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April 2016

Lake/Sumter Edition - Monthly

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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

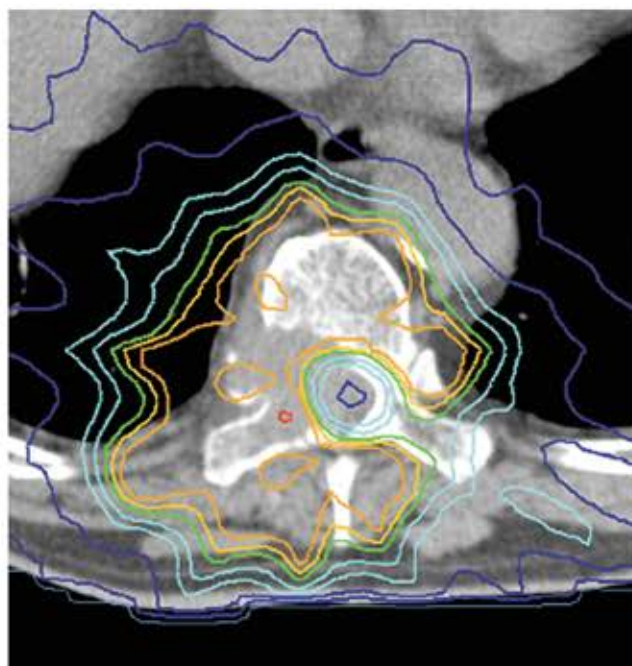
Tobacco use is the most preventable cause of oral, head and neck cancer. In the U.S., up to 200,000 people die each year from smoking-related illnesses. While this number has declined due to Americans who have quit smoking, many smokers have begun using smokeless (vapor) or chew tobacco, assuming it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

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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.

High Blood Pressure is Dangerous to the Heart Do You Know Your Numbers?

Chances are that you know someone with high blood pressure; maybe you have the condition as well. If you haven't checked your blood pressure recently, you should make it priority to do so at your next doctor visit. Long term, uncontrolled or untreated high blood pressure can cause wide range of changes in the anatomy of the heart and kidneys. Cardiovascular diseases triggered by the direct or indirect effects of high blood pressure, is known as hypertensive heart disease. These heart diseases include angina and coronary artery disease; heart failure; and hypertrophy of the heart muscle (heart muscle thickening).

Causes of Hypertensive Heart Disease

High blood pressure is the major triggering factor of hypertensive heart disease and is the subsequent cause of death. In general, high blood pressure is a serious condition associated with high pressure within the arterial blood vessels. As a result, the workload of the heart is increased and it pumps harder in order to keep pace with this pressure. Due to the excessive pressure within the blood vessels, the major vessels of the heart (coronary arteries) tend to rupture and damage over time. This promotes the development of arterial plaque due to the deposition of collagen and subsequent clot formation inside the blood vessels. Subsequently, the heart muscle thickens and the patient tends to develop serious life threatening complications.

Signs and Symptoms of Hypertensive Heart Disease

The symptoms of hypertensive heart disease vary from patient to patient. A combination of symptoms including shortness of breath, chest pain with following mild physical activity or at rest, sweating, nausea, dizziness, light-headedness, rapid or irregular pulse, cough with bloody mucus, feet and ankle swelling, and palpitations may be present. Not everyone with hypertensive heart disease experiences symptoms, after all, high blood pressure is often called "the silent killer."

Treating Hypertensive Heart Disease

The treatment of the hypertensive heart disease depends on diagnosis and root cause of the condition. Treatment is generally aimed at controlling the high blood pressure. Effectively lowering the high blood pressure can significantly minimize the

symptoms of heart disease. Medications, life-style alterations, and surgery are the most common ways to control and prevent hypertensive heart disease.

Recommended Foods to Control and Prevent Hypertensive Heart Disease

Appropriate intake of right foods is critical to control hypertensive heart disease. The main goal of food intake is to deliver high fiber, lean protein, natural foods such as whole grains, fruits and vegetables to the body. Increasing intake of calcium, healthy fats (olive oil, flax seed oil, mustard oil), omega 3 fatty acids (obtained from sea foods, kelp, salmon, sun flower seeds, flax seeds, nuts, olives, tuna), whole grains (barley, wheat, oats, and rye) and soy can aid in lowering and managing blood pressure.

