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April 2016

Marion Edition - Monthly

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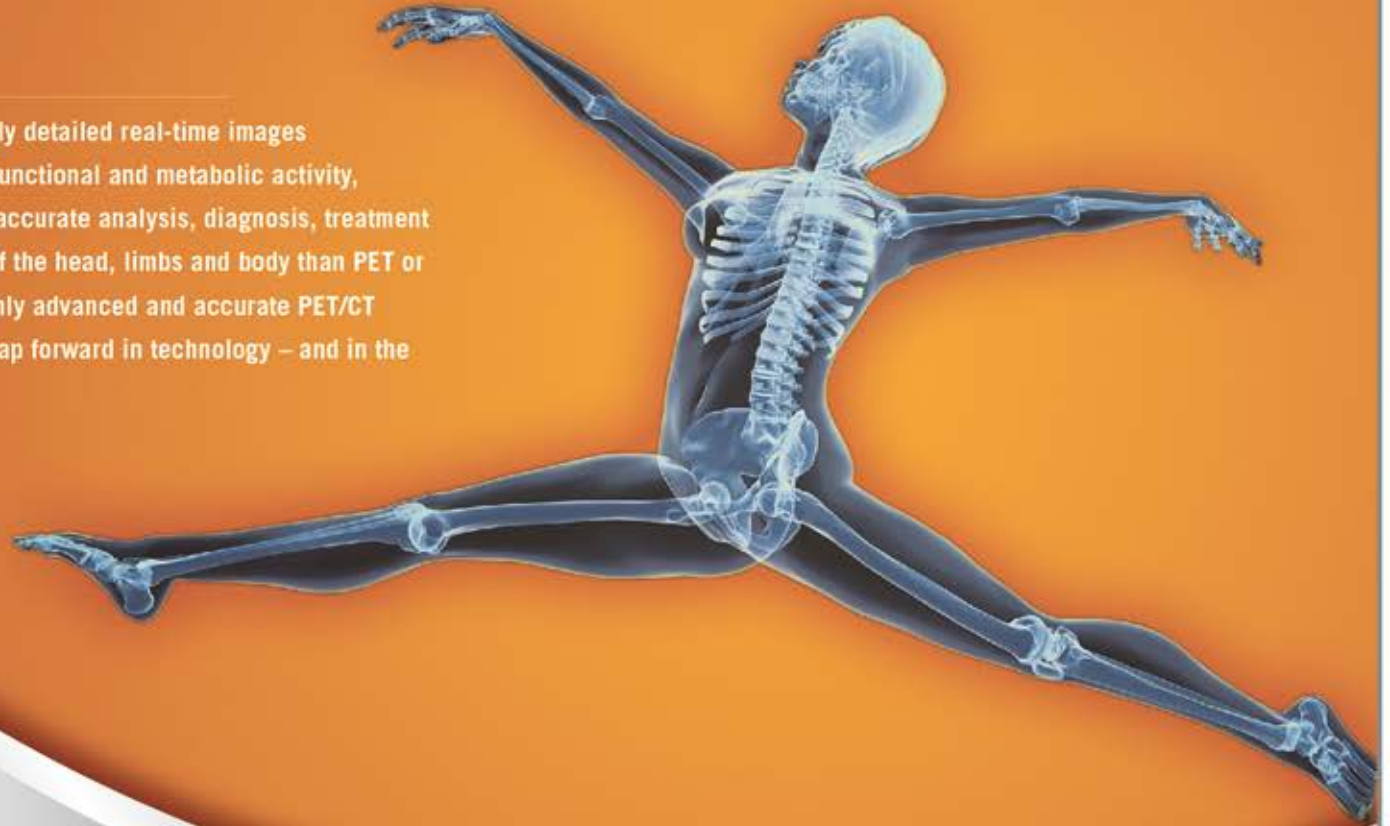
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The American Cancer Society predicted 96,830 cases of colon cancer in 2014.

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

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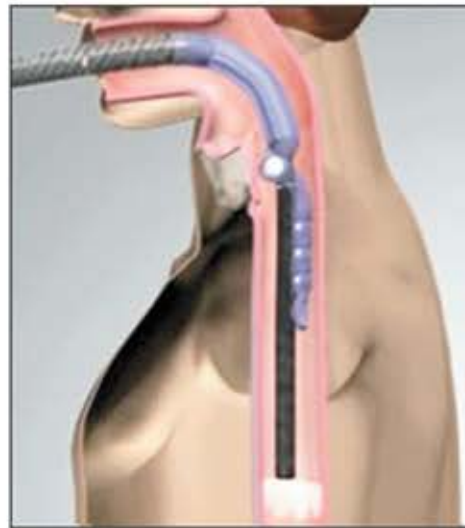


A Surgical Solution for Heartburn Without Incisions

By Kevin Hoddinott, MD
General, Vascular and Bariatric Surgeon

What may have seemed like science fiction, surgery without an incision, is now a reality that is making lives better for patients suffering from chronic acid reflux also known as gastroesophageal reflux disease (GERD). The Transoral incisionless fundoplication (TIF) procedure uses an endoscopic approach to treat the underlying anatomic causes of GERD. TIF is performed from within the GI tract with the EsophyX device inserted through the patient's mouth. There are no abdominal incisions; it is a no cut procedure.

The TIF procedure with the EsophyX device can significantly improve quality of life for patients. Many patients take reflux medications which suppress acid production such as PPIs (proton pump inhibitors) to help relieve their heartburn symptoms and are still unable to eat the foods they want or have to sleep sitting up to reduce nighttime reflux. In addition, recent studies have shown that long term use of PPIs can lead to inadequate absorption of minerals such as calcium leading to bone fractures. Studies have also shown that PPIs can interact with other prescription medications reducing their efficacy. Clinical studies show that at two years after the TIF procedure nearly 80% of patients are off their daily reflux medications and can eat



and drink foods and beverages they avoided for many years. Reflux no longer impacts their life like it previously did.

In a healthy patient, there is a natural valve between the esophagus and the stomach that forms a physical barrier preventing stomach fluids from back-washing, or "refluxing," up into the esophagus. In a patient with chronic GERD, this valve has become dysfunctional. The TIF procedure reconstructs the valve between the esophagus and the stomach to prevent reflux. It is based on the same well proven principles of conventional more invasive laparoscopic GERD surgery. TIF's advantage is that it is 'surgery from within' performed transorally (through the mouth). Because the procedure is incisionless, there is reduced pain, no visible scar and most patients can get back to their normal activities within a few days.

Understanding the Impact of GERD

What is GERD?

Gastroesophageal Reflux Disease (GERD) is a condition caused by anatomical changes where the muscle at the base of the esophagus (lower esophageal sphincter a.k.a. LES) relaxes between swallows, allowing stomach contents to wash back up into the esophagus.



It's the lower esophageal sphincter, silly!

Chronic GERD is caused by faulty anatomy, not pizza, burritos, or your favorite foods.

GERD Has a Huge Impact on the Healthcare System

GERD suffering is very common...



And the costs are Ginormous



GERD is the most common gastrointestinal-related diagnosis given by physicians during clinical visits in the United States

GERD is Deceptively Complex

Patients may experience a mix of typical and atypical symptoms

Typical	And	Atypical
<ul style="list-style-type: none"> Heartburn Chest Pain Excessive Salivation Regurgitation Gas Bloating Trouble Sleeping Sensitive To Some Foods & Liquids 	<p>Or</p>	<ul style="list-style-type: none"> Persistent Cough Chronic Sore Throat Difficulty Swallowing Frequent Swallowing Asthma Hoarseness Excessive Throat Clearing Bad Breath Dental Erosions or Gum Disease Discomfort in Ears & Nose

Increased duration and frequency of heartburn symptoms is strongly associated with esophageal cancer

6 million suffer from GERD and asthma

To date, TIF has been performed in more than 14,000 patients and evaluated in numerous peer-reviewed publications. In 30 unique studies with follow up in over 700 patients, weighted outcomes following the TIF procedure demonstrate significant control of reflux and improvement in quality of life.

