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Health & Wellness[®] MAGAZINE

March 2016

Lake/Sumter Edition - Monthly

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Therapy**

Changing Lives

**7 High-Tech
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Contents

March 2016

6 New Cancer Therapy is Changing Lives

7 Congress and the Vatican Agree: Stem Cell Therapy Shows Promise in Curing Diseases

8 Look Great. Feel Great. Be Healthy!

10 New Hope for MS Sufferers: Amazing Technology Now Available in Central Florida!

12 Angina Chest Pain: My Aching Heart!

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

14 7 High-Tech Reasons You Should Finally Deal with Your Hearing Loss

16 ICCC Encourages Education About Detection and Treatment of Colorectal Cancer

18 Spotlight on Comprehensive Vein Center

19 Regenerative Medicine Using Stem Cell Therapy for Damaged Joints, Tissues, and Cartilage

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

22 Stress Incontinence is Nothing to Sneeze At

23 Knee Pain Does Not Mean You Need Knee Replacement Surgery

24 The Right Food May Be Wrong For You

25 Low Level Laser Therapy

26 What is Liquid BioCell™?

28 Effective Treatment for Rheumatoid Arthritis

29 Tips When Making an Offer!

30 Can Melatonin Help You Sleep Better?

31 Spiritual Wellness: Prayer Killer #2: Not Honoring Your Spouse

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New Cancer Therapy is Changing Lives

By Dr. Stan Headley

The cancer world needed a game-changing product to give cancer patients more than just a "fighting chance" to survive cancer and the aggressive therapies used to kill cancer cells. Patients have two great fears, first is the fear of the cancer itself, and the second is the fear of treatments such as chemotherapy, radiation, and surgery. CellAssure is the game changer we've all been looking for!

Statistics show that 85% of cancer patients lose weight while 20-40% of cancer patients actually die from severe weight loss or a condition called cancer cachexia - not the cancer itself! You must win both the battle with the cancer as well as preventing the weight loss and debilitating weakness from cachexia. It is also crucial to understand that just because you may be overweight does not mean you are even remotely protected from cancer weight loss and cachexia.

Medical nutrition is proving to be the answer and the leader in medical nutrition made specifically for oncology patients is CellMark Biopharma. After years of research they've developed a revolutionary, non-drug medical nutritional product that is producing extraordinary results affirming the amazing clinically proven results from the chosen ingredients. The following provides a sample of the ingredients and their benefits that make up their patent-pending CellAssure formula.

Beta Glucan 1,3/1,6 – Decrease the size of the lung, liver and breast tumors in over 60% of patients when combined with chemotherapy then just chemotherapy alone! Works synergistically with anti-tumor monoclonal antibody therapy for greater results.

HMB – shown to increase LBM in 4 weeks in patient with cancer cachexia! As a combination therapy it is effective in increasing bodyweight in weight-losing patients with advanced stage 4 cancer!

Curcumin + Copper 2 – Demonstrated to be particularly effective for gastrointestinal (GI) cancers including oral cancer, stomach, colon, liver, as well as, multiple myeloma (bone cancer), and pancreatic cancer!

Pterostilbene - promotes cancer cell death via a mechanism involving lysosomal membrane permeabilization.

Silibinin - studies have demonstrated clearly that silibinin is effective in many types of cancers, including prostate, breast, lung, oral and osteosarcoma.

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

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

Cancer is a multi-faceted disease that attacks the body in many ways causing multiple serious side effects, each which needs to be addressed aggressively 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.



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

When do I start taking CellAssure?

While most people think that their 'Day of Diagnosis' is when their battle with cancer begins – we know better. The fact is on the 'Day of Diagnosis' their body has already been compromised by the cancer and their nutritional challenges have already started. Cancer has already started waging war and the need for additional nutritional medication is now. It is recommended that you start taking CellAssure from your day of diagnosis forward. Proper nutrition is something helpful regardless of where you are in the cancer process. Of course following a healthy diet along with CellAssure makes the most sense and your healthy eating should continue even after you've won your battle against cancer!

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

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

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Congress and the Vatican Agree: Stem Cell Therapy Shows Promise in Curing Diseases

By Maren Auxier - Staff Writer

Stem cell therapy is gaining worldwide support from international policymakers, including the U.S. Congress and the Roman Catholic Church, helping progress the field of regenerative medicine. Congress passed the *Stem Cell Therapeutic and Research Reauthorization Act* on Dec. 16, 2015, securing stem cell industry funding for at least 5 more years. The Vatican also showed their support for stem cell therapy earlier this year, announcing *The Third International Conference on the Progress of Regenerative Medicine and its Cultural Impact* to be held within the Vatican April 28-30, 2016.

"It remains one of the best kept secrets in America that umbilical cord blood stem cells and adult stem cells in general are curing people of a myriad of terrible conditions and diseases in adults as well as children," said U.S. Representative Chris Smith (R-Hamilton, NJ)¹

The Vatican released a similar statement regarding the benefits of regenerative medicine. "The new field of regenerative medicine holds great promise to alleviate the pain and suffering for hundreds of millions of people around the world. We must unite to discover and advance such new therapies, and find ways to bring them to all those in need," said Cardinal Gianfranco Ravasi, president of the Pontifical Council for Culture.²

This may come as surprising news to people whose familiarity with stem cell therapy extends only to the controversy surrounding *embryonic* stem cells. It is a common misunderstanding that all stem cells are derived from human embryos. In fact, stem cells can be derived from umbilical cords, blood, fat and bone tissue. The Catholic Church's position is to support *ethical* stem cell research, which, under their interpretation, excludes the use of embryonic stem cells.

Regenerative medicine provides patients with alternatives to traditional invasive or chemical treatments. Regenerative medicine is helping people with multiple sclerosis, blindness, rheumatoid arthritis and lung disease.



International policymakers like the Vatican and U.S. Congress are calling for advancement of the field of regenerative medicine after seeing positive outcomes.

Lung disease is the third-leading cause of death in the United States, and traditional treatment options have not changed in 30 years. The advent of stem cell therapy represents the greatest advancement in decades for people suffering from a degenerative lung disease.

The Lung Institute (www.lunginstitute.com) helps fight lung diseases by harvesting stem cells from a patient's own blood, fat tissue or bone marrow in a minimally invasive outpatient procedure. Stem cells act as your body's natural healing system, working to promote healing and reduce inflammation. While current stem cell treatments are not considered to be a cure for lung disease, they have shown the ability to improve patients' quality of life.

Lung Institute patient Becky D. explains how stem cell therapy improved her quality of life.

I wanted to be able to do all my activities of daily living without being short of breath, which is showing and all that stuff...and I do. I wanted to be able to walk across a soccer field to see my grandson play soccer, and I can. I wanted to be able to dance a little again, and I did.

According to a white paper recently released by the Lung Institute, 84 percent³ of patients who received stem cell therapy for COPD experienced an improvement in their quality of life. Several patients also saw an improvement in pulmonary function. COPD is a degenerative disease, making any improvement in lung function in such a case truly remarkable.

While the field of regenerative medicine is relatively new, it has made great strides in a short period of time and shows great potential to revolutionize the healthcare industry.

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

1 <http://chrissmith.house.gov/news/documentsingle.aspx?DocumentID=398635>

2 <http://www.cbsnews.com/news/vatican-announces-third-regenerative-medicine-conference/>

3 <https://lunginstitute.com/resources>

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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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New Hope for MS Sufferers

Amazing Technology Now Available in Central Florida!

Lita finally finds relief after 25 years of progressive MS deterioration.

Diagnosed with Multiple Sclerosis 25 years ago, Lita Higginbotham was a corporate project manager in a telecommunications company. She was young and ambitious and in the midst of a promising career. She was living the American dream, when she started having problems with her vision.

Lita schedule an appointment with her eye doctor and went through a series of testing that resulted in the recommendation to see a neurologist. Her doctor suspected that her eye problems, which left her blind in her left eye, stemmed from a much bigger problem, Multiple Sclerosis.

After further testing, Lita was diagnosed with MS and couldn't believe it when they told her that her eyesight was the beginning of what was to be a long history of medical issues that were distinctly connected with her new diagnosis. She had just found out that she was blind in one eye and now she had to deal with learning that she had Multiple Sclerosis.

Following her diagnosis, the disease progressed over the next 25 years. She is blind in her left eye, can see through a straw in her right eye. She experienced pain in her shoulder, severe and constant Sacroiliac pain, banding on her legs and burning in her feet. Lita was unable to touch her nose with her fingers due to loss of use in her left extremities after a severe exacerbation. She experienced loss of cognition, had to use a cane to walk, and could not stand on one foot or bend over without falling. Lita began taking multiple pills for pain, sleeplessness and energy along with several other medications, totaling 13 prescriptions. Even with sleeping medication, she was not able to get a good night's sleep, resulting in no energy during the day.

Multiple Sclerosis

Multiple Sclerosis or MS is a disease of which there is no known cure. Multiple Sclerosis happens when your immune system attacks a fatty substance



called myelin, which wraps around nerve fibers to protect them. Myelin Sheathing is the insulation around a nerve just like the insulation around a wire. When the insulation deteriorates the nerve just like an electrical wire starts shorting out. Without the myelin to protect the nerve fibers, they become damaged and scar tissue forms. Because the nerve tissue is damaged, your brain cannot send signals as it should to the nerve endings in your body. Nerve endings are also a way that your brain sends signals for sensations, such as feeling, hearing, seeing. If your brain doesn't have a channel to send the signals, then you develop a variety of symptoms. They say that no one struggling with Multiple Sclerosis has the same symptoms. That is because the disease can attack different nerves in the body.