In contrast, if you have high blood pressure, you should avoid oily foods, foods containing trans fats, fried foods and salty foods. Intake of sodium (salt) should be limited as it increases the salt and water retention in the body and predisposes you to kidney disease. High cholesterol containing foods such as red meat, egg yolk, oily foods, sweets and fatty animal products should be avoided as well.

Hypertensive heart disease symptoms are present in 7 out of 100 people and are the leading cause of death throughout the world. Don't become another statistic simply because you don't know what your blood pressure is. It is recommended that adults have their blood pressure checked regularly at least every two year.

Seeing a heart doctor can help determine if you need to change your lifestyle to prevent heart problems down the road. Knowing your family's medical history can help you better understand your own risk for having issues with your heart as well.

Dr. Vallabhan

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Dr. V

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BOARD CERTIFIED CARDIOLOGIST
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"I heard about InterCommunity Cancer Center from my friend who received personalized care from Dr. Jeffrey Kanski. The wonderful staff made me feel like family. The biggest advantage in receiving treatment with InterCommunity Cancer Center was having the center located right here where I live. And I loved the convenient parking."

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**Contact InterCommunity Cancer Center
to discuss your treatment options.**



InterCommunity Cancer Center is accredited by The American College of Radiology (ACR). 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.

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Life Hacks for Better Living: 5 EASY STEPS to Help You Address Hearing Loss



Life's "To Do" list can be pretty daunting. And often, getting started on something is the hardest part. This can be especially true for addressing hearing loss.



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In fact, most people wait roughly seven years to do anything about it once they realize they have hearing loss. And that's too bad — research shows that when people treat even just mild hearing loss, their quality of life goes up. Plus, when people with hearing loss use hearing aids, they get more pleasure from doing things and feel more engaged in life.

Conversely, non-hearing aid users are more prone to feel down, depressed or hopeless, a Better Hearing Institute (BHI) survey found. They're also more likely than hearing aid users to say they find themselves becoming more forgetful. Groundbreaking studies, in fact, discovered that hearing loss is linked to cognitive decline and dementia. Add to that, BHI research showing that untreated hearing loss can take a significant toll on earnings — up to \$30,000 annually.

The tricky thing is that we live in a noisy world. It's hard not to be affected. Many of us undoubtedly feel the impact of blaring music, earbuds, noisy restaurants, high-decibel ball games and motor sports, ear-piercingly shrill power tools, loud workplaces, and more.

It all boils down to this: You're not alone in the changes and struggles you're experiencing with your hearing. You have lots of company. Almost 40 million others in the U.S. have some degree of hearing loss. Research even suggests that hearing loss is now common among people in their 40's, and is increasing among 20-to-39-year-olds.

Luckily, the vast majority of people with hearing loss can benefit from hearing aids — which are now cooler, sleeker, smaller, more powerful, and work better than ever before. They've transformed dramatically, even in just the last couple of years. So if you're tired of turning up the TV volume, missing what people are saying at work, asking family and friends to repeat things, can barely remember the sound of morning birds, or are simply worn out from coping with a neglected hearing loss, do something about it. This may be your monumental moment. You can make the most of it.

To help, we've put together five easy, achievable steps to get you started. The road to better hearing — and a better quality of life — is a single step away.

1. TAKE A CONVENIENT ONLINE HEARING EVALUATION AT WWW.HEARUSA.COM.

This free, quick, and confidential online hearing evaluation will help determine if you need a more comprehensive hearing test by a hearing care professional. It's a great way to get started — because you can ease into the possibility that it's time to do something about your hearing difficulty. Useful information on hearing loss and hearing aid technologies awaits you on the site as well.