With millions of Americans diagnosed with GERD and not fully satisfied with their treatment options, the TIF procedure with the EsophyX device offers an excellent alternative and:

- Is less invasive than conventional antireflux surgery.
- Is performed without incisions which reduces discomfort, spares healthy anatomy, and allows for future intervention if necessary.
- Offers fewer side effects like difficulty swallowing, gas bloat and flatulence.

While the TIF procedure is less invasive than conventional laparoscopic fundoplication and has an excellent safety profile, it is important to note that TIF is still a surgical procedure and that all surgical procedures have risks. Before deciding on a procedure, patients should speak with their doctors in detail about the risks and complications that may arise.

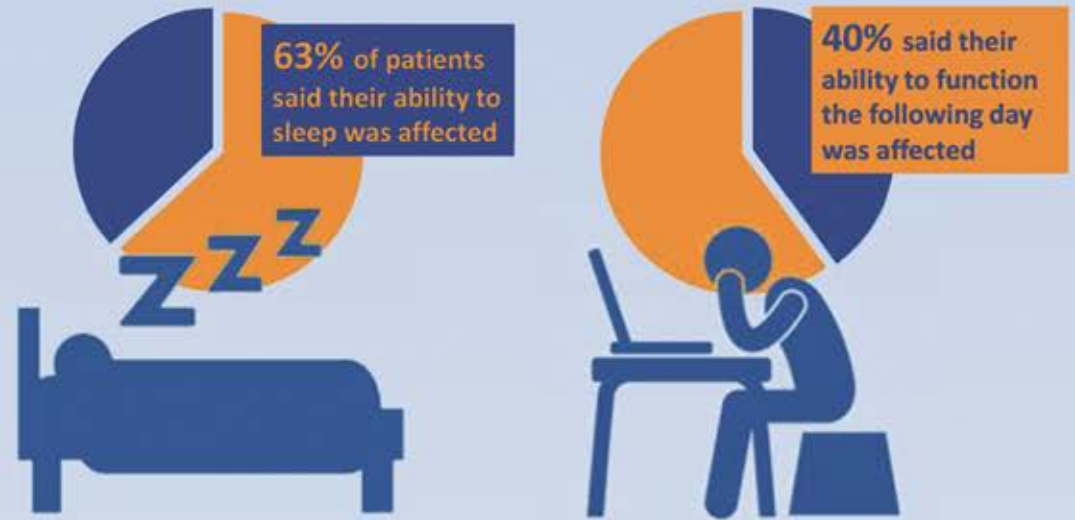
Please contact us if you or someone you know suffers with chronic GERD and would like more information about how TIF can get you back to living without the pills and without heartburn.



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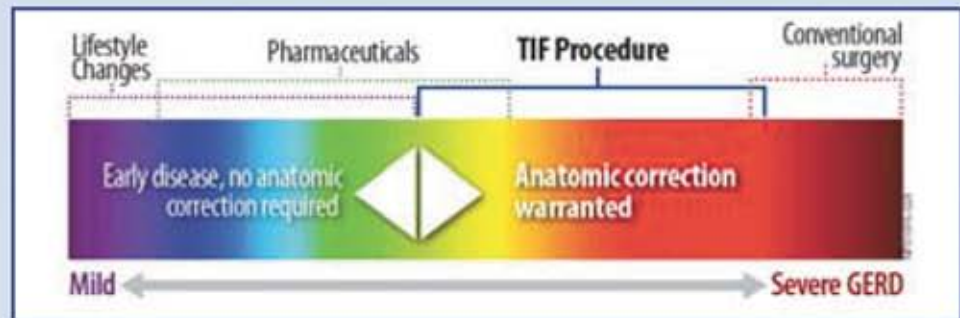
GERD Affects Sleep and Productivity

In an American Gastroenterological Association survey of GERD patients:



Pills Cannot Fix Anatomy

Popular medications like proton pump inhibitors (PPIs) only address the symptoms of GERD, not the underlying condition

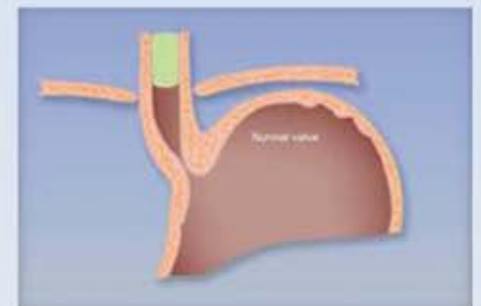


For years, patients with unmanageable GERD symptoms despite medications are faced with a difficult decision: either continue taking expensive medications or opt for invasive surgery to fix the digestive system and live with a set of side-effects affecting quality of life.

The TIF Procedure

The TIF procedure fills the treatment gap between medical therapy and more invasive surgical options for GERD. It is performed through the mouth without incisions, resulting in reduced discomfort, faster recovery, and higher patient satisfaction. Studies show that for up to three years after the TIF procedure, quality of life symptom scores improved in up to 80% of patients and most patients were able to stop using daily PPI medications.

More than **15,500 patients** worldwide have had the TIF procedure



Looking for more information? GERDHelp.com is your acid reflux solutions resource.

NP02380-078

Staying a Step Ahead of COPD

Chronic Obstructive Pulmonary Disease (COPD) has grown in prevalence over the last decade and is now the third leading cause of death in America. When diagnosed with an incurable chronic illness, people tend to search for alternatives to traditional medicine. The quest for treatment options can leave a patient feeling overwhelmed. Anxiety and depression can exacerbate symptoms, creating a vicious cycle. Despite the grim outlook a COPD diagnosis can produce, alternative ways exist to treat not only the symptoms of COPD, but the disease itself.

Coping Strategies

Stay Positive

Talk with someone when feeling anxious or depressed, whether it's a friend or a professional. Enjoy favorite activities, and explore alternative forms of stress management like yoga, tai chi and meditation. These produce mental benefits as well as physical. Find reasons to laugh often. Maintaining a positive outlook can improve overall quality of life.

Bolster Resilience

Choose activities that create a sense of accomplishment. For those who, for instance, love gardening but feel short of breath, a container garden could bring a goal within reach. If the pots are too heavy, a friend could help, and the results could be healthy, growing plants and a new gardening friend.

Pulmonary Rehabilitation

Consider a pulmonary rehabilitation class to address the disease head-on by improving lung capacity and blood oxygen levels. Rehab also involves nutrition. A good diet for someone with COPD includes iron-rich foods, such as red meat and green, leafy vegetables that promote oxygenation of the blood.

Alternative Therapy

There are many things people can do every day to stay a step ahead of COPD, but to treat the disease, rather than only the symptoms, alternative therapy using the patient's own stem cells has shown potential. The same cells that repair a simple cut on the skin, properly harnessed, can promote healing in damaged lung tissue. Adult stem cells do this naturally, only not at a rate fast enough to keep up with degenerative lung disease.



Don't just treat the symptoms. Treat the disease itself.

One medical clinic, the Lung Institute, is using adult, or autologous, stem cells, harvested from patients' blood or bone marrow, to boost the body's natural healing process. The Lung Institute's Jack Coleman, Jr., MD, recently released a white paper outlining a study showing that stem cell therapy in patients with lung diseases has the potential to improve pulmonary function and quality of life.

Dr. Coleman's white paper, titled "Autologous Stem Cell Therapy and its Effects on COPD: A Pilot Study," mentions that he tested approximately 100 patients with COPD. Within three months of therapy, 84 percent of patients found their quality of life improved, with an average improvement of 35 percent.

Coleman said in a press release, "COPD is currently the third leading cause of death in the United

States, and we give our patients an alternative that doesn't just mask the symptoms."

People hear things like, "COPD is a chronic illness that is both progressive and terminal," and hear that the traditional options all consist of prescription medications, supplemental oxygen and a highly invasive lung transplant. People are dissatisfied with this prognosis. With a rise in alternative options like stem cell therapy, revolutionary medical advancements to better address COPD could be just around the corner.

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.

Combined CT/PET Outpaces Individual Tests By Leaps and Bounds

Certain injuries, diseases and disorders involve analyzing both internal structures and the function of specific systems. To do this, doctors use computerized tomography (CT), which combines a series of x-ray images taken from different angles to create cross-sectional images of interior tissues, bones and blood vessels. CT provides more detail and clarity than traditional x-ray, for better views and more information for planning medical treatment.

To analyze bodily functions such as blood flow, glucose metabolism and oxygen use, doctors use Positron Emission Tomography (PET), a nuclear medicine that displays specific systems and how well they are operating. Its ability to capture how a system is performing as a whole makes it useful in diagnosing specific systemic diseases and dysfunctions.

In the past, patients underwent these diagnostic exams separately, but now there's PET/CT, which combines both scans in one of the most comprehensive and advanced systems ever created. Not only is it more convenient, PET/CT is more accurate than the two tests performed independently. Its multidimensional images identify the location of abnormal metabolic activity to help pinpoint pre-cancers and cancers even in their earliest stages, as well as stroke damage, seizure disorders, Alzheimer's, and a host of other diseases.

RAO's Board Certified PET/CT specialists use the advanced Siemens biography PET/CT scanner with an LSO crystal for tremendous speed and accuracy. "Combining these tests reduces the incidence of inconclusive data and repeat testing," says radiologist Dr. Malcolm Williamson.

"It not only saves time, it also provides more complete complimentary information, strengthening the probability of early detection and reducing the chances of stressful false alarms," says radiologist Dr. Ralf Barckhausen.

"Because all images are digitally stored, they can be shared with a patient's primary care physician or specialist in seconds," says Dr. Fredric Wollett. Scans can also be sent instantly to all Marion County hospitals and RAO outpatient centers to ensure the most rapid and well-coordinated medical planning and care.

For advanced PET/CT diagnostic services, as well as breast imaging, musculoskeletal radiology, neuroradiology and vascular and interventional radiology, the name to know is RAO.

For more information, call RAO's Medical Imaging Center at Windsor Oaks at 352-671-4300 or visit www.RAOcala.com.



Ralf R. Barckhausen, MD, Malcolm E. Williamson, II, MD
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STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

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



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NUTRITION & WEIGHT LOSS

We know that most diets don't work, and so do you. With two-thirds of the adults in the United States overweight, and one-third of those classified as "obese," it's clear that what Americans have been doing to control their weight just isn't working. Most diets involve eliminating certain foods or whole food groups all together. Not only is this unhealthy, but it's just plain unrealistic. Weighing and measuring your food may help you lose weight, but really isn't practical as a long-term strategy. Many people return to their "normal" eating habits once they've reached their goals, and the weight just comes back.

Good nutrition is vital to successful weight loss and management, and for good health. Along with weight loss and management, other benefits of good nutrition are: improvement in cholesterol, reduction of blood pressure, and increase in overall energy. Many of us have tried one or more of the different fad diets or in the past have experienced the vicious cycle of unhealthy weight loss/weight regain. Some of the popular diets suggest eliminating certain food groups while others suggest taking mega-doses of vitamins. The fact is, this "yo-yo" cycle often leaves you discouraged and no closer to your weight loss goal. A good weight loss and management program incorporates sound nutrition practices and behavioral changes. To avoid the "yo-yo" cycles and ensure adequate nutrition, a balanced diet, and incorporation of proper nutrition is necessary in making a life long commitment to adopting a healthy lifestyle.

There are three principles of proper nutrition, which include variety, balance, and moderation. Adding a variety of foods to your diet is essential to ensure eating from the five major food groups. Remember, no one food supplies all the nutrients the body needs. A balanced diet supplies the nutrients and calories the body needs if eaten in appropriate amounts. Serving sizes differ for individual needs based on age, gender, and activity level. Many people believe they have to deprive themselves of their favorite foods, but choosing certain foods in moderation is key to successful long-term weight loss.

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Here are some suggested healthy nutrition guidelines:

Read the Nutrition Facts Food Labels. Pay special attention to the fat, sodium, and carbohydrate content when shopping, especially if you have cardiovascular and/or diabetes risk factors.

Choose protein sources from plants and lean sources of meats. A good rule of thumb in selecting meats with less fat is to look for the words "round" or "loin" when shopping for beef, and the words "loin" or "leg" when shopping for pork or lamb. Remember, when shopping for poultry, white meat has less fat than dark meat.

Choose a diet rich in soluble fiber including oat bran, legumes, barley, and most fruits and vegetables. 20 to 35 grams of fiber daily are recommended.

Adopt healthy meal preparation techniques to reduce sodium, fat, and sugar.

Drink at least 8 -10, 8-oz. glasses of water each day.

Limit your consumption of alcohol. It provides empty calories.

Good nutrition takes practice and oftentimes some guidance from an experienced dietitian. There are certainly long term results when you improve your nutrition. Here is a partial list:

- Reduction in blood pressure
- Better control of your blood glucose for those with Type II Diabetes
- Improvement in your cholesterol, Low-density lipoprotein (LDL- bad cholesterol) and High-density lipoprotein (HDL-good cholesterol) and triglycerides
- Increase in energy
- Improvement in self-esteem
- Improvement in overall appearance

You deserve to do something good for yourself so start by improving your eating habits. Resolutions for a healthier you can be made at any time, and the sooner the better.

At Lifestyle Solutions, we thoroughly examine your individual lifestyle and any existing medical conditions, and then analyze this information and use it to formulate your unique treatment program. We'll provide you with the proven tools needed to optimize your success.

When you join our physician supervised weight loss program, you'll get your own Lifestyle Coach who will help you each step of the way. No matter what your goal is, we can help you achieve it. Our Lifestyle Coaches are specially trained to help you figure out what will work best for you. Whether it's determining the best foods, developing great recipes to meet your needs, or cheering you up when you feel down, they are there for you so you never have to feel like you're going through this process alone.



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WHAT DOES YOUR THYROID DO & WHY IS IT IMPORTANT?

The thyroid is a butterfly shaped gland that is located over the trachea (wind pipe) just below the larynx (voice box). The thyroid gland plays a very important role in most all the metabolic processes of the body. The thyroid gland produces a hormone and together the gland and hormone are responsible for regulating metabolism.

How Thyroid Hormone is Made

The hypothalamus, often referred to as the body's "thermostat" is responsible for making sure the thyroid blood levels are normal. When the hypothalamus notices the thyroid blood levels decreasing it releases TRH (thyroid releasing hormone). The TRH then signals the pituitary gland to release TSH (thyroid stimulating hormone). TSH stimulates the thyroid gland to begin producing thyroid hormone.

When the body's levels of thyroid hormone become normal and the body is functioning normally the pituitary gland will cease its release of TSH and the process stops until the hypothalamus notices the thyroid hormone levels decreasing again.

Hypothyroidism

Hypothyroidism is caused by insufficient production or absorption of thyroid hormone that causes abnormally low blood thyroid hormone levels. This problem with the thyroid gland is usually brought about as a result of iodine insufficiency, a tumor, a damaged thyroid gland, or vitamin deficiencies. This type of hypothyroidism is called primary hypothyroidism.

Hypothyroidism can also be a result of the pituitary gland and/or hypothalamus failing to function properly. This type of hypothyroidism is called secondary hypothyroidism.

Low thyroid hormone levels may not only make you feel old, they can propel you into the conditions and diseases associated with aging. Low levels of T4 can be responsible for weight gain, since T4 plays a role in controlling the body's metabolism. The changes that are brought about as a result of the aging process such as changes in the fat to muscle ratio and the shrinkage of organs can also be caused by a lack of thyroid hormone. A decrease in the amount of lean body mass can in turn interfere with the activity of an enzyme that converts thyroxine (T4) into triiodothyronine (T3). T3 is about 5 times more potent than T4.

Adequate levels of thyroid hormone are needed to regulate blood sugar, so a deficiency of thyroid hormone can lead to adult-onset diabetes. Low levels of thyroid hormone can also greatly increase the risk of cardiovascular disease due to an increase in the levels of cholesterol and triglycerides and may cause high blood pressure. Also, iodine is essential to the proper functioning of the thyroid gland, several studies that have been done have shown a correlation between low iodine levels and an increased risk of cancer.