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Across from the Walmart on Hwy. 441

Lita's experience with Multiple Sclerosis was her own journey.

Each of her symptoms was unique to her. Each time she had an exacerbation or a flare up, she would lose an ability that many of us take for granted. Each time she would work with her doctors and her physical therapists to retrain her body to use what was left of her abilities.

Over the years, Lita has found herself in wheelchairs, losing the feeling in extremities, her sight and many other symptoms. Each time, the doctors told her that living with Multiple Sclerosis and managing her symptoms through medications, exercise and proper eating was really all she could do.

The medications help in various aspects of her disease and became a very necessary aspect of her life. She had to take medications for pain, medications for sleeplessness, medications for energy, medications for focus, medications to counteract side-effects from medications. She was eventually taking 4 to 6 strong pain killers per day. Her list of daily medications ranged from 12-18 pills per day! Lita was told that this was the only way to manage her disease. There was no known cure and every time she developed a new symptom, it was blamed on her Multiple Sclerosis.

Lita is a fighter. She has lived her life fighting her own immune system. That kind of fight is exhausting! It's constant and never ending. But there was a small glimmer of hope. When Energy Medical discussed Acuscope Myopulse Therapy with Lita's MS Support group, the group received the information and internalized it. There were skeptics, but overall there was someone telling them that there is a treatment that can help you manage your illness better than anything you have already experienced.

Lita was skeptical because she had researched MS sufficiently to know that this was not a therapy known in the community. She had never heard of it and she felt that she had tried so many other

therapies to no avail. She did not want to get her hopes up, but she did agree to a free consultation. During the consultation, the technician discussing her medical issues was thorough and discussed all her symptoms. They developed a plan and Lita decided to give it a try.

Lita's Journey with Acuscope Myopulse Treatments

Watching Lita's (and other's) story on the video that Energy Medical has on their facebook and website, www.energymedical.net/emed-videos was remarkable. Every day that Lita came in for her treatments she saw an improvement in each of her symptoms. By treatment number three, her pain was almost gone! She stopped taking her pain meds. On her fourth treatment there was a breakthrough in her eyesight. She had a short period of time where her eyesight actually came back. That has since, subsided in her left eye, but her right eye has opened up and she can see much better from it. She is able to sleep soundly through the night and now wakes early with plenty of energy, allowing her to accomplish more because she has energy and her cognitive reasoning is much clearer. By week number two, Lita began forgetting her cane at home and discovered that it was because she no longer needed it. Her feeling was coming back to her feet and she felt much more secure in her walk and stance. In fact, she can now balance herself while standing on one foot, on either leg! Her left extremities began to turn back on as well. Before the treatments, her brain was not talking to her left hand. She couldn't perform a task as simple as pointing to her nose. The Acuscope Myopulse Treatments corrected that!

In less than 90 days, with just over twenty treatments, Lita's body is in the process of naturally healing itself.

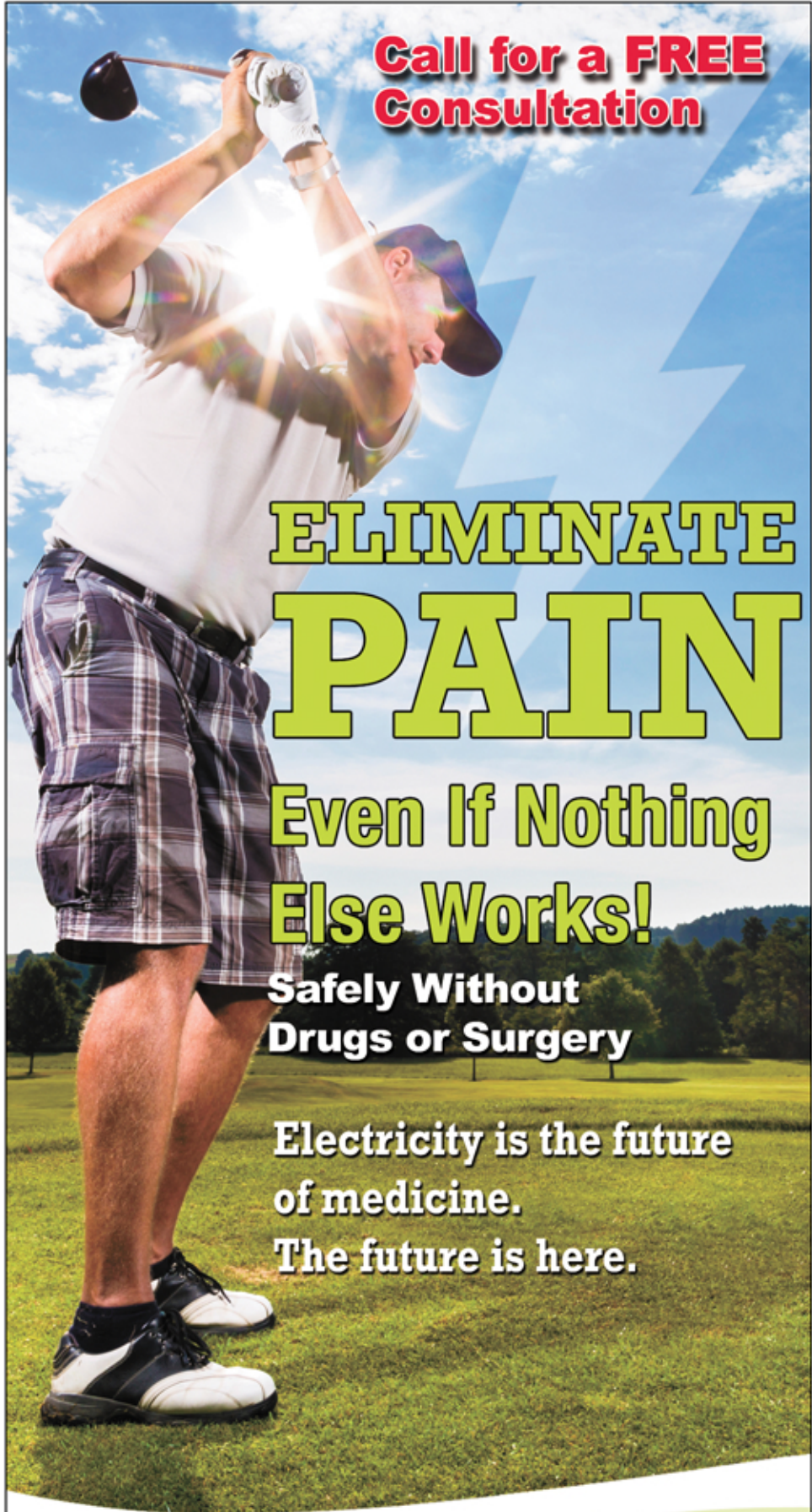
"After 25 years of suffering you gave me my life back. The pain is gone. So is the brain fog. I can walk without my cane. My friends are amazed and so is my doctor", Lita Higginbotham. Lita's doctors were delighted. They couldn't believe the difference in the person that was standing before them. Lita's friends kept telling her that they couldn't believe her improvements. Her family was ecstatic at her level of cognition and new lease on life. Everyone could see the Acuscope Myopulse treatments were working.

Lita's battle is not over yet, but thanks to the unique therapies and technologies offered at Energy medical at The Villages she is able not only help herself, but she is now also able to help many others. Lita is the president of the Pity Us Not MS Support Group of Central Florida. Thru a joint venture collaboration her group and Energy Medical have teamed together to help raise money, and help others to be able to receive the same therapies. Because of her outstanding and high profile results, Energy Medical along with a team of doctors, and neurologists, have come together to begin clinical studies to document the effectiveness of EMed advanced FDA registered technologies. EMed founder, Bill Rowland says "The human body has an amazing ability to heal itself if it only has enough energy and the right nutrients. It's about time the medical world took notice of what is possible with today's advanced non-invasive technologies".

New Hope for MS Sufferers. Clinical Studies to Begin at The Villages.

Energy Medical is now seeking, interviewing participants for a number of different studies. To learn more call 352-552-1889 to schedule a free consultation.

Acuscope Myopulse treatments are very beneficial in fighting diseases such as MS because it restores electro-homeostasis or a healthy electrical balance. Multiple Sclerosis interferes with the transmission of signals from the cell to the brain. In restoring the electrical balance to the cell, Acuscope Myopulse helps the cell make the connection in needs to transmit that signal.



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ANGINA CHEST PAIN MY ACHING HEART!

It is all about supply and demand. The heart needs a plentiful supply of oxygen and nutrients to effectively nourish the body. When the body's demand exceeds the heart's supply, complications arise. This imbalance between demand and supply results from high blood pressure and vessel narrowing leading to lack of oxygen and nutrients to the heart, referred to as angina or chest pain.

What are the risks?

Risks include age of ≥ 45 in males, ≥ 65 in females, family history of ≤ 55 in male first degree relative and ≤ 65 in female first degree relative, high blood pressure, high cholesterol, cigarette smoking, diabetes, and sedentary lifestyle.

What are the symptoms?

The pain can be described as left shoulder, lower jaw radiating pressure or discomfort with pressure, heaviness, tightness lasting 30 seconds to 30 minutes accompanied by weakness, shortness of breath, sweating, and/or nausea/vomiting. In addition, individuals may be asymptomatic.