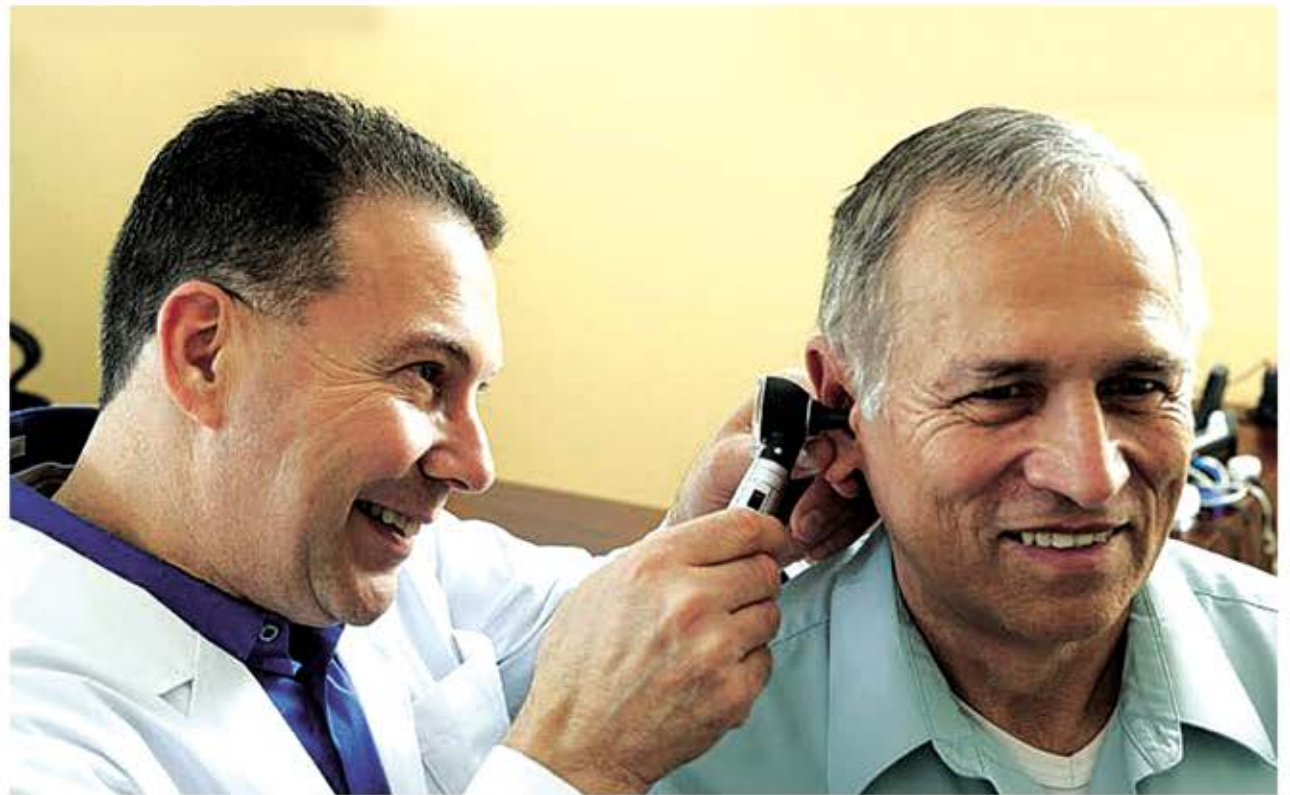
2. VISIT A LOCAL HEARING CARE PROFESSIONAL.

Hearing care professionals — audiologists and hearing aid specialists are best-suited to help you. Audiologists and hearing aid specialists are expressly trained in all aspects of hearing aids and amplification, and are licensed by your state. They have the most appropriate and accurate equipment to give you a precise read on your current hearing level. And they can reliably counsel you on treatment options. Most important, going to a hearing care professional helps ensure that any underlying medical issue behind your hearing loss is identified and addressed. Simply, seeing a hearing care professional is your best safety net for proper diagnosis and treatment. The smartest thing you can do is to get it right the first time. And be assured, research shows that the great majority of people who visit hearing care professionals say they're happy with the quality of service and counseling they receive. Most hearing care professionals even provide free trials so you can see what using hearing aids is like, with a minimal service fee if you decide not to keep them.

3. INFORMATION GATHER.

Educating yourself helps you reach acceptance and peace of mind. Visit www.HearUSA.com and learn what you need to know. Among other things, you'll find:

- You can do this.
- You're not alone.



- New, sleek and stylish, state-of-the-art hearing aids make it much easier to manage hearing difficulty without a lot of fuss.
- Many new hearing aids are virtually invisible; they sit inside the ear canal, out of site.
- Treating hearing loss means better quality of life and more effortless living for you.