Symptoms of Hypothyroidism include:

- weakness, fatigue, and lack of energy
- dry, flaky, pale skin
- dry, coarse, dull hair, loss of hair
- lack of appetite
- weight gain
- thinning of eye brows
- sensitivity to cold
- brittle nails
- cold hands and feet
- constipation
- low body temperature

Hypothyroidism is one of the most overlooked conditions in older patients. The general opinion of many in the medical community has been that the drop that occurs in hormone levels is a normal part of the aging process. Thyroid replacement therapy that can alleviate or improve most, if not all the symptoms caused by the thyroid gland.



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- **Board-Certified:** American Board of Osteopathic Family Physicians
- **Residency:** Columbia Medical Center-Peninsula, Ormond Beach, FL
- **Chief Resident**
- **Doctor of Osteopathy:** West Virginia School of Osteopathic Medicine
- **Bachelor of Science:** Biology, Freed-Hardeman University, Henderson, TN



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- **Internship:** San Juan Municipality Hospital- Centro Médico, Rio Piedras, PR
- **Graduated of:** Doctor of Medicine- San Juan Bautista School of Medicine, Caguas PR
- **Graduate School:** Public Health/Environmental Health, UPR, Centro Médico, Rio
- **Piedras, PR**
- **Bachelor of Science:** Biology. UPR, Rio Piedras PR
- **Language Spoken:** English, Spanish

Oral, Head and Neck Cancer Education and Treatment Focus for InterCommunity Cancer Center

April is Oral, Head and Neck Cancer Awareness month and InterCommunity Cancer Center in Lady Lake, Fla., encourages education about these cancers including prevention, early detection as well as advanced treatment.

The American Cancer Society estimates more than 48,000 people in the United States will develop cancer of the oral cavity and pharynx (throat) in 2016. These cancers are more than twice as common in men as in women.

UNDERSTANDING ORAL, HEAD AND NECK CANCERS

Oral, head and neck cancers usually begin in the squamous cells inside the mouth, the nose, and the throat, and also in the salivary glands, although less common. The area in which the cancer occurs describes cancers of the head and neck: oral cavity, pharynx, larynx, paranasal sinuses and nasal cavity, and salivary glands.

EARLY DETECTION OF HEAD AND NECK CANCER

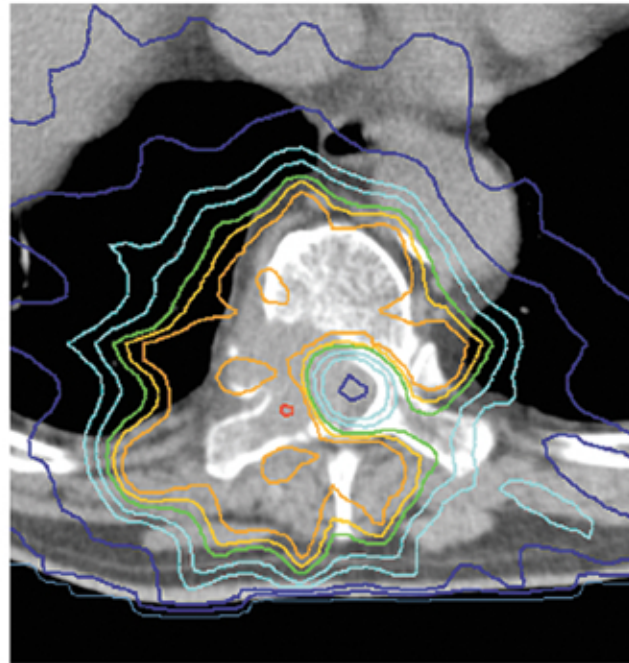
Tobacco use is the most preventable cause of oral, head and neck cancer. In the U.S., up to 200,000 people die each year from smoking-related illnesses. While this number has declined due to Americans who have quit smoking, many smokers have begun using smokeless (vapor) or chew tobacco, assuming it is a safe alternative. However, this only changes the site of the cancer risk from the lungs to the mouth.

ORAL, HEAD AND NECK CANCER SYMPTOMS

According to Dr. Jeffrey Kanski, medical director and radiation oncologist at InterCommunity Cancer Center, "Fortunately, most head and neck cancers produce early symptoms and are curable when detected early."

Symptoms of oral, head and neck cancer include:

- A lump in the neck that lasts more than two weeks
- Change in the voice such as hoarseness
- A growth in the mouth such as a sore or swelling that doesn't go away
- Bringing up blood in saliva or phlegm for more than a few days
- Swallowing problems, or food "sticking" in the throat or esophagus
- Persistent earache or constant pain in or around the ear when swallowing



IDENTIFYING RISK OF HEAD AND NECK CANCER

As many as 90 percent of head and neck cancers arise after prolonged exposure to specific risk factors. These factors include use of tobacco (cigarettes, cigars, chewing tobacco, or snuff) and alcoholic beverages as the most common cause of cancers of the mouth, throat, voice box, and tongue. Cancer of the throat can also occur as a result of infection with the human papilloma virus (HPV). Prolonged exposure to sunlight is linked with cancer of the lip and is also established as a major cause of skin cancer.

THE CORRELATION: HEAD AND NECK CANCER & HPV

Over the past decade, an increasing number of young, non-smokers have developed mouth and throat cancer associated with the human-papilloma-virus, or HPV. Each year, an estimated 26,000 HPV-attributable cancers are diagnosed in the United States. HPV-positive head and neck cancers have shown to respond better to treatments like radiation and chemotherapy.

TREATMENT OPTIONS FOR ORAL, HEAD AND NECK CANCER

The three main types of treatment for managing head and neck cancer are radiation therapy, surgery and chemotherapy, with radiation therapy as a primary treatment.

"The optimal combination of treatment for a patient depends on the site of the head and neck cancer and the stage, or extent, of the disease," said Dr. Kanski.

Oral, head and neck cancer is treated using Intensity-Modulated Radiation Therapy (IMRT), an advanced, high-precision radiotherapy treatment that delivers radiation doses to a malignant tumor or specific areas within the tumor and conforms to the three-dimensional (3-D) shape of the tumor by controlling the intensity of the radiation beam to focus a higher radiation dose to the tumor while minimizing radiation exposure to healthy cells.

An article published in *CANCER*, a journal of the American Cancer Society, shows significant benefits in using IMRT to treat head and neck cancers. The study compared the survival rates of 3,172 head-and-neck-cancer patients for those treated with IMRT and those receiving conventional radiation treatments, finding a 38.9 percent survival rate for patients treated with IMRT versus an 18.9 percent survival rate for those receiving traditional treatment.

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 many types of cancer including breast, lung, prostate, head and neck, and skin cancer. As part of Vantage Oncology, a national network of more than 50 cancer treatment centers in 13 states, 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.

To learn more about treatment for oral, head and neck cancer, visit www.ICCCVantage.com.

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

Lady Lake
922 Rolling Acres Road
Lady Lake, FL 34748

(352) 674-6300
www.ICCCVantage.com



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

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

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



Safe & Effective Results

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

BEMER ENHANCES:

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

*Extreme Dermatitis
(82 year old female patient)*



BEFORE BEMER



15 DAYS LATER

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

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

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

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

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

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

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

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

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

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

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

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

Herpes Zoster (Shingles)



Before BEMER



After 3 days

(4 daily applications)

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

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

BEMER & AMT together, produce astounding results.

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

Diabetes – Leg Ulcer



Before BEMER

After 4 weeks

After 8 weeks

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

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

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



BEFORE BEMER
Extreme Dermatitis
(82 year old patient)



12 DAYS LATER

Psoriasis



DAY 00



DAY 15

15 days Therapy

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

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

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

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

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

E Med
ENERGY MEDICAL

(352) 552-1889

www.EnergyMedical.net

**17820 SE 109th Ave., Suite 106B
Summerfield, FL. 34491
In the Spruce Creek Medical Center
Across from the Walmart on Hwy. 441**



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

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



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

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

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

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

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

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



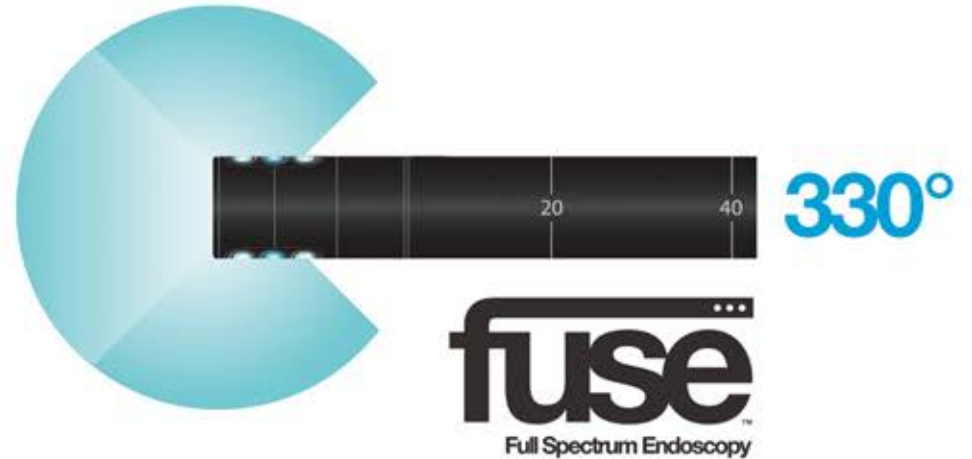
Dr. Anand Kesari



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



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



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

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

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



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

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

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

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

OCALA

7535 SW 62nd Court, Ocala, FL 34476

SUMMERFIELD

10435 SE 170th Place, Summerfield, FL 34491

SUMTERVILLE

1389 S, US 301, Sumterville, FL 33585



(352) 237-1253

www.gastro-colon.com

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

APRIL IS AUTISM AWARENESS MONTH

Autism is a complex neurobiological disorder that typically lasts throughout a person's lifetime. It is part of a group of pervasive developmental disorders known as Autism Spectrum Disorders (ASD) that significantly affects how a person perceives the world, interacts with others, and communicates. As its name implies, ASD is a spectrum disorder that affects individuals differently and with varying degrees of severity.

While ASD is typically diagnosed in children, it is a lifelong disorder that affects individuals of all ages. There is no known single, specific cause of autism. In some families there does appear to be a pattern of autism or related disabilities – which suggests there is a genetic basis to the disorder – although no single gene has been directly linked to autism. Research today seems to indicate that the basis for autism does indeed lie in both genetics and in environmental health, with no single underlying cause, but rather causative factors that come into play differently for each individual.

IS THERE MORE THAN ONE TYPE OF AUTISM?

Yes. There are five disorders that are grouped under the broad heading of "Pervasive Developmental Disorder" or PDD: Autistic Disorder, Pervasive Developmental Disorder - Not Otherwise Specified (PDD-NOS), Asperger's Disorder (or Asperger's Syndrome), Rett's Disorder, and Childhood Disintegrative Disorder. See the Autism Society of East Tennessee's website for a description of each disorder (www.asaect.org).

WHAT ARE PEOPLE WITH AUTISM LIKE?

Each individual with autism is unique and may demonstrate markedly different behaviors and skills. The following information provides an overview of some common characteristics seen in children with autism.

Speech - Speech is likely to develop much more slowly than is the norm. Speech may remain absent, or appear in the small child and vanish by the age of four. Speech may include peculiar patterns or intonations.



Social Interaction - Most often noticeable is the failure to form social bonds. The child who has autism may not follow the parents or other children around the house—or may cling to them. He may not go to others for comfort when hurt. The autistic child often avoids eye contact, resists being picked up, and does not seem to "tune in" to the world around him/her.

Sensory Differences - The child who has autism may not react the same way to a variety of environmental stimuli. He may not respond to cold or heat—or over-respond. The child may exhibit hypersensitivity to light, noises, touch, smells, and tastes.

Peak Skills - The child who has autism may have peak skills, scattered things that he does quite well, such as computations in math, drawing or music, or memory of data, whether trivial or important. At the same time, he may not be able to discuss the weather or easily comprehend what he has read. A child with autism may not initiate play with other children. The child may prefer to be left alone. There is a lack of imitation of other children or adults.

Need for Sameness and Routine - Such a child may throw a tantrum that lasts for hours because the seating was changed in the family car. Or he may engage in stereotyped behavior, such as flicking or flapping a hand, lining up toys, drawing the same picture or seeking repeatedly to do what he is unable to do.

Behavioral Problems - Children with autism can be very passive or hyperactive. They may also demonstrate obsessive interests in objects or activities. Aggression towards others or themselves is a possibility. Generally, people with autism prefer to maintain certain routines and may respond negatively when a routine is changed or disrupted.

COMMON CHARACTERISTICS OF CHILDREN WITH AUTISM

Children with autism usually exhibit at least half of the traits listed below. These symptoms can range from mild to severe and vary in intensity from symptom to symptom. The behavior usually occurs across many different situations and is consistently inappropriate for their age.

- Insistence on sameness; resists changes in routine
- Severe language deficits
- Difficulty in expressing needs; uses gestures or pointing instead of words
- Echolalia (repeating words or phrases in place of normal, responsive language)
- Laughing, crying, or showing distress for reasons not apparent to others
- Prefers to be alone; aloof manner
- Tantrums – displays extreme distress for no apparent reason
- Difficulty in mixing with other children
- May not want cuddling or act cuddly
- Little or no eye contact
- Unresponsive to normal teaching methods
- Sustained odd play
- Spins objects or self
- Inappropriate attachment to objects
- Apparent oversensitivity or under-sensitivity to pain
- No real fear of dangers
- Noticeable physical overactivity or extreme under-activity
- Not responsive to verbal cues; acts as if deaf although hearing tests in normal range
- Uneven gross/fine motor skills (May not kick a ball but can stack blocks.)

If your child is exhibiting any of these symptoms, it may be an indication that additional developmental testing is needed. Please don't delay – early intervention is the key to a child's successful development!

Source: asaect.org

Cancer Nutrition Drink is a Must Have

By Dr. Stan Headley

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

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

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

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

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

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

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

- Demonstrate Anti-Cancer / Anti-tumor effects
- Provide needed nutrition for cancer patients with zero sugar in formula
- Improve immune system response
- Maintain or increase appetite
- Increase LBM (lean body mass)
- Reduce stress / anxiety and lower cortisol levels
- Provide relief with nausea/vomiting and diarrhea
- Mitigate anemia and improve my liver function

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

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

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

 **CellAssure**[™]
Advanced Medical Nutrition



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

When do I start taking CellAssure?

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

CellAssure is scientifically formulated to help "Fuel the Fight Against Cancer". CellAssure delivers on a level that brings smiles to patients, their families, as well as the physicians taking care of them – and as cancer patients we need a reason to smile. We need a reason to believe that we can overcome, conquer and beat cancer head on.

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

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

Sunburn: What is it and How to Avoid it

What is a sunburn?

A sunburn is an injury to the skin due to UV radiation from the sun. UV light is a combination of different types of radiation. There are two types of UV radiation most responsible for sunburn. UVA rays cause aging. This is invisible damage, and after many years of sun exposure, is difficult to reverse and builds up over time. UVB rays cause burning—or sunburn. This is a visible injury and damage you can see after a few hours. It is important to understand the potential effects of UV light and how sunburns occur.

Melanin is the pigment in the outer layer of skin that gives your skin its normal color. When skin is exposed to sunlight, your body tries to protect itself by speeding up the production of melanin. This extra melanin is what creates a tan. A suntan is your body's way of blocking the UV rays to prevent sunburn and other skin damage. But the protection only goes so far. The amount of melanin you produce is determined genetically. Many people simply don't produce enough melanin to protect the skin well. Eventually, UV light causes the skin to burn, bringing pain, redness and swelling.

Although it may seem like a temporary condition, sunburn—a result of skin receiving too much exposure from the sun's ultraviolet (UV) rays—can cause long-lasting damage to the skin. According to the Skin Cancer Foundation, people double their risk of melanoma if they have had five or more sunburns.

Without proper protection from clothing and sunscreen, your skin can burn. To help calm stinging skin, you should treat the sunburn as soon as you notice it. The first thing you need to do is get out of the sun. Here are some tips to help alleviate the discomfort of a sunburn:

1. Drink extra water. A sunburn will draw fluid to the surface of the skin and away from the rest of the body. Drinking more water when you are sunburned helps to avoid dehydration.

2. Should blisters form, allow the blisters to heal. Blistering skin means you have a second-degree sunburn. Do not pop the blisters, as blisters form to protect you from infection and to help your skin heal.



3. Take frequent cool baths or showers to help relieve the pain. Gently pat yourself dry, but keep your skin slightly damp. Then, apply a moisturizer to help trap the water in your skin.

4. Apply a moisturizer that contains aloe vera to help soothe sunburned skin. If an area feels especially uncomfortable, you can apply a hydrocortisone cream that you can buy without a prescription. Do not treat sunburn with “-caine” products (such as benzocaine), because these may irritate the skin.

5. Consider taking ibuprofen or aspirin to help decrease any swelling, redness and soreness.

What's the harm in sunburn?

Sunscreen can protect your skin against sunburn, skin cancer, and premature aging. However, it is not as effective unless it's applied correctly. **Choose sunscreen that has an SPF of 30 or higher, is water resistant, and provides broad-spectrum coverage,** which means it protects you from UVA and UVB rays.

1. Apply sunscreen generously before going outdoors—even on cloudy days. It takes about 15 minutes for your skin to absorb the sunscreen and protect you. If you wait until you are in the sun to apply sunscreen, your skin is not protected and can burn. And don't forget to apply sunscreen on cloudy days. As much as 80 percent of UV rays pass through clouds.

2. Use enough sunscreen. Most adults need at least one ounce of sunscreen, about the amount you can hold in your palm, to fully cover all exposed areas of your body. Rub the sunscreen thoroughly into your skin.

3. Apply sunscreen to all bare skin. Remember your ears, face, neck, tops of your feet and legs. For those hard-to-reach areas like your back, ask for someone to help you or use a spray sunscreen. If you have thinning hair, either apply sunscreen to your scalp or wear a wide-brimmed hat. **Re-apply sunscreen at least every two hours to remain protected, or immediately after swimming or excessively sweating.**

This spring and summer, seek the shade, especially between 10 A.M. and 4:00 P.M., avoid tanning and tanning booths, use sunscreen with an SPF of 30+ daily, and wear a hat and UV blocking sunglasses. Remember to examine your skin from head to toe every month and see your dermatologist every year for a professional skin exam.

Sources:

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Skin Cancer Foundation. (n.d.). Retrieved June 2, 2015, from <http://www.skincancer.org/prevention/sunburn/facts-about-sunburn-and-skin-cancer>

IS AN ACTIVE ADULT COMMUNITY RIGHT FOR YOU?

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

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

What You'll Find at an Active Adult Community

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

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

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

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

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

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

Communities Designed with Your Needs in Mind

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

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



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

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

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

Find Active Adult Communities

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

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

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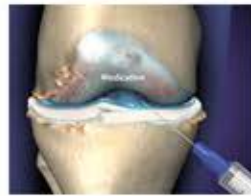
The knee is notorious for pain and injury. Knee pain can occur from an injury or a condition like osteoarthritis, and can impact activities of everyday life. There are many remedies for this condition, including rest, anti-inflammatory medications and using knee braces. For individuals whose knee pain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

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

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

Currently there are multiple FDA approved hyaluronic acid preparations, which are extracted from rooster combs, and there are some synthetically grown products for those with avian allergies. They have trade names such as Supartz and Orthovisc.

These injections are also called viscosupplementation as they restore the normal viscoelastic properties to synovial fluid. This can help protect cartilage,



lubricate the joint and improve the shock absorbing effect of the knee. It is also suspected that hyaluronic acid injections may protect cartilage cells and actually promote the formation of more cartilage. This is the subject of a lot of speculation and has not been definitively proven.

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

Knee injections are typically extremely effective. A recent study on our website, shows the injections, which are as painless as a flu shot, when done under fluoroscopic guidance to ensure the hyaluronic acid passes through the synovial membrane, combined with physical therapy focused on painless strengthening of your knee area, and proper bracing to allow the fluid to move freely throughout the joint space, creates the highest level of pain reduction, with over 99% of patients we treat achieving an average pain reduction of 77%. These results are often good enough to delay the need for a knee replacement surgery and avoid it altogether.



If you suffer from pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.



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Active Joints, AMAZING SKIN™

Advanced science is completely changing the way you age. Clinically-tested Liquid BioCell™ takes years off your appearance and remarkably reduces wrinkles from the inside-out without cosmetic injections and reduces the enzyme that can make your skin age.

For younger-looking skin, it's necessary to replace or rebuild the underlying structure. Unfortunately, getting to this deep layer of skin, called the dermis, isn't a simple matter because the skin's outer layer purposefully protects that structure.

Creams and lotions can't easily reach the dermis; they work on a topical level. Cosmetic injections can penetrate the structure from the outside, but that's not always an easy, healthy, long-term, or cost-effective option. Researchers looked for an alternative that works and found it in Liquid BioCell™.

By drinking Liquid BioCell™ hyaluronic acid increases in the body. Liquid BioCell™ improves skin tone and texture, helps bring elasticity and moisture back to the skin, and even goes an important step further, it helps reduce the enzyme that can make your skin age.

Are you one of the 40 million people who suffers from joint or mobility issues? Tens of thousands of men and women, young and old, have had their lives changed thanks to the clinically validated, super-nutraceutical...Liquid BioCell™.

Joint problems can come with athletic activity, strenuous work, and aging. But what you're really experiencing is the progressive degeneration of connective tissue where both collagen and hyaluronic acid are essential. Taken orally, in a patented, highly-absorbable form, Liquid BioCell™ allows you to replenish these important substances and is clinically shown to work!

Benefits of Liquid BioCell



DOCTOR'S PERSPECTIVE



Doctors' Perspective

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

How I Believe Liquid BioCell™ Works.

Liquid BioCell™ very closely resembles our own connective tissue, and has a liquid delivery system that allows absorption to begin immediately. To understand how Liquid BioCell™ works, it is necessary to understand that every organ system in our body is composed of HA (hyaluronic acid), chondroitin sulfate, collagen, a number of different elements, and water.

Jusuru researchers discovered in the early 2000's a matrix of collagen type II, HA, and chondroitin sulfate that very closely resembles our own connective tissue. In 2008 after years of additional research, a liquid form was produced. This brought about a quantum leap in bioavailability. Liquids have certain advantages over pills and capsules. Liquid BioCell™ begins to be absorbed immediately as we drink it via the blood vessels in the mouth and under the tongue.

Liquid BioCell™ patented hydrolysis process produces an ideal molecular weight for increased bioavailability. Another unique quality of Liquid BioCell™ makes it recognizable to our body for ease of assimilation. Liquid BioCell™ is a complex patented molecule composed of naturally occurring HA, chondroitin sulfate, and collagen type II that undergoes a patented hydrolysis process by which collagen peptides, and all other constituents, including hyaluronic acid and chondroitin sulfate, are broken down to low molecular weight forms resulting in increased bioavailability.

Hyaluronic acid (HA) is an integral lubricating component of natural synovial fluid in the joints and is important to overall joint function and health. We begin to lose HA the day we are born and begin to absorb free radicals at the same time. Beginning in our late twenties or early thirties we also begin to lose collagen. The congruent decline of both HA and collagen brings about the changes that we recognize as aging, namely wrinkling and drying out of our skin, degradation of our joints, as well as a host of other changes.

As we age a couple of things come into play: 1) the effects of unremembered joint trauma, 2) the diminished quality of the synovial fluid. Just as our skin wrinkles, a similar process is going on in our joints. Liquid BioCell™ is clinically shown to increase HA levels in our bodies, help promote healthy cartilage, and I believe, improve the quality of synovial fluid.

I believe "bone on bone" is a misnomer. Another consideration that I believe, is the term bone on bone, that is frequently used to explain the x-ray



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appearance of joint discomfort, is a misnomer. There is always a thin layer of cartilage present or the joint would be full of blood. In the worst hip or knee that I have ever operated on, there was always twenty to forty percent of fairly normal looking cartilage but slightly rough to feel. It is this same cartilage that I believe Liquid BioCell™ can support.

The source of the collagen in this product closely resembles our own connective tissue, thus allowing the body to recognize it.

The size of the molecule is so small that it is easily absorbed starting in the mucous membrane of our mouth.

Liquid BioCell™ is like nothing else we've seen. Liquid BioCell Life consists of three components: 1) Liquid BioCell, 2) resveratrol, 3) 13 antioxidant superfruits.



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Nutraceutical Business and Technology Award Finalist

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Exemplary US Brand
Beauty From Within Conference

2015 Anti-Aging Award Winner
TasteForLife Supplement Essentials

2015 Editor's Pick
Remedies Magazine

Best Joint Health Supplement
SupplySide West CPF Editor's Choice Award



Liquid BioCell has changed our lives! My husband is a tennis Pro. But, after every game he would spend hours (and I mean hours) icing his knees after playing. About two months after being on Liquid BioCell we were having lunch with the person who introduced Liquid BioCell to us, and it hit me that we had just played tennis the night before and my husband was not icing his knees! We could not believe how great he felt after playing four hours of tennis! The change was subtle but very powerful. It was because of Liquid BioCell. My husband is also a personal trainer who now introduces everybody to Liquid BioCell. It has been an amazing seven months! Thank you Liquid BioCell!"

- Cathy S.

Resveratrol, comes from the skin of red grapes. It's known for its antioxidant and cardiovascular health benefits. The term French Paradox was coined by Serge Renaud, a scientist from Bordeaux University in France. The French have the lowest incidence of heart disease and obesity despite their very rich diet. There are numerous studies supporting its beneficial qualities. Not all resveratrols are the same. Trans-resveratrol is the form used in Liquid BioCell Life, which is the pure, active, ultra-beneficial form of resveratrol.



Dr. Louis Brady is a graduate of Emory University's School of Medicine and is Board Certified in Orthopedics. He is an Associate Clinical Professor at the University of Central Florida, College of Medicine. Dr. Brady's work in the area of orthopedics spans over four decades. According to Dr. Brady, Liquid BioCell Life is the most remarkable product to have ever been introduced for joints and the aging process. Dr. Brady believes that as orthopedic specialists begin recommending Liquid BioCell™ to their patients, we may see the incidence and severity of one's joint problems, as we know it today, gradually declining.



INDEPENDENT REPRESENTATIVE

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6. In homemade deodorant or deodorant bars.
7. As an eye-makeup remover.
8. Safe diaper cream (just rub on baby's bottom).
9. In making your own remineralizing toothpaste.
10. To lighten age spots when rubbed directly on skin.
11. To prevent stretch marks during pregnancy.
12. To support healthy thyroid function.
13. In homemade mayo without the high PUFA vegetable oils.
14. To help increase sun tolerance and avoid burning.
15. As a natural SPF 4 sunscreen.
16. In homemade lotion recipes.
17. To get rid of cradle cap on baby--just massage into head, leave on for a few minutes and gently rinse with a warm wash cloth.
18. Topically to kill yeast or yeast infections.
19. As a tropical massage oil.
20. It's high lauric acid and MCFA content helps boost metabolism.
21. A tiny dab rubbed on your hands and then through hair will get rid of frizz.
22. As an intensive nighttime facial moisturizer.
23. Mixed with equal parts sugar for smoothing body scrub (use in the shower).
24. Rubbed on lips as a natural chap stick.
25. Topically, can help skin heal faster after injury or infection.
26. Directly on the perineum to help after birth.
27. As an incredibly intensive natural conditioner. Rub onto dry hair, put a shower cap on and leave for several hours.
28. On feet to fight athlete's foot or fungus.
29. In place of lanolin cream on nursing nipples to sooth irritation (also great for baby!).
30. Can help sooth psoriasis or eczema.
31. There is some evidence that regular ingestion of coconut oil can help prevent or reverse Alzheimers.
32. With apple cider vinegar as a natural treatment for lice that actually works.
33. In natural homemade sunscreen.
34. In healthy, brain boosting snacks for kids--like Coconut Clusters.
35. In a filling and energy boosting smoothie.
36. Rub coconut oil on the inside of your nose to help alleviate allergy symptoms.
37. Nursing moms can take 3-4 tablespoons a day (and Vitamin D) to increase milk supply and nutrients.
38. There is some evidence that coconut oil helps digestion and may even kill intestinal parasites or yeast.



39. Mix a tablespoon with a tablespoon of chia seeds for an all-day energy boost (do NOT take this at night!)
40. Can help improve insulin levels.
41. Oil pulling with coconut oil and a drop of oregano oil helps improve gum health.
42. Can help improve cholesterol ratios.
43. Blend a tablespoon into hot tea to help speed recovery from cold or flu.
44. In homemade natural bug-off lotion bars.
45. As a replacement for vegetable oils in any recipe.
46. Better for high-temperature cooking than olive oil or vegetable oils.
47. Can help reduce appearance of varicose veins.
48. After initial heat is gone, can help speed healing of sunburn.
49. Is an immediate source of energy when eaten and isn't stored as fat.
50. As a natural personal lubricant that won't disturb vaginal flora.
51. As a natural antibacterial skin cream.
52. In natural homemade diaper cream.
53. As a natural shave cream and after shave lotion.
54. When used consistently on skin it can help get rid of cellulite.
55. To season cast iron skillets.
56. It's anti-inflammatory properties can help lessen arthritis.
57. Can reduce the itch of mosquito bites.
58. Can help resolve acne when used regularly.
59. Can be rubbed into scalp to stimulate hair growth.
60. Can be used in kids ears to help speed ear infection healing.
61. On split ends to de-frizz.
62. A small amount can be rubbed into leather to soften and condition (shiny leather only--test a small area first).
63. By itself as a great tanning oil.
64. Mixed with salt to remove dry skin on feet.
65. Can help speed weightloss when consumed daily.
66. Can help improve sleep when taken daily.
67. Can be used to speed healing of fungal infections when taken internally and used externally.
68. A tablespoon melted into a cup of warm tea can help soothe a sore throat.
69. To help soothe the itch of chicken pox or poison ivy.
70. It has been shown to increase absorption of calcium and magnesium.
71. Internally as part of the protocol to help remineralize teeth.
72. Some evidence shows that the beneficial fats in coconut oil can help with depression and anxiety.
73. By itself as a natural deodorant.
74. By itself or with baking soda as a naturally whitening toothpaste.
75. For pets struggling with skin issues when used externally.
76. Some evidence suggests that the beneficial fats in coconut oil are helpful for those with Autism.
77. In homemade vapor rub.
78. As a safe cooking oil for deep frying.
79. A tablespoon taken before each meal can help improve digestion.
80. Can be taken with warm ginger tea to soothe heartburn or nausea.



81. As a completely natural baby lotion.
82. On hands after doing dishes to avoid dry skin.
83. Mixed with catnip, rosemary or mint essential oils as a natural bug repellent.
84. Can used on mom's nipple and baby's mouth to help treat thrush.
85. Many use it as an anti-aging facial moisturizer.
86. Use to make coconut cream concentrate for brain boosting snack.
87. Can be used internally and externally to help speed recovery from UTIs.
88. When taken regularly, it can help fight candida.
89. When taken regularly, it can boost hormone production.
90. Can remove pain of hemorrhoids when used topically.
91. Can boost circulation and help those who often feel cold.
92. On cuticles to help nails grow.
93. Rub into elbows daily to help alleviate dry, flaky elbows.
94. Add to smoothies to give them a natural boost.
95. Internally during pregnancy to help provide baby necessary fats for development (especially when taken with Fermented Cod Liver Oil).
96. In any recipes where vegetable oils are used.
97. Whipped with shea butter for a soothing body balm.
98. Naturally clears up cold sores.
99. Ingesting coconut oil daily can help with allergy symptoms.
100. Ingesting coconut oil daily can increase mental alertness.

What kind of coconut oil?

For external uses, expeller pressed or other types of refined coconut oil will work. But for internal use, an unrefined virgin coconut oil is best.

Help with Hay Fever

By Dr. Phil Jones
Board Certified Allergist with The Allergy, Asthma & Sinus Center



As spring approaches most of us look forward to more time outdoors, outdoor get-togethers and warmer temperatures, but for some people this may not be the case. Spring allergies can be very severe and can lead to red, itchy and watery eyes as well as sneezing, nasal stuffiness, fatigue, headaches, and post nasal drip. The fact is that spring isn't a favorite time of year for everyone, but it doesn't have to be a bad time—even for allergy sufferers.

Allergies contribute to decreased concentration and focus, limited activities, irritability, trouble sleeping, fatigue, missed days of work or school, decreased productivity, and more school or work injuries. In particular, allergic rhinitis, also known as hay fever, affects millions of adults and children each year.

What is Hay Fever?

Despite the name “hay fever,” allergic rhinitis can be caused by many things other than hay, and you don't have to have a fever to have hay fever. Allergic rhinitis takes two different forms: seasonal and perennial. Symptoms of seasonal allergic rhinitis can occur in spring, summer and early fall. They are usually caused by allergies to airborne mold spores or to pollens from grass, trees and weeds. On the other hand, people with perennial allergic rhinitis experience symptoms year-round. It is generally caused by dust mites, pet hair or dander, cockroaches and/or mold. Some people may experience both types of rhinitis, with perennial symptoms getting worse during specific pollen seasons. It is important to remember that there are also other causes of rhinitis that are not due to allergies.

Symptoms of hay fever include runny nose, itchy eyes, mouth or skin, sneezing, stuffy nose due to blockage or congestion, and fatigue. Common allergic triggers include outdoor allergens such as pollens from grass, trees and weeds. Indoor allergic triggers include things such as pet hair or dander, dust mites and mold. Irritants, such as cigarette smoke, perfume and diesel exhaust can also exacerbate symptoms in patients with hay fever.

Treatment

The management and treatment of allergies includes avoiding triggers by making changes to your home and to your outdoor activities as well as medications and immunotherapy, also known as allergy shots. Many allergens that trigger allergic rhinitis are airborne, so you can't always avoid them. Here are a few tips that will help you manage your symptoms.

- Stay indoors as much as possible when pollen counts are at their peak, usually during the mid-morning and early evening and on windy days.
- Avoid using window fans that can draw pollens and molds into the house.
- Wear a pollen mask when mowing the lawn, raking leaves or gardening, and take appropriate medication beforehand.
- Don't hang clothing outdoors to dry; pollen may cling to towels and sheets.
- Try not to rub your eyes, as doing so will irritate them and could make your symptoms worse.
- Wash your hands after petting any animal and keep your pet frequently groomed.
- Make sure to keep your air conditioning unit clean and change your filter frequently.
- Use dust mite covers for pillows, comforters and mattresses and box springs.
- Wash your bedding frequently, using hot water.
- Keep windows closed during high pollen periods. Use air conditioning in your home and car.
- Use a dehumidifier to control mold.
- Wear glasses or sunglasses when outdoors to keep pollen out of your eyes.

Some commonly available over-the-counter medications include decongestants, antihistamines and nasal steroid sprays. Immunotherapy (allergy shots or sublingual tablets) are also very effective for controlling symptoms long term and minimizing the need for medications. They are also better for some of the systemic symptoms we see with allergies, such as fatigue.

For an allergy diagnosis you should see a board certified allergist. He or she will start by taking a detailed history, looking for clues that will help pinpoint the cause of your symptoms. Your allergist may recommend a skin test in which small amounts of suspected allergens are introduced into your skin. Skin testing is the easiest, most sensitive and generally least expensive way of identifying allergens.

If your symptoms can't be well-controlled by simply avoiding triggers, your allergist may recommend medications that reduce nasal congestion, runny nose, sneezing and itching. They are available in many forms: oral tablets, liquid medication, nasal sprays and eye drops. Some medications may have side effects, especially over-the-counter medications, so discuss these treatments with your allergist. Immunotherapy or allergy shots may be recommended for people who don't respond well to treatment with medications or who experience side effects from medications, who have allergen exposure that is unavoidable or who desire a more permanent solution to their allergies. Immunotherapy can be very effective in controlling allergic symptoms.

Don't let allergies control you. Take control and see your allergist to discuss treatment options.



Super-size Mine, Please!

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Time for a bible lesson...I promise it will not be boring.

This is how I understand Ephesians 3:20 after I have studied it in the Interlinear Bible.

“To the one who has power over all things and constructs, beyond our present situation, that we ask or think through the physical power that is active in us...”

And this is how it reads in the New American Standard version of the bible.

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us...” Ephesians 3:20

Not bad huh? I'd even say very encouraging. Think about what the verse is saying. The one who has power over all things (that would be God), constructs or makes for us the things we ask for (this is called prayer) or think about (another form of prayer).

Not only do the things we ask for or think about get “built”, they get built bigger than they currently are (beyond our present situation).

I also think it is very interesting that it doesn't say that these things are good or bad; it just says they get bigger than they currently are.

That bothers me. Does it bother you?

What if what I'm asking or thinking is not what I really want? Does it get bigger too? Maybe this is what happens to those of us who don't stop to think about what we “say and think.”

Things like, “No matter how hard I work I just seem to get farther and farther behind,” or “I always get sick about this time of year.”



I know there could be a lot of natural causes behind both of these situations, but what about the person who just seems to be lucky all the time. I do believe that 99% of the time, the harder we work the luckier we get. But what about that unexplainable 1% of those who seem to never have any good fortune?

Life or Death?

I believe that God is a spirit (John 4:24), indwells Christ-followers (1 Corinthians 6:19), and is standing by to take our prayers, dreams and imaginations to another level. That's what I believe Ephesians 3:20 is saying to us.

I don't believe that God takes our negative words, thoughts and imaginations and amplifies them so they hurt us. Satan will do that (John 10:10).

So it all boils down to which stream we play in. The river of life or the river of death, and that seems to be about our words and thoughts (Proverbs 18:21).

The title of this lesson is “Super-size Mine, Please.” My way of saying, “Immeasurably more.” What do you want immeasurably more of? Would that be what you are currently living? If so, is there a connection to your words, thoughts and imagination?

Try this!

What if you wrote “My Negative Word Count” on one side of a 3x5 card and on the other side, “My Positive Word Count.” Now here's the fun part...for one day, you get to define what a negative or positive word is based on if you feel good when you say the word. Then start counting by writing those words on the appropriate side of the card.

At the end of your twenty-four hours, read over both sides of the card and see how you feel. If you feel great, then you probably have more positive words than negative ones. If you feel rotten, well, then you can count the words and see what happened.

It's just a thought, but if you want to have a better day the next day, add more positive words to your spoken diet...on purpose.

I know this takes a little intentional effort, but it works. As a matter of fact, it will work “immeasurably more than all you could ask or imagine,” because, well, that's the way it works; through what you ask and imagine.

Self-talk

The secret seems to be the realization that when we are “self-talking,” we are also asking. And we picked our self-talk up as children. We got it from those big people in our lives. We pick up things like “Don't you know money doesn't grow on trees?” And as silly as that sounds, it can stick to our soul and when we grow up, cause us to have a “poverty” mentality.

Now before you go throwing those big people under the bus, consider that they aren't around now making you think, imagine or say that stuff. So you can quit any time you want. Just saying.

I do have a novel idea about what to do about that. What if you take control over the self-talk they gave you and create your own? Don't you think that's a great idea? Me too!

As matter of a fact I did it myself. Yes sir...in my twenties, I decided to create my own self-talk. I started using life-giving scriptures and quotes from famous and successful people I admired.

It changed my whole life...even my bank account went up.

So if you would like “immeasurably more” in your life of some of the better things in your life as opposed to more of the same, change your thoughts and words on purpose. There is a living power inside you that's listening and wants to help.

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

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



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