How is it different from other common disease states?

Other disease states confused with angina are pneumonia, reflux, anxiety, and pulmonary emboli. Diagnosis is dependent on electrocardiograph, echocardiograph, exercise stress test, and angiograph. Electrocardiograph measures heart rhythm. Echocardiograph measures heart function. Exercise stress test reveals at what effort level the heart becomes compromised. Angiograph measures the vessel blockage. Angina in comparison to the other similar disease states last for shorter period of time and is relieved by rest or nitroglycerin.

What are the treatment options?

Treatments include revascularization and/or medication. Revascularization entails percutaneous intervention or the placement of a stent or balloon catheter or coronary artery bypass surgery. Medications include aspirin, beta blockers, calcium channel blockers, nitrates, and ranolazine. The type of treatment chosen depends on the individual's presentation and risks. Standards of angina resolution involve the ABCDEs. A= aspirin and anti-anginal therapy, B=beta blocker and blood pressure, C=cigarette smoking and cholesterol D=diet and diabetes and E=education.

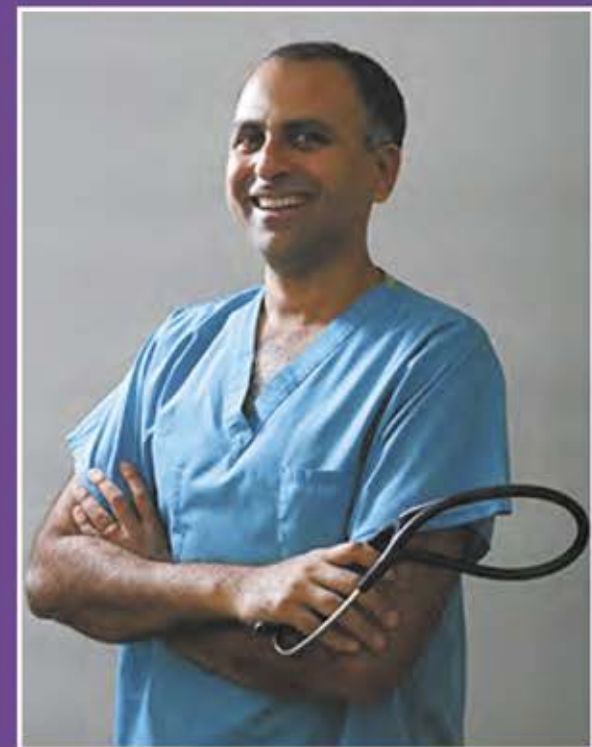


How do these treatments help?

These interventions either reduce the demand on the heart or increase the nourishing supply to the heart or both. The surgical corrections open the pathways allowing for a consistent nutrient and oxygen supply to the heart muscle. The medications work in various methods. Anti-platelet agents such as aspirin and generic Plavix reduce the "stickiness" of the blood, decreasing the clotting ability and plaque formations. Agents such as beta blockers, calcium channel blockers, and nitrates assist in slowing the heart rate and thus the demand, increasing the contractility and thus improving heart's efficacy, and vessel vasodilation and thus increasing supply of oxygen and nutrients. Ranolazine's mechanism of action is unique and reserved for prior treatment unresponsiveness. As discussed previously, as an individual inflicted with chest pain, lifestyle interventions are significant components to improving and preventing the initiation and anginal progression.

What preventative strategies exist?

Eating a healthy diet along with exercising is extremely significant in lowering risks. The diet entails < 200 mg of cholesterol, < 150 mg triglycerides, $< 7\%$ saturated fat, minimal to no trans-fat, < 1.5 g sodium, < 200 mg of caffeine, < 2 alcoholic drinks in males per day and 1 drink in females, increased fruits, vegetables, and lean sources of protein, low-fat dairy along with moderate to vigorous exercise 30 minutes most days of the week (5-7) all to achieve or maintain a normal body mass index between 18.5 and 24.9. Along with these behaviors includes lowering blood pressure to $< 140/90$, triglycerides to < 150 , hemoglobin A1c (if diabetic) $< 7\%$ or as discussed with physician. An additional lifestyle modification includes smoking cessation if a smoker as well as adhering to medications.



Dr. V

T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

**It's your heart.
It should be
personal.**

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When you come to see me... that's exactly who you will see. I will know your name, how many children you have, what foods you love to eat and how much sleep you get each night. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.

TREAT THE HEART WELL AND THE BODY WILL PERFORM OPTIMALLY.

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



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

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

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

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

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

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

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

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

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

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

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

Gastro-Colon Clinic Dr. Anand Kesari

7535 SW 62nd Court,
Ocala, FL 34476

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Sumterville, FL 33585

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

10435 SE 170th Pl.,
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1 Zauber AG, Winawer SJ, Waye JD, et al. Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths. *N Engl J Med* 2012; 366:687-696
2 Rockey DC, Paulson E, Niedzwiecki D, et al. Analysis of air contrast barium enema, computed tomographic colonography, and colonoscopy: prospective comparison. *Lancet*. Jan 22-28 2005;365(9456):305-311
3 Brenner H, Chang-Claude J, Seiler CM, 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.



Standard Colonoscope
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Fuse™ Colonoscope
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7 High-Tech Reasons You Should Finally Deal with Your Hearing Loss

Lifting your mood, boosting your energy, protecting your earnings, super-charging your social life — and even keeping your mind sharp: These are just some of the many spoils that come with facing and dealing with a noise-induced hearing loss that has been slowly but persistently creeping up on you.

The quality-of-life and feel-good benefits of treating even just mild hearing loss brought on by years of loud music, power tools, high-volume headphones, motor-sport engines, crowded night clubs and bars, noisy restaurants, and raucous sporting events are plenty. But in this digital age of smart phones and wearable technologies, the draw for many solution-minded consumers may be in the technology itself. Super-smart, super-sleek, super-convenient, and super-sophisticated — today's hearing aids give you a multitude of reasons to address that hearing loss you've been trying so hard to ignore.

Consider these inspiring facts about today's highly functional, high-powered hearing aids. They just may get you to finally do something about your hearing loss and make your life easier.

1. They're cool, sleek, discreet and virtually invisible. New technologies are all about function, style, and effortless living. The latest hearing aids offer all three. The designs are incredibly attractive with smooth, modern contours. And they're much smaller than even conventional Bluetooth earpieces. Many of the latest hearing aids are so tiny, they sit discreetly and comfortably inside the ear canal, out of sight. You might say that aesthetically, hearing aids have had a complete makeover.

2. They cut out background noise so you hear what you want to hear. Even with the best of hearing, it's tough to hear people when it's noisy. But many state-of-the-art hearing aids not only reduce unwanted noise, they also scan the listening environment and automatically adapt to it — even in wind. There are hearing aids that can actually "geo-tag" a location. So if it's convenient for you to network at a certain coffee shop, your hearing aids will know when you're there and adjust themselves accordingly. For the record, it's not by chance that the latest state-of-the-art hearing aids are so adaptable to changing noise scenarios. Recordings of virtually every imaginable listening situation have been used to create algorithms and "train" these amazing mini-computers for your ears.

3. They capture the natural richness and variation of speech, so it's easier to follow the conversation wherever you are. Let's face it, one of the most pesky

aspects of not hearing as well as you once did is not catching everything people are saying. New technologies not only help you decipher speech details in music and noise, but they better preserve and clarify the more subtle sounds of language — like the consonants B, S, F, T, and Z — so you can really follow what someone is saying. No faking.

4. You can hear from all directions — even when scoping out what's in the fridge. Advanced directional microphone technology lets you hear from the back and side — something really important when driving a car. But it also makes it easier to hear voices more clearly in other everyday settings — like when your head is in the fridge and your significant other is talking at your back. Yes, that's one great feature.

5. Digital, Bluetooth, and wireless capabilities keep you connected when it counts. Digital, wireless hearing aids are the norm now. That means many new technologies let you stream sound directly into your hearing aids — at the perfect volume — from your smartphone, laptop, conference-room speakerphone, home entertainment system, and other Bluetooth devices. Music, phone calls, podcasts, videos, whatever you listen to through your iPhone (or iPad and iPod for that matter), you can listen to through many hearing aids. Some even let you control the volume and other personalized sound settings with an app on your smartphone. Several types of wireless accessories give you a listening boost by bridging the gap between you and the speaker, making it easier to hear in loud or large places. Using a wireless mini-microphone — with cool, contoured designs, some even looking like a pen — placed on the restaurant or conference-room table, or near anyone you want to hear, makes it feel like they're speaking directly and clearly into your ears, no matter how noisy the setting. You adjust the volume.

6. State-of-the-art comfort and convenience mean you'll always want to use them. Super-small, super-light, customized, functional, and ergonomically designed, hearing aids today are more comfy than ever — yet tough enough to withstand real life. For most of the newest hearing aids, there's virtually no feedback or whistling thanks to advances in digital technologies. And most are hypoallergenic with nanotechnology coating to keep them clean and dry. Some are even fully waterproof, so you can swim and

shower in them, no problem. Plus, today's greater-than-ever audio-processing goes hand-in-hand with less battery usage. Some hearing aids are even rechargeable, eliminating the need to change batteries altogether. But the convenience and comfort don't end there. Some brands let you set up reminders for things like appointments or taking medicine. Perhaps the most "peace-of-mind-preserving" life hack, though, is leading-edge technology that helps soothe the ringing in your ears (tinnitus) in a way that suits you.

7. There are even more disruptive hearing technologies on the horizon. Totally out-of-sight, semi-permanent hearing aids that stay in for two to three months let you shower and sleep in them, no fuss. Perhaps the most futuristic glimpse of hearing aids is tied to recent ground-breaking studies revealing a significant link between untreated hearing loss and dementia. Hearing aid manufacturers are deep in the trenches working to create future break-through technologies that will make it as easy as possible for the brain to decode speech and other sounds. Reducing cognitive load — that is, drawing fewer resources from the brain just to "hear" — is a very good thing. After all, we really do hear with our brains and not with our ears. Some hearing aids with these technologies are already available. Yes, leading-edge hearing aids are here to help you keep your mind sharp and your life easier by hearing your best at every age — starting today.



Meet our Audiologist: Danielle Rosier, Au.D., F-AAA

Audiologists complete, at minimum, an undergraduate and master's level degree in audiology and a supervised clinical fellowship program prior to obtaining state licensure and national certification.

Originally from Ocala, Dr. Rosier became interested in hearing health after observing an audiologist work with a hearing impaired patient. She was amazed at how the patient's life transformed and decided she wanted to help people and make positive changes in their lives.

Dr. Rosier graduated Summa Cum Laude with a Bachelor of Arts degree in Communication Sciences and Disorders from the University of Florida in 2008 and stayed in Gainesville to earn her Audiology Doctorate in 2012. She is a recipient of the Thomas B. Abbot Excellence in Audiology Award in 2012. Dr. Rosier is also on the Board of the Hearing Loss Association in the area.

Currently a fellow of the American Academy of Audiology and the Florida Academy of Audiology, Dr. Rosier focuses on adult and pediatric diagnostic audiometry, tinnitus evaluation and management, amplification, auditory electrophysiology, and aural rehabilitation counseling.

"Being an audiologist is my passion. Improving the quality of life for my patients and their families by offering one-on-one personalized care is so rewarding.

My goal is to empower patients to manage their hearing loss and improve their quality of life by providing patient-centered care that incorporates evidence-based practice, compassion and expertise.



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

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InterCommunity Cancer Center Encourages Education About Detection and Treatment of Colorectal Cancer

March is Colorectal Cancer Awareness Month, and InterCommunity Cancer Center in Lady Lake, Fla., encourages education about colorectal cancer including prevention, early detection and advanced treatments.

Screening and Early Detection Key to Effective Treatment

Colorectal cancer, or cancer of the colon and rectum, is the third most common cancer, excluding skin cancers, diagnosed in both men and women in the United States. The American Cancer Society estimates 134,490 new cases of colorectal will be diagnosed in the United States for 2016.

Since very few symptoms are associated with colorectal cancer, regular screening is essential. Screening is beneficial for two main reasons: if polyps that lead to the cancer are detected and removed, and if the cancer is detected in its early stages it is more curable.

"Between 80-90 percent of patients are restored to normal health if the cancer is detected and treated in the earliest stages," said Dr. Jeffrey Kanski, medical director and radiation oncologist at InterCommunity Cancer Center. "However, the cure rate drops to 50 percent or less when diagnosed in the later stages."

Current screening methods for colorectal cancer include fecal occult blood testing (a simple test to detect hidden blood in the stool), flexible sigmoidoscopy (a visual examination of the rectum and lower portion of the colon), double contrast barium enema (barium x-ray), colonoscopy (a visual examination of the entire colon) and digital rectal exam. Medicare and many health insurance plans cover colorectal cancer screening costs.

InterCommunity Cancer Center recommends a discussion with your physician to determine whether colorectal cancer screening is right for you and how often you should be screened.

Colorectal Cancer Risk Factors

The risk of developing colorectal cancer increases with age. Overall, the lifetime risk of developing colorectal cancer is about 1 in 21 men, or 4.7 percent, and 1 in 23 women, or 4.4 percent.



All men and women age 50 and older are at risk for developing colorectal cancer and should consider whether or not to be screened.

Risk factors include being overweight, physical inactivity, certain diets such as those high in red or processed meat, smoking and excessive alcohol use. Some people are at a higher risk and should be screened before the age of 50, including those with a personal or family history of inflammatory bowel disease; colorectal cancer or polyps; or ovarian, endometrial or breast cancer.

Colorectal Cancer is Treatable

High-dose radiation therapy in conjunction with chemotherapy has shown to be a successful, non-invasive treatment to manage early stage colorectal cancer. In addition, colon cancer is often treated by surgically removing the affected part of the colon, followed by radiation treatments and/or chemotherapy to help prevent the cancer from spreading or returning.

InterCommunity Cancer Centers offers Intensity Modulated Radiation Therapy (IMRT) in the treatment of colorectal cancer. IMRT is an effective treatment used to administer targeted, conformal radiation therapy using thousands of small laser beams rather than a few large, uniform beams to deliver a uniform dose of radiation to the tumor while protecting the healthy and sensitive surrounding tissue.

"Because of the precision involved with IMRT, we can use higher doses of radiation to more effectively treat the cancerous tumor in a very precise location," said Dr. Hal Jacobsen, radiation oncologist at ICCC. "At the same time, other organs and tissues are not affected by the radiation, reducing the side effects and improving the patient's quality of life."

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

ABOUT INTERCOMMUNITY CANCER CENTER
InterCommunity Cancer Center (ICCC) has 30 years of experience providing quality, personalized cancer care in the Lady Lake and Leesburg communities and has treated more than 10,000 patients. Radiation Oncologists Drs. Hal Jacobson, Jeffrey Kanski and Maureen Holasek bring exceptional expertise in treating breast, lung, prostate, gynecologic, skin and other cancers. As part of Vantage Oncology, a national network of more than 50 cancer treatment centers in 13 states, oncology centers, ICCC has access to clinical information and best practices from the treatment of more than 1,000 patients per day enabling highly effective and peer-collaborated treatments. This provides ICCC the ability to offer academic-quality treatment in a community based setting and gives local communities exceptional cancer care services close to home. To learn more, visit www.ICCCVantage.com.

**InterCommunity
Cancer Center**
A Vantage Oncology Cancer Center

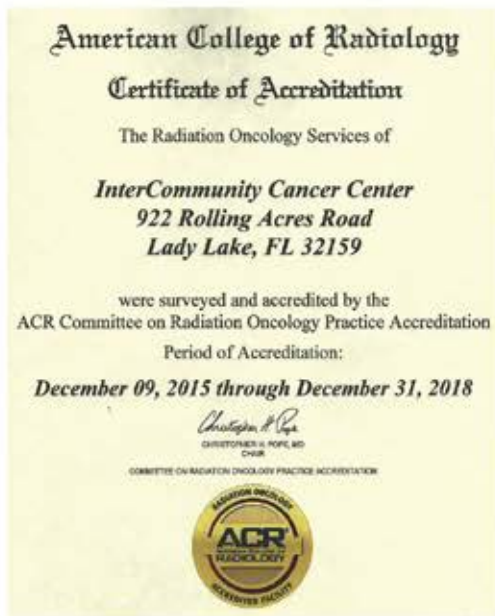
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INTERCOMMUNITY CANCER CENTER
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The ACR seal of accreditation represents the highest level of quality and patient safety. It is awarded only to facilities meeting specific Practice Guidelines and Technical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



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

- Jeffrey Kanski, MD, Radiation Oncologist at ICCC

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

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SPOTLIGHT

ON COMPREHENSIVE VEIN CENTER



Comprehensive Vein Center (CVC) is a medical practice dedicated to the treatment of vein disease management only. CVC was established in 2008, by Owners Tom Tran PA-C, MPAs and Michael Richards PA-C, MPAs with supervising physician Anthony Alatraste MD. With over 30 years experience between them the practice has grown to over 1000 patients. The practice started out on the east side of the villages and now is in the heart of Lake Sumter Landing at the Creek Side Medical Center. CVC has become one of the leading vein centers in all of the Villages that is completely dedicated to the treatment of vein disease. CVC hosted and sponsored the first free healthcare festival at Creekside Medical Center that raised donations for the Moffitt Cancer Center and left the Villagers rocking away to the music of the Beatles Tribute Band. CVC has been on the front page of the Lifestyle section of the Daily Sun newspaper explaining vein disease management and is a current supporter of the Villages High School Medical program. CVC is a supporter and donor of the local community Catholic Church Diocese. It is also a site for clinical research in the advanced treatment of vein disease. A current study at CVC has been selected to be presented at the 26th Annual American College of Phlebology Congress this month. The providers have performed over 3000 Laser procedures and over 10,000 injections of surface veins.

CVC is dedicated to treating vein disease; which includes leg pain, swelling, aching, discomfort, unsightly varicose and spider veins, and vein ulcers. CVC uses only the newest technology for the treatment of the various vein diseases. This includes minimally invasive laser and radiofrequency technology



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

along with advanced ultrasound guided foam sclerotherapy; thereby, negating any downtime and eliminating scars. All procedures are done in the office with the use of topical anesthetics, which help to eliminate any pain. Initial consultations are free and same day appointments are available.



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CVC is dedicated to treating their patients with the respect, patience, promptness, and honesty they deserve, while accurately educating them on vein disease and the high tech treatments they offer. The doctors and staff of CVC is happy to announce that the October 29th grand opening of their second location in Tavares was well received and they look forward to helping even more patients find relief from their vein problems. CVC believes that educating the community about vein disorders and treatment options is an important part of empowering patients to take a more active role in their care. Because of this strongly held belief, they routinely host free informational seminars, so keep an eye out for information about upcoming sessions.



Before



After



Regenerative Medicine Using Stem Cell Therapy

For Damaged Joints, Tissues, and Cartilage

Though great progress has been made in medicine, current evidence-based and palliative treatments are increasingly unable to keep pace with patients' needs, especially given our aging population. There are few effective ways to treat the root causes of many diseases, injuries and congenital conditions. In many cases, clinicians can only manage patients' symptoms using medications or devices.

Regenerative medicine is a game-changing area of medicine with the potential to fully heal damaged tissues and organs, offering solutions and hope for people who have conditions that today are beyond repair.

Regenerative medicine itself isn't new — the first bone marrow and solid-organ transplants were done decades ago. But advances in developmental and cell biology, immunology, and other fields have unlocked new opportunities to refine existing regenerative therapies and develop novel ones.

Regenerative medicine holds the promise of definitive, affordable health care solutions that heal the body from within.

Regeneration involves delivering specific types of cells or cell products to diseased tissues or organs, where they will ultimately restore tissue and organ function. This can be done through cell-based therapy or by using cell products, such as growth factors. Bone marrow transplants are an example.

Stem cells are the repairmen of the body. Most often they are derived from bone marrow and is known as hematopoietic stem cell. Bone marrow is the blood forming organ of the body and is located within the bone in places throughout the body. The physician obtains a small amount of bone marrow which is harvested and the stem cells are then injected into the affected joint.

In less than 15 minutes, 60ml of bone marrow provides: 10ml of concentrated stem cells, 4 billion platelets, 9.2 million hematopoietic stem cells, and 1.1 billion total nucleated cells.



In addition to bone marrow, stem cells can also be derived from adipose (fat) tissue and embryos.

What condition are treated with Stem Cell Therapy?

- Golfer's and Tennis Elbow
- Back, Neck, and Spine Pain and Injuries
- Arthritic Joints, Osteoarthritis and Rheumatoid Arthritis
- Rotator Cuff Tear and Acromioclavicular (AC) Joint Injury
- ACL and Meniscus Injuries
- Biceps, Hamstrings and Calf Muscle Injuries and Pain
- Tendon and Ligament Injuries
- Hip, Knee, Shoulder, Ankle and other Joint Injuries and Pain
- Sarco-illiac Joint Pain
- Bursitis and Tendinitis
- Plantar Fasciitis

What are the potential benefits of Stem Cell Therapy?

Patients can see a significant improvement in symptoms including:

- Pain
- Inflammation

This may eliminate the need for aggressive treatment such as long-term medication and surgery.

How does Stem Cell Therapy work?

Stem cells have the ability to develop — through a process called differentiation — into many different types of cells, such as skin cells, brain cells, lung cells and so on. Stem cells are a key component of regenerative medicine, as they open the door to new clinical applications.

Regenerative medicine teams are studying a variety of stem cells, including adult and embryonic stem cells. Also being studied are various types of progenitor cells, such as those found in umbilical cord blood, and bioengineered cells called induced pluripotent stem cells. Each type has unique qualities, with some being more versatile than others.

What is the procedure to derive bone marrow stem cells?

The patient lies on the stomach and the skin over the pelvic bone is cleaned with antiseptic solution.

An antiseptic medication, called lidocaine will then be given for local anesthesia.

With the local area anesthetized, 60ml of bone marrow is drawn and concentrated through centrifuge method. 10ml of bone marrow concentrate is then injected into the affected joint. The needle will be in the hipbone for approximately 15-60 seconds and the entire procedure should take no longer than five minutes. Following the procedure the patient should be able to return to normal daily activities.

Stem cell therapy is an alternative to invasive orthopedic surgery and joint replacement.

How much does it cost?

One of the first questions that many people have is "how much do stem cell joint procedures cost?" Although these procedures are not covered by health insurances, stem cell joint procedures start at very affordable prices, which vary depending on the severity of the medical condition, the number of joints that you would like treated, and whether you would need one or more types of stem cells to achieve the best possible results.

Each patient's medical requirement is unique. Therefore a consultation with the physician is needed to decide the best treatment option (and total cost) for you.

For more information about Stem Cell Therapy call Healthcare Partners at **352-750-4333** to schedule a consultation today.



Healthcare Partners
A Holistic Medical Practice

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



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



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

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; 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.



KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

A person with knee pain knows how often it gets in the way of doing the things they want and need to do in daily life. Because the knee is a weight bearing joint, knee pain affects almost everything we do that requires mobility, including those things most of us have usually taken for granted.

For many, knee pain makes it hurt to walk, stand, stoop, get out of a chair, or to go up or down stairs. Additionally, routine activities of living, work, social and recreational activities are often inhibited, restricted or avoided because of knee pain.

If you have been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take, don't worry – there is another option.

If you have tried other treatments and experienced little to no relief, you may still be a candidate for our treatment program. Call **(352) 775-3339** to schedule a no-cost, no-obligation consultation today!

At Physicians Rehabilitation, it's very important to understand that we are not just addressing knee pain. Our goal is to give you the best chance we possibly can by preventing knee replacement surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed.

Non-Surgical Knee Treatment - Viscosupplementation Protocol

Many of our patients are told that knee replacement surgery is their only option to relieve their chronic knee pain. Whether the knee pain is a result of osteoarthritis or other knee injuries, our team of medical experts employ a knee therapy protocol called Viscosupplementation Therapy that significantly decreases, and in many cases eliminates chronic knee pain. Teamed with physical therapy, this non-surgical alternative is completed at any of our clinics, and has helped hundreds of patients get pain relief with several reporting measurable results after the first treatment.

A total knee replacement is a very extreme measure to take without considering all your options for a condition as common as knee arthritis.

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for viscosupplementation. You can always have more radical procedures performed later, if necessary. However, with knee replacement surgery, once done, there is no turning back to a more conservative approach. Knee replacement surgery is indeed necessary for some people with extreme conditions that viscosupplementation is unable to help, but as we have seen with many of our patients this non-surgical option is highly effective.

In fact, researchers found that almost all, over 99%, of our osteoarthritic knee patients (384 in the study group) experienced some level of pain relief with 92.7% having greater than 50% pain reduction after treatment using viscosupplementation.

What is viscosupplementation?

Viscosupplementation is a joint fluid therapy that uses a solution made of highly purified sodium hyaluronate (hyaluronan or HA) as a non-surgical treatment for osteoarthritis (OA). Hyaluronan is found naturally in the joint tissues and synovial fluid (the fluid that fills the joints). The body uses hyaluronan as a shock absorber and lubricant. OA negatively affects the quality of synovial fluid, compromising its ability to protect and lubricate. The goal of viscosupplementation is to augment with additional highly purified hyaluronan the poor quality hyaluronan in a painful arthritic joint.



Avoid Unnecessary Surgery! This FDA-approved treatment is proven to relieve knee pain, while eliminating the need for surgery. Treatment is safe, easy and covered by most insurance companies, including Medicare.

When will I feel results?

The response to treatment varies from individual to individual. Some people may only need three treatments while others may need four or more. The average number of treatments is one to three, with treatments administered one week apart. Once you have been evaluated to see if you are an appropriate candidate, your specific treatment schedule will be determined.

So what are you waiting for?

Pick up the phone and call us today to schedule your NO-COST, NO-OBLIGATION consultation. The demand for this treatment has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are re-directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the phone call. So keep calling – help is only a phone call away. Call **(352) 775-3339** to schedule a no-cost, no-obligation consultation today!



352-775-3339 | www.PhysiciansRehabilitation.com

The Right Food May Be Wrong For You

By Compton Chiropractic Care

You've seen your doctor, but nothing seems to explain the cause of these symptoms. Well get ready to change everything you ever thought you knew about your diet, nutrition and how to be healthy! Compton Chiropractic is now offering a new test that pinpoints exactly what foods are toxic to your body so you can stop feeling lousy, tired moody, or bloated.

Years ago scientists discovered your body has an internal chemical balance that is as unique to you as your fingerprint. Likewise, every food you eat has its own "chemical imbalance"; a unique set of natural or man-made chemicals. As your body reacts differently to each and every food, the food you eat each day will enhance proper body chemistry, or disrupt the correct balance. In fact, 95% of the patients that are tested show that one or more foods they regularly eat cause a toxic reaction in the body. You might not even notice these inflammatory reactions. Most of them work at a cellular level, and may cause symptoms that you will not notice right away. Nutritious foods you eat (like corn, soy, egg whites, green pepper or chicken for example) may actually act like an invader to your body. When you eat foods that form inflammation in your system, those foods can cause harmful, chronic problems with your health.

What can I do?

Compton Chiropractic is now partnering with Immunolabs in order to determine how your body reacts to the foods you eat is through a test called a Bloodprint. This simple blood test pinpoints the foods that support healthy body chemistry and those that are toxic to you.

This is not a standard blood test nor is it a regular food allergy test that most doctors order. While most doctors test life-threatening types of allergic reaction, this bloodprint tests for foods that are slowly causing inflammatory responses in your body. This could explain why you are experiencing chronic pain or flare ups of autoimmune reactions (such as rheumatoid arthritis psoriatic arthritis, multiple sclerosis etc).

What makes immunolabs different to other diet problems?

It is simple, we help you find foods that your body does not want you to ingest. Then, Immunolabs offers a customized meal plan for your exact body chemistry including special reporting available on 154+ foods. Your custom meal plan will include "good" foods and eliminate any toxic foods. This nutritional plan will also work to remove cravings, eliminate binge eating and line up your food intake with your unique body chemistry in order to achieve and maintain your ideal weight as well as

decreasing inflammation in your body. Immunolabs will continue to work with you in order to improve your diet by offering personalized coaching phone sessions with trained health ad-visers and a free online forum.



With foods that support healthy digestion and proper functions you can unleash your physical, emotional, and mental energy. Set up a consultation today so you can start a pathway to experiencing better health and a positive outlook to a new glow in health!

Ask yourself if you experience any of the following:

- **Musculoskeletal:** osteoarthritis, rheumatoid arthritis, multiple sclerosis, gout, neuropathy, thyroid dysfunction, Addison's Disease, diabetes, lupus erythematosus?
- **Digestive Tract issues:** belching, bloated feeling, constipation, diarrhea, nausea, passing gas, stomach pains, vomiting, Irritable Bowel Syndrome, Diverticulitis, Celiac's Disease?
- **Ears:** Drainage from ear, ear aches, ear infections, hearing loss, itchy ears, ringing in ears?
- **Emotions:** Aggressiveness, anxiety/fear, depression, irritability/anger, mood swings nervousness?
- **Energy and activity:** Apathy, fatigue, hyperactivity, lethargy, restlessness, sluggishness?
- **Eyes:** Blurred vision, dark circles, itchy eyes, sticky or swollen eyelids, watery eyes?
- **Dizziness:** Faintness, headaches, insomnia, light-headedness?
- **Joint and Muscles:** aches in muscles, arthritis, feeling of weakness, limited movement, pain in joints, stiffness?
- **Lungs:** Asthma, bronchitis, chest congestion, difficulty breathing, shortness of breath, wheezing?
- **Mind:** Confusion, learning disabilities, poor concentration, poor memory?
- **Mouth and Throat:** Canker sores, chronic coughing, gagging, sore throat, swollen tongue, lips, or gums?
- **Nose:** excessive mucous, hay fever, sinus problems, sneezing attacks, stuffy nose?
- **Skin:** acne, dermatitis, eczema, excessive sweating, flushing/hot flashes, hair loss, hives, rashes itching?
- **Weight:** binge eating, compulsive eating, cravings excessive weight, underweight, water retention?
- **Other:** anaphylactic reactions, chest pains, frequent illness, genital itch, irregular or rapid heartbeat, urgent urination?

If you experience any of these symptoms, then consider the blood print challenge today!

Compton Chiropractic Care
352-391-9467

COMPTON CHIROPRACTIC CARE

Providing Quality Chiropractic Care to patients in and around The Villages, Florida.

Our Philosophy

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

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

FREE
consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 3/31/16

Low Level Laser Therapy Helps With Diabetes Symptoms

Natural Wellness Technology Sweeping the US by Storm

At present nearly 30 million Americans are living with diabetes, one of the most common metabolic disorders in humans, across the globe. Approximately one in three people with diabetes are undiagnosed. The rate of new cases of diabetes soared by about 90 percent in the United States in the past decade, fueled by growing obesity and sedentary lifestyles. Many in the medical field believe there is no end in sight to the diabetes epidemic. Among patients with diabetes, as much as 90% are living with diabetes type 2 while the remaining manage diabetes type 1 daily with insulin dosage.

Recent research into the management of diabetes has found convincing evidence that diabetes type 2 can indeed be prevented and even delayed in high risk individuals through better diet, exercise and lifestyle choices. With a strong medical case for the prevention and control of diabetes, improving care for persons with diabetes as well as for those at high risk has increasingly become an important concern for decision-makers and health-care planners.

It was found that while doctors are using a wider array of newer, more costly drugs to treat diabetes, there is little long-term proof they work better than alternative treatments and older, cheaper medications. In fact, studies indicate that Low Level Laser Therapy has proven to have precautionary and therapeutic effects on blood glucose levels, pain, and other conditions caused by diabetes.

In one particular study, 89% of patients treated with laser therapy reported an increase in blood flow to extremities, and the decrease or elimination of pain, cramps, and parasthesias. The data collected in this study confirm the positive influence of laser therapy on the vascular complications in diabetes.

Natural Healing with Low Level Laser Therapy

Low level laser therapy (LLLT) has been in use in Europe and other countries for more than 30 years. Americans are now experiencing the benefits of this amazing technology. In recent years, LLLT has rapidly gained acceptance by the medical and healthcare professionals as a superior treatment method. Physicians have had success treating traumatic, inflammatory and overuse injuries, pain relief and healing of arthritic lesions, increased circulation, reduction of abscesses, and treatment of persistent non-healing wounds.



How does LLLT work?

When active correctly, our bodies are able to prescribe the exact natural drug, along with the perfect amount required to treat and heal illness from within.

Laser therapy is unique in that it actually stimulates the body to heal itself. Photons of light are administered to the body and absorbed by the injured cells without producing heat. The cells are then stimulated and respond with a higher rate of metabolism. This results in increased circulation from the body, an anti-inflammatory reaction, relief from pain and an acceleration of the healing process.

Effects of LLLT

Increases Cellular Energy Production

Laser therapy is absorbed molecule enzymes, which react to laser light. This starts the production of ATP, which is the major carrier of cell energy and the energy source for all chemical reactions in the cells. This increases the energy available to the cell so that the cell can take on nutrients faster and eliminate waste products.

Activates Pain Control

Laser therapy is highly effective at treating nerve cells by blocking pain transmitted by these cells to the brain by decreasing nerve sensitivity. Also due to less inflammation, there is less edema and less pain. Another pain blocking mechanism involves the production of high levels of pain killing chemicals such as endorphins and enkephalins from the brain and adrenal gland.

Faster Wound Healing

Laser light stimulates fibroblast development (fibroblasts are the building blocks of collagen, which is predominant in wound healing) in damaged

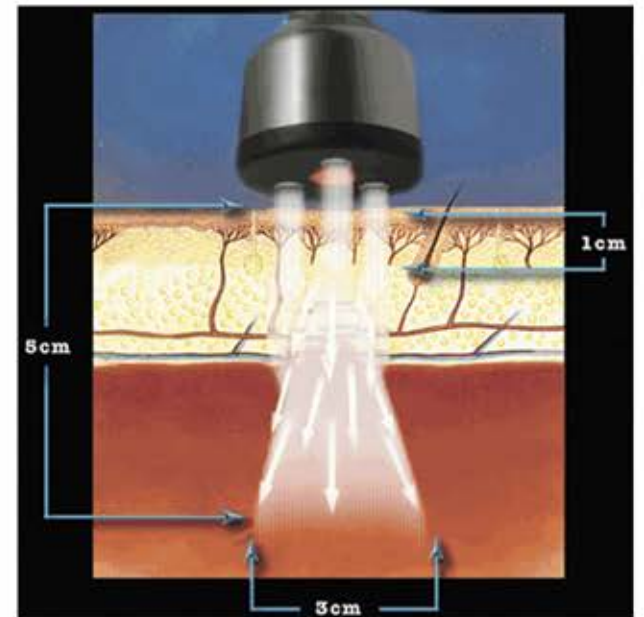
tissue. Collagen is the essential protein required to replace old tissue injuries. As a result, LLLT is effective on open wounds, especially those difficult to treat due to diabetes.

Improves Vascular Activity

Laser light significantly increases the formation of new capillaries in damaged tissue that speeds up the healing process, closes wounds quickly, and reduces scar tissue. Additional benefits include an increase in the diameter of blood vessels and improved circulation.

Improved Nerve Function

Slow recovery of nerve functions in damaged tissue can result in numbness and impaired limbs, especially in diabetics. Laser light will speed up the process of nerve cell regeneration and increase the amplitude of action potentials to optimize muscle action.



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and Treatment!**

What is Liquid BioCell™?

Liquid BioCell™ is 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 the vital components of joints and skin.

Liquid BioCell™ improves joint mobility and lubrication, reduces discomfort, promotes healthy cartilage and connective tissue, eliminates dryness without the use of topical moisturizers, increases skin's collagen content, hydration, and firmness and reduces the enzyme that can make your skin age.

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 muscle, to 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 slow the degeneration and aging processes. For example, HA has been shown in research to block the degrading enzyme, hyaluronidase.

Advanced joint breakthrough is clinically shown to work, unlike anything else!



Learn More

And it gets even better... Liquid BioCell™ reduces wrinkles from the inside-out without cosmetic injections. Clinical trials show that Liquid BioCell™ improves joint mobility, helps promote healthy cartilage and connective tissue, and promotes joint lubrication.



Changing the Way We Age

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

ACTIVE JOINTS AMAZING SKIN™

The nutraceutical breakthrough that's completely changing the way we age. Learn more.

www.healthyjointsandskin.com



Additional recent studies concluded that hydrolyzed collagen type II, which is a primary component of Liquid BioCell™, can directly stimulate collagen production, and promote healthy cartilage and connective tissue.

What happens as we age?

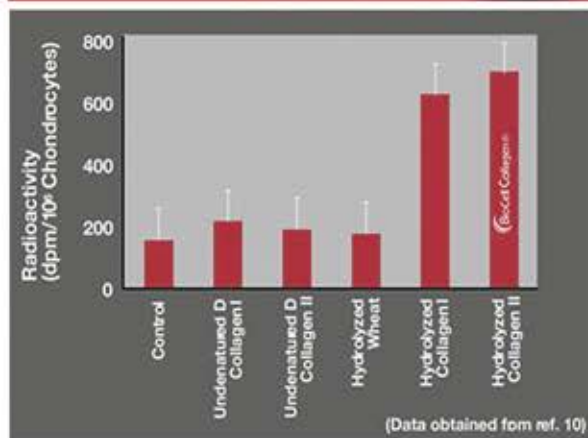
Every cell in our body undergoes changes with time. Subcutaneous fat and moisture decreases. Pigmentation declines and age spots start show up. Healing takes longer, elasticity of cells decreases, and circulation declines. The heart increases in size and the arteries stiffen. Strength, flexibility, and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



Willie Harper
Linebacker, SF 49ers
Superbowl Champion

"Liquid BioCell™ has done wonders for me. I feel better now at 64 than I did at 40. Nothing that I've tried over the years has been so beneficial!"

Learn More



**AWARD
WINNER**
BEST JOINT HEALTH
SUPPLEMENT



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 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 Life™ 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 in 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 Life™ a delicious 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 Life™ can provide a three way defense (collagen matrix, resveratrol, and antioxidant superfruits) in the repair, maintenance, and regeneration of skin and joints.

Visible signs of aging and joint discomfort are a result of the progressive degeneration of connective tissue, where both collagen and hyaluronic acid (HA) are essential. Unlike anything else, Liquid BioCell™ offers a naturally occurring, patented matrix of Hydrolyzed Collagen Type II™, HA, and chondroitin sulfate and its patented Bio-Optimized™ manufacturing process produces an ideal molecular weight that your body can effectively absorb. It's been clinically shown to work! To view our clinical trial studies, visit our website at www.healthyjointsandskin.com.

Awards:

Reader's Ingredient of the Year 2015
NutraIngredients Award Winner

Best Bone and Joint Health Ingredient
Frost and Sullivan Award Winner

Most Innovative Dietary Ingredient
Nutraceutical Business and Technology Award Finalist

Personal Care New Product Innovation
Frost and Sullivan Award Winner

Exemplary US Brand
Beauty From Within Conference

2015 Anti-Aging Award Winner
TasteForLife Supplement Essentials

2015 Editor's Pick
Remedies Magazine

Featured on:



Collagen is the most abundant protein found in joint cartilage and the dermis of the skin. It provides the structural framework of your connective tissues to keep your skin firm and resilient and your joints active and fluid.

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Hyaluronic acid (HA) is a molecule that helps provide hydration for your skin, lubrication for your joints, and is the gel-like substance that holds your cells together.

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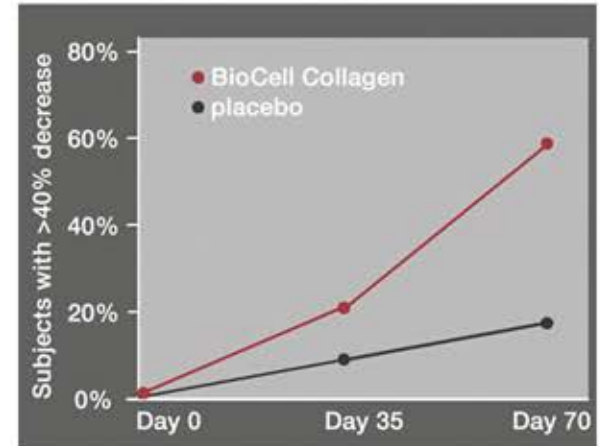


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Effective Treatment for Rheumatoid Arthritis

According to the Centers for Disease Control, Arthritis is the most common chronic health condition in the US with an estimated 52.5 million adults reporting physician-diagnosed arthritis. As the population ages, this number is expected to increase to 67 million by 2030.

Arthritis is primarily thought of as a disease of the joints. However, today this term is used more generically in medicine to characterize a group of more than 100 different so called 'rheumatic' diseases - all of which cause pain, stiffness, and swelling in the joints but can also impact other supporting body structures and systems. For the informative purpose of this article, we are going to focus on one of those diseases, Rheumatoid Arthritis (RA).

Impact of RA

The degree and prevalence of RA symptoms is of great concern to patients and medical practitioners alike because, in addition to diminished function and increased disability, RA is linked to adverse changes in body composition, including loss of muscle mass/muscle wasting, whether through cachexia or sarcopenia. This, in turn, is associated with impaired immune and pulmonary function, osteoporosis, glucose intolerance, and increased mortality. RA can also have systemic effects, impacting e.g. the cardiovascular or respiratory systems. This exacerbates already present symptoms and results in further limitations of activities of daily activities and leisure time activity. Both of these contribute to the physical and mental well-being of patients with RA and have considerable impact on maintaining and creating social relationships. Seventy five percent of patients with RA report altered leisure-time activities in the 8 years after disease onset.

Current Treatment Options for RA

If complete remission of RA cannot be achieved, Best Practice management goals are to control disease activity, alleviate pain, maintain function for activities of work/daily living and maximize quality of life. Exercise, and particularly strength training has, potentially, a major part to play in achieving these goals. However, conventional treatment has been, almost exclusively, pharmaceutical prescription.

Physical therapy and occupational therapy may help the patient who is compromised in activities of daily living. Regular participation in dynamic and even aerobic conditioning exercise programs improves joint mobility, muscle strength, aerobic fitness and function, and psychological well being without increasing fatigue or joint symptoms



Treating RA with Strength Training

Despite the fact that physicians do not often recommend strength training for RA patients, an increasing number of studies over more than a decade have reported that this mode of exercise is not only safe and effective, but in many cases, superior to conventionally prescribed exercise. Recent systematic reviews of the scientific literature (Hurley et al., 2011, Baillet et al., 2012) have compiled and presented compelling evidence that moderate to high intensity strength training is both safe and effective. It produces clinically significant reductions of disability, together with clinically significant increases in strength, functional capacity, pain, morning stiffness and overall health status. These reviews include studies that have also reported an anti-inflammatory effect of strength training, as well as evidence that suggests strength training decreases cardiovascular risk factors, possibly to a greater extent than aerobic exercise.

In one study, Lemmey et al, (2009) reported significant increases in strength, muscle mass, physical function and habitual daily activities following 24 weeks of twice per week of high intensity strength training (Referred to in the study as 'progressive resistance exercise', or PRE). No changes were found in a control group. Exercises included leg press, chest press, leg extension, seated rowing, leg curl, triceps extension, standing calf raises, and bicep curl. All exercises were performed for 1-2 sets, commencing at ~60% and progressing to ~80% of maximum over the study time period.

NOTE: This PRE approach is very similar to our ActiveRx Strength Regen and Rehab protocols.

The safety and applicability of high intensity exercise programs for patients with RA has long been questioned because of presumed harmful effects on joints,

specifically, and disease activity in general. Consequently conventional programs utilizing low intensity, low impact isometric, or rubber band exercises, and 'range of motion' exercises were typically advocated. However, a growing body of research conducted over more than a decade has reported that high intensity PRE programs are more effective at increasing physical function and muscle strength in patients with RA compared with conventional exercise prescriptions. Such programs have also been reported to have no detrimental effects on disease activity in selected patient groups. Although low intensity and range of movement programs have been shown to be somewhat beneficial to patients with RA, high intensity PRE programs have additional potential benefits of importance to RA patients. These include optimal increases in strength, muscle mass, physical function, and bone mineral density, with consequent increases in quality of life and social and emotional wellbeing.

Recommendations for ActiveRx

The implications of this information are of major importance to ActiveRx. Both our Strengththerapy Rehab Plan of Care and our Strengththerapy Regen Sessions are in line with current research on optimal treatments for RA. This is a highly valuable connection point with both physicians and the media.

Our recommended process can be summarized as follows: after diagnosis and evaluation of RA, patients are assigned to a PRE-oriented Plan of Care. On completion, they are offered the choice of graduating to our Strengththerapy Regen Sessions. Through the advocacy of the entire Strengththerapy Center team, members will, by this time, have been made aware that continuing with our process is the optimal path to ameliorating their symptoms. Graduation rates will increase accordingly. In addition we will collaborate with the member's physician where necessary so that progress, both medical and functional is best monitored and coordinated. Our PT/PTA and Strengththerapy Coaches will always be present to oversee safety and effectiveness.



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

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TIPS WHEN MAKING AN OFFER!

You've decided to go for it. Buying a home can be thrilling and nerve-wracking at the same time, especially for a first-time homebuyer. It's difficult to know exactly what to expect. The learning curve can be steep, but most of the issues can be resolved by doing a little financial homework at the outset.

Take these 5 steps to help make the process go more smoothly.

Check your credit

The homebuyer's credit score is among the most important factors when it comes to qualifying for a loan these days.

The standards are higher in terms of what score you need and how it affects the cost of the loan.

To get a sense of where your credit stands, collect your credit report and score. There are many tools and resources to do this. If you need assistance, the Trout Team can point you in the right direction.

Scour the reports for mistakes, unpaid accounts or collection accounts. Just because you pay everything on time every month doesn't mean your credit is stellar, however. The amount of credit you're using relative to your available credit limit, or your credit utilization ratio, can sink a credit score.

The lower the utilization rate, the higher your score will be. Ideally, first-time homebuyers would have a lot of credit available, with less than a third of it used.

Repairing damaged credit takes time -- and money, if you owe more than lenders would prefer to see relative to your income. Begin the process at least 6 months before shopping for a home.

Evaluate assets and liabilities

So you don't owe too much money and your payments are up to date. But how do you spend your money? Do you have piles of money left over every month, or are you on a shoestring budget?

A first-time homebuyer should have a good idea of what is owed and what is coming in.

Organize documents

When applying for mortgages, homebuyers must document income and taxes.

Typically, mortgage lenders will request 2 recent pay stubs, the previous 2 years' W-2s, tax returns and the past 2 months of bank statements -- every page, even the blank ones.

Buying a home can take a long time, but knowing what you need and where to find it can save time when you're ready.

Qualify yourself

Ideally, as a first-time homebuyer, you already know how much you can afford to spend before the mortgage lender tells you how much you qualify for.

By calculating debt-to-income ratio and factoring in a down payment, you will have a good idea of what you can afford, both upfront and monthly.

Though there's not a fixed debt-to-income ratio that lenders require, the old standard dictates that no more than 28 percent of your gross monthly income be devoted to housing costs. This percentage is called the front-end ratio.

The back-end ratio shows what portion of income covers all monthly debt obligations. Lenders prefer the back-end ratio to be 36 percent or less, but some borrowers get approved with back-end ratios of 45 percent or higher.

Figure out your down payment

It takes effort to scrape together the down payment.

There are programs that can assist buyers with qualifying incomes and situations. Finally, speak with mortgage lenders when you're starting the process. Check with friends, co-workers and neighbors to find out which lenders they enjoyed working with and ask them questions about the process and what other steps first-time homebuyers should take.

Once your finances are in order and you are ready to begin looking for your new home, the help of a knowledgeable realtor can be invaluable.

Rest assured that you can trust the Trout Team for all of your real estate needs.

If you are considering purchasing a home in the area, there are many questions that should be answered before you make your purchase.

If you are buying in The Villages, you need to understand the Villages District Development system.

You need to understand the "bond" associated with each Villages purchase.

You need to know the deed restrictions in the specific area you are considering. What are you allowed to do and not allowed to do with landscaping, decorating, changes to your home and more!

As you consider a purchase in the area, you need a real estate agent who is well versed in the area you are considering to provide the answers you will need to make informed decisions. Without the proper information, the decisions you make can prove costly and can not only waste time, but keep you from making the best decisions.

The members of the Trout Team will listen to your concerns and provide the answers you need. We will assist you in finding the right home in the community or Village that best suits your needs and your lifestyle.

All said, for the best Buyers Agent representation, call Judy Trout today! Help is only a phone call away, 352-208-2629.

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March 6-13 is Sleep Awareness Week

CAN MELATONIN HELP YOU SLEEP BETTER?

Melatonin is a natural hormone made by your body's pineal (pih-knee-uhl) gland. This is a pea-sized gland located just above the middle of the brain. During the day the pineal is inactive. When the sun goes down and darkness occurs, the pineal is "turned on" by the SCN and begins to actively produce melatonin, which is released into the blood. Usually, this occurs around 9 pm. As a result, melatonin levels in the blood rise sharply and you begin to feel less alert. Sleep becomes more inviting. Melatonin levels in the blood stay elevated for about 12 hours - all through the night - before the light of a new day when they fall back to low daytime levels by about 9 am. Daytime levels of melatonin are barely detectable.

Besides adjusting the timing of the clock, bright light has another effect. It directly inhibits the release of melatonin. That is why melatonin is sometimes called the "Dracula of hormones" - it only comes out in the dark. Even if the pineal gland is switched "on" by the clock, it will not produce melatonin unless the person is in a dimly lit environment. In addition to sunlight, artificial indoor lighting can be bright enough to prevent the release of melatonin.

Appropriate Dosage

Chances are good that you have seen melatonin in health food stores or in an advertisement or article. No other hormone is available in the United States without a prescription. Because melatonin is contained naturally in some foods, the U.S. Dietary Supplement Health and Education Act of 1994 allows it to be sold as a dietary supplement (e.g.,



vitamins and minerals). These do not need to be approved by the Food and Drug Administration (FDA) or controlled in the same way as drugs.

Because it is not categorized as a drug, synthetic melatonin is made in factories that are not regulated by the FDA. Listed doses may not be controlled or accurate, meaning the amount of melatonin in a pill you take may not be the amount listed on the package. Most commercial products are offered at dosages that cause melatonin levels in the blood to rise to much higher levels than are naturally produced in the body. Taking a typical dose (1 to 3 mg) may elevate your blood melatonin levels to 1 to 20 times normal.

For melatonin to be helpful, the correct dosage, method and time of day it is taken must be appropriate to the sleep problem. Taking it at the "wrong" time of day may reset your biological clock in an undesirable direction. How much to take, when to take it, and melatonin's effectiveness, if any, for particular sleep disorders is only beginning to be understood.

While there are real concerns about the widespread use of melatonin sold as a consumer product, there have not been any reported cases of proven toxicity or overdose. If you are concerned about the correct melatonin dosage for you, talk to your health care professional.

Research Data


For some people, melatonin seems to help improve sleep. However, when scientists conduct tests to compare melatonin as a "sleeping pill" to a placebo (sugar pill) most studies show no benefit of melatonin. Evidence that melatonin can reset the body clock is more well established, although

it is not clear whether exposure to light may be more effective. Overall, research indicates improved sleep when melatonin is taken at the appropriate time for jet lag and shift work. Appropriate dosage and any safety risks will become clear with further research.

Some studies show promise for the use of melatonin in shortening the time it takes to fall asleep and reducing the number of awakenings, but not necessarily total sleep time. Other studies show no benefit at all with melatonin.


Large studies are needed to demonstrate if melatonin is effective and safe for some forms of insomnia, particularly for long-term use. It may be true that melatonin is effective and safe for some types of insomnia and for children but not for other types of sleep problems. How much to take, when to take it and its effectiveness, if any, for particular disorders is only beginning to be understood.

Source: sleep.org



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Prayer Killer #2: Not Honoring Your Spouse

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

You know what would really be nice? If you (my friends and readers) would send me more of your stories of pain and failure;

then I could use your stories and not have to always use mine. (smile)

Many years ago, I went into business with a person who, from every angle, looked legit. (You already know where this is going.) My wife, who is a brilliant woman, and who had left a career in a stock brokerage firm to homeschool our three small children, said, "Honey, I know we've looked at this opportunity from every angle and it seems good, but I just don't have a peace about doing it."

To which, I replied, "Honey, that's just because you don't know much about this type of business. It's gonna be amazing. You just wait and see."

I was right on both accounts. It was amazing and a sight to see...a spectacular screw-up...a hundred-thousand-dollar disaster.

My remarkable wife never said, "I told you so." I'm sure she thought about it though, maybe a hundred thousand times.

I once heard someone say, "If you think education is expensive, you should try stupidity."

What a stupid and expensive lesson.

But looking back now (hindsight is 20/20, you know)...I could have easily avoided this expensive mistake if I had just followed the advice of one simple verse in the Bible.

And here it is.

In the same way, you husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered. 1Peter 3:7 NLT



On the surface this verse looks like it's just telling husbands to be nice to their sweet "little wives." But under the surface, this often misunderstood verse has the tremendous power to make your dreams come true.

It may sound like one of those late night infomercials, but the power contained in the promise of this one verse (if you are both Christ-followers) can transform your life in so many ways.

So let's jump into it and see how far we get.

First of all this verse is not only talking to husbands, but is talking to both spouses when it comes to the dynamic life-changing principle I'm about to share. So read it as a spouse not as a husband or wife.

The first line of the verse reads in the Greek (the original language): "...husbands dwell with them according to knowledge..." In other words, "Spouse, learn from experience how special and unique God made your spouse and more importantly how the person of the Holy Spirit speaks through them. (Some of you already know where this is going because you are already enjoying the benefits.)

God will use His ability to communicate to you through your spouse, if you will learn to listen. And that alone could have saved me big bucks.

The second part of this power-packed verse is found in these words, again from the Greek: "...rendering honor as the joint-heir of the Grace of Life...".

The Lord God in His infinite wisdom sees a married couple as a two parts of a three-part unit (the husband, the wife and Holy Spirit). God resides to a degree inside of every Christ-follower.

So when a wife wants to buy a new car and begins to think about car options, color, style, price etc...Holy Spirit knows her thoughts and ideas. If she prays and asks Him what He thinks, He will begin to reveal to her mind ideas that maybe she had not thought. If she asks her husband what he thinks and he also prays and asks Holy Spirit, then you have the three working together to provide answers and solutions.

And since one of the three is God's Holy Spirit, and since He knows a lot more than most and is allowed to help us, then both husband and wife can have a peace in their heart from Holy Spirit that a decision has been thoroughly explored and now can be made. This makes the odds of success go through the ceiling.

Obviously I did not do this with my decision.

There are two more vitally important parts to share, but we are out of article space.

However, you can read the rest of this lesson by going to alexanderson.org and signing up for my weekly lessons. (They are free.)

To your spiritual health,
Pastor Alex Anderson
 Author, *Dangerous Prayers*
 alex.anderson@alexanderson.org
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