4. WINDOW SHOP. IT'S OK TO "JUST LOOK."

You set the pace. Visit the "Hearing Aids Can Help" tab at www.BetterHearing.org. Opportunities to online window shop for hearing aids are right there for you. But most important, be up-front with your hearing care professional. Tell them you're not ready to buy. But do let them know you're ready to learn about the best hearing aid technologies for you if hearing aids are what they recommend, to get demonstrations on how they work, and to try them out at no cost or obligation. And remember,

hearing aids are only sold by licensed hearing care professionals. True hearing aids that are designed to treat hearing loss and are cleared by the U.S. Food and Drug Administration (FDA) need to be fitted, adjusted, and tuned to your ears and specific needs, with appropriate follow-up. This is what makes leading-edge hearing aids so beneficial. So when you do seek out information, make sure you go to a hearing care professional.

5. LET IT ALL SINK IN AND MAKE A PLAN.

Consider everything you've learned and take time to think about it. But do give yourself a timeline for making a decision. If — after you've educated yourself about hearing loss and hearing aids — you decide to wait, set a hard date for re-evaluating your decision. Research shows that the sooner you treat hearing loss, the better it is for you and your quality of life.



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."

LIFESTYLE

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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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Offering complete health care for all ages and specializes in treating people who are seeking the benefits of alternative, holistic and natural healing. Its privileged location in the heart of The Villages in sunny Florida, makes HealthCare Partners Family Medicine very accessible to patients, who come from the continental US and many foreign countries.

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I believe I would not be alive today if you were not my doctor."* – Mary Ann DL



Nelson Kraucak, MD,
FAAFP, ABCMT, IBALM, ABHM, MOCI
Aaron Perry, DOM
Natalie Vincent, LMT



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DON'T LIVE IN VEIN!!!!

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

Varicose veins and vein disease affect over 40% of women and 25% of men in the United States.

More than 1 million people will undergo vein treatment in a year's time.

Cause of Varicose Veins and Vein Disease

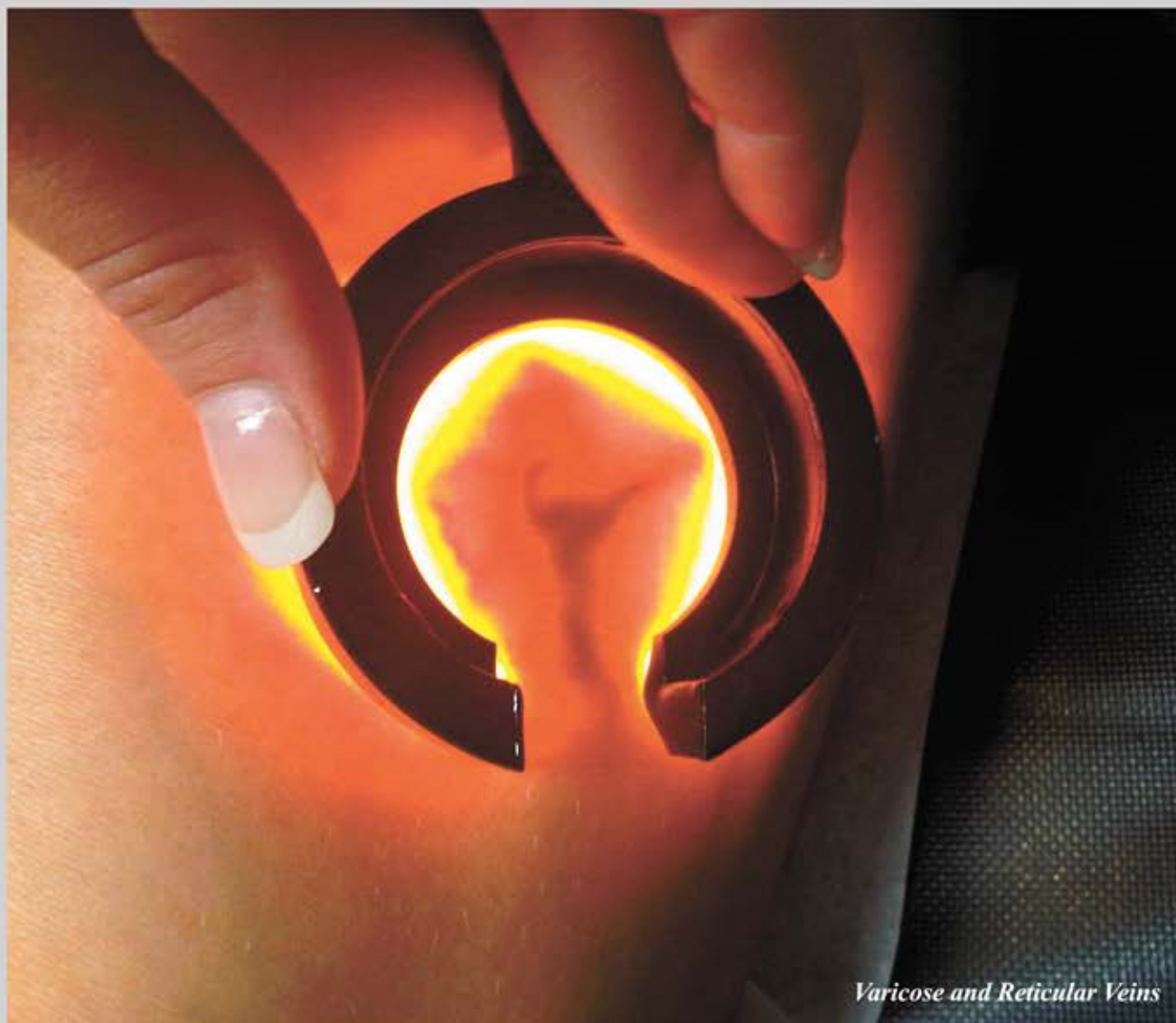
The cause of varicose veins and vein disease include:

1. Standing or Sitting a Lot for Work
2. Genetics
3. Obesity
4. Pregnancy
5. High heels
6. Weight Lifting with Your Legs
7. Traumatic Episodes including Surgery on Your Legs
8. Blood Clots

Effects of Varicose Veins

The effects of varicose veins include:

1. Leg Pain
2. Leg Cramping
3. Leg Swelling
4. Leg Aching/Discomfort
5. Visible Varicose Veins
6. Visible Spider Veins
7. Skin Color Changes (dark pigmented)
8. Vein Ulcers
9. Restless Leg Syndrome



Varicose and Reticular Veins

Early Detection is Crucial

Vein disease is one of the most misdiagnosed problems in the primary care setting. The purpose of veins is to bring blood back to the heart, and if they don't work properly in the legs, the blood sits there and can cause many problems as listed above. These symptoms can be very debilitating and affect many people's lifestyle. Early detection of the disease is crucial in preventing advancement to include swelling and ulcers. Discussing with your primary care Physician for early referral is the first step. Many patients state, "I don't have any visible veins or varicose veins." However, the problem is not what a patient sees on the outside, but the underlying vein is the causative factor. A simple referral to a dedicated vein center with a non-invasive ultrasound to detect an underlying problem can rule out or confirm vein disease.

Advanced Laser Therapy Technology

Many people are afraid of getting their veins treated because of fear of surgery. The old way of treating veins is to strip and tie the vein off in surgery and remove the varicose veins. Today, technology has allowed us to close the underlying vein using laser therapy through one needle hole. This is all done in the office without use of any scalpels or sutures. Thus, there is no downtime and patients can return to their normal activities the very next day. In combination with Foam Sclerotherapy and Visual Sclerotherapy, not only will the symptoms improve, but a good cosmetic effect will be evident. The large varicose veins are injected now instead of cutting them out, and thus, no scars or sutures. The spider veins are injected now with a new substance compared to the old saline that burns and has a high chance of recurrence.



Vein Ulcers

We Focus on Veins Only!

At Comprehensive Vein Center in the Villages, we focus only on Veins and nothing else. We are a highly dedicated vein center with over 10 years of vein experience, over 2,500 laser procedures and over 10,000 Foam and Visual Sclerotherapy patients treated. When you come to our vein center, we provide education of your problems, take time to explain the process, and focus on you as the patient.

Free Consultation

Call our office today for a free consultation, not only for your veins, but the underlying symptoms of leg pain, swelling, vein wounds, and skin color changes that it can cause. Call Comprehensive Vein Center in The Villages at 352-259-5960, or visit our website at www.cvc.net.



Skin Color Changes



Laser Vein Therