Five Love Languages of Children* by Gary Chapman and Ross Campbell.

Source: Family Life Today

FEBRUARY 14-20 IS RANDOM ACTS OF KINDNESS WEEK

The Science of Kindness:

How practicing kindness benefits overall well-being

What does “science” of kindness mean? Practicing kindness is more than just a nice thing to do; it’s also beneficial to overall well-being. Kindness is scientifically proven to boost health, happiness and societal goodwill.

Can kindness be taught?

Yes! Kindness, like physical and academic skills, appears to be something that is not fixed, but rather can be enhanced with training and practice. Richie Davidson, Neuroscientist and Professor of Psychology and Psychiatry at University of Wisconsin, Madison says, “It’s kind of like weight training, we found that people can actually build up their compassion ‘muscle’ and respond to others’ suffering with care and a desire to help.” Davidson adds, “Compassion and kindness training in schools can help children learn to be attuned to their own emotions as well as those of others, which may decrease bullying. Compassion training also may benefit people who have social challenges such as social anxiety or antisocial behavior.”

Can kindness really illicit change, and how?

Yes, because kindness is contagious. Acts of kindness have a positive three-way effect: There’s the positive effect on the recipient, and the positive effect on you—you might find yourself experiencing the positive emotion of the ‘helper’s high.’ But perhaps the biggest effect of all will be on a passer-by who just happens to witness the act.

How can kindness improve your health?

Volunteering results in more health benefits than exercising or quitting smoking. “Helping a neighbor, volunteering, or donating goods and services results in a helper’s high,” says Stephen Post, Author of *The Hidden Gifts of Helping*.

People who volunteer live a longer more satisfied life. Christine Carter, Author, *Raising Happiness; In Pursuit of Joyful Kids and Happier Parents* says, “People who volunteer tend to experience fewer aches and pains. Giving help to others protects overall health twice as much as aspirin protects against heart disease. People 55 and older who volunteer for two or more organizations have an impressive 44% lower likelihood of dying, and that’s after sifting out every other contributing factor, including physical health, exercise, gender, habits like smoking, marital status and many more. This is a stronger effect than exercising four times a week or going to church.”

Giving to others reduces depression and improves well-being. Stephen Post of Case Western Reserve University School of Medicine serves as president of the Institute for Research on Unlimited Love, which conducts and funds research on altruism, compassion and service. His research shows that when we give of ourselves, especially if we start young, everything from life satisfaction to self-realization and physical health is significantly improved. Mortality is delayed, depression is reduced and well-being and good fortune are increased.

Committing acts of kindness lowers blood pressure. According to Dr. David R. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and, therefore, oxytocin is known as a “cardioprotective” hormone. It protects the heart by lowering blood pressure.

Helping others increases energy. “About half of participants in one study report that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with increased feelings of self-worth,” says Christine Carter, UC Berkeley, Greater Good Science Center.

Doing kind acts for others reduces anxiety. During four weeks, University of British Columbia researchers assigned people with high levels of anxiety to do kind acts for other people at least six times a week. The researchers found that doing nice things for people led to a significant increase in people’s positive moods. It also led to an increase in relationship satisfaction and a decrease in social avoidance in socially anxious individuals.

How can kindness increase happiness?

The act of helping another person triggers activity in the caudate nucleus and anterior cingulate cortex regions of the brain, the parts involved in pleasure and reward. That is, serving others may produce the same sort of pleasure as gratifying a personal desire.

“People who engage in kind acts become happier over time...When you are kind to others, you feel good as a person -- more moral, optimistic, and positive,” says Sonja Lyubomirsky, Professor of Psychology, UC Riverside. Researcher Elizabeth Dunn found that those who spend money on others reported much greater happiness than those who spend it on themselves.

How can kindness build good will?

Lyubomirsky, adds, “Kindness can jumpstart a cascade of positive social consequences. Helping others leads people to like you, appreciate you, to offer gratitude. It also may lead people to reciprocate in your times of need. Helping others can satisfy a basic human need for connecting with others, winning you smiles, thankfulness, and valued friendship.”

For some great kindness ideas for work, home, or school, go to randomactsofkindness.org.



URGENT CARE

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

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

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

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



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

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

SUMMERFIELD

OPEN DAILY
8am to 10pm
365 days a year

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



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

THE VILLAGES - BUFFALO RIDGE - CR466

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

Office:
352-350-1526



Golf Cart Access

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

THE VILLAGES - LAKE SUMTER LANDING

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

Office:
352-350-1525

Golf Cart Access



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

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

A TEAM EFFORT

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



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

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

SIMPLY THE BEST

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

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



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

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

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

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

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

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

ILLNESSES:

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

INJURIES:

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

Get The Facts On Eating Disorders

What Are Eating Disorders?

Eating disorders are real, complex, and devastating conditions that can have serious consequences for health, productivity, and relationships. They are not a fad, phase, or lifestyle choice. Eating disorders are serious, potentially life-threatening conditions that affect a person's emotional and physical health. People struggling with an eating disorder need to seek professional help. The earlier a person with an eating disorder seeks treatment, the greater the likelihood of physical and emotional recovery.

In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life, including anorexia nervosa, bulimia nervosa, binge eating disorder, or EDNOS (Wade, Keski-Rahkonen, & Hudson, 2011). (EDNOS is now recognized as OSFED, other specified feeding or eating disorder, per the DSM-5.)

For various reasons, many cases are likely not to be reported. In addition, many individuals struggle with body dissatisfaction and sub-clinical disordered eating attitudes and behaviors, and the best-known contributor to the development of anorexia nervosa and bulimia nervosa is body dissatisfaction (Stice, 2002). By age 6, girls especially start to express concerns about their own weight or shape. 40-60% of elementary school girls (ages 6-12) are concerned about their weight or about becoming too fat. This concern endures through life (Smolak, 2011).

About Anorexia Nervosa:

Health Consequences, Including Mortality

In anorexia nervosa's cycle of self-starvation, the body is denied the essential nutrients it needs to function normally. Thus, the body is forced to slow down all of its processes to conserve energy, resulting in:



- Abnormally slow heart rate and low blood pressure, which mean that the heart muscle is changing. The risk for heart failure rises as the heart rate and blood pressure levels sink lower and lower.
- Reduction of bone density (osteoporosis), which results in dry, brittle bones.
- Muscle loss and weakness.
- Severe dehydration, which can result in kidney failure.
- Fainting, fatigue, and overall weakness.
- Dry hair and skin; hair loss is common.
- Growth of a downy layer of hair—called lanugo—all over the body, including the face, in an effort to keep the body warm.

A review of nearly fifty years of research confirms that anorexia nervosa has the highest mortality rate of any psychiatric disorder (Arcelus, Mitchell, Wales, & Nielsen, 2011).

For females between fifteen to twenty-four years old who suffer from anorexia nervosa, the mortality rate associated with the illness is twelve times higher than the death rate of all other causes of death (Sullivan, 1995).



1-800-931-2237

www.nationaleatingdisorders.org

About Bulimia:

Health Consequences

The recurrent binge-and-purge cycles of bulimia can affect the entire digestive system and can lead to electrolyte and chemical imbalances in the body that affect the heart and other major organ functions. Health consequences include:

- Electrolyte imbalances that can lead to irregular heartbeats and possibly heart failure and death.
- Electrolyte imbalance is caused by dehydration and loss of potassium, sodium and chloride from the body as a result of purging behaviors.
- Potential for gastric rupture during periods of bingeing.
- Inflammation and possible rupture of the esophagus from frequent vomiting.
- Tooth decay and staining from stomach acids released during frequent vomiting.
- Chronic irregular bowel movements and constipation as a result of laxative abuse.
- Peptic ulcers and pancreatitis.

Binge eating disorder often results in many of the same health risks associated with clinical obesity, including:

- High blood pressure.
- High cholesterol levels.
- Heart disease as a result of elevated triglyceride levels.
- Type II diabetes mellitus.
- Gallbladder disease.

Call the Helpline Now

Call our toll-free, confidential Helpline, Monday-Thursday from 9:00 am - 9:00 pm and Friday from 9:00 am - 5:00 pm (EST): 1-800-931-2237. Or visit us online at www.nationaleatingdisorders.org.

Source: www.nationaleatingdisorders.org

The Family Secret

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

John the Baptist asked Jesus a very bizarre question once. In Matthew 11:3 He asked, "Are you the Messiah we've been expecting, or should we keep looking for someone else?"

Here is why that seems so bizarre. John also said these words in *John 1:29*, "Look, the Lamb of God, who takes away the sin of the world!"

John, Jesus' wild-eyed, locust-eating cousin, clearly knew who Jesus was, why he was here, and actually had known this his whole life.

So what's up, Johnny B?

At breakfast, a friend told me his former drug-addicted son turned drug counselor for many years had relapsed so bad that his mom is in fear for his life. Their other child has tried to commit suicide many times. They've lived with these crushing pains for years, yet do it with a grace that boggles the mind.

The day I started this article, a minister friend of mine buried his baby granddaughter. A miserably sad day, but he was surprisingly peaceful.

With the extraordinary things that can happen in life, I don't think it's too big of stretch to get why John would ask, "Are you the Messiah or should we be looking for someone else?"

John was in a tight spot, about to be executed. Herod liked John, put him in prison to protect him, got drunk at a party and made a regretful promise that cost John his life.

In my opinion John was asking this: "Hey, cousin, are you really going to be the 'Head Honcho' around here? If so, get on with it. And by the way, get me out of prison because they're about to cut my head off, drop it in a basket, and give it to a woman who hates me!"

When life happens to us, it can cause us to ask God questions.

For thirty years, I tried to answer these kinds of questions. Sometimes the answer was crystal clear, but at



times...I had no idea. Only God knew, and He didn't tell me.

What I have found is this secret in Matthew 11, a few verses after John's question. In Matthew 11:25, Jesus prayed this prayer: "O Father, Lord of heaven and earth, thank you for hiding these things from those who think themselves wise and clever, and for revealing them to the childlike." (Innocence)

Did you see that? *Hiding these things?* Why would God hide something? My hallucination is it's because there are some things that only Christ followers get to know. They are kind of like family secrets. In fact, innocence is the key to the family secrets.

When life starts flying apart in big chunks, we start seeking answers. That's normal. When we don't readily find answers, we start blaming. And if no one else is handy to blame, we choose God. He is a pretty big target.

My friends who struggle with their two children's mental health and the friend who buried his granddaughter have this in common: they decided to stay innocent...not to blame God.

One of my early mentors, Moose, had terrible things happen in his family. The innocence inside of him gave him a calm peace in the middle of those terrible things.

That was a fresh idea for me since I barely trusted anyone at the time.

For my friends, God has not raised the dead or instantly healed tormented minds. I also did not see my friends crumble up and drift away under these crushing blows of life. God is helping them from the inside out. Their innocence—a child-like quality—allows God to give them strength to not just live but to thrive.

I've heard that the best place to hide something is in plain sight.

Look at this in Matthew 11: 27. "...No one truly knows the Son except the Father, and no one truly knows the Father except the Son and those to whom the Son chooses to reveal."

Without innocence, we blame God for our messes and miseries, and do not see that He is there to help. When we see the one who died for us, that's when this "innocent peace" begins to settle into our hearts. And over time, we are more than okay. We become whole.

I experienced this in an ICU room in Myrtle Beach, South Carolina as two of my brothers and I watched for eighteen minutes as Dad's heart slowly stopped beating after life support was removed. I felt helpless, yet filled with an innocent peace. I was whole. Nothing missing, even though my dad had gone to Heaven.

That day, in my broken heart, Holy Spirit revealed Jesus to me...my source of peace.

Ask God to reveal Jesus to you, and you will know what I'm saying is true.

To your spiritual health,
Pastor Alex Anderson
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The signs of a heart attack can be different in women.

In fact, some women can experience a heart attack with no chest pain at all. So know the signs. If you feel them, get to an emergency room – fast. Call 911 and know that you can count on the Accredited Chest Pain Center at Munroe Regional Medical Center.



Munroe Regional Medical Center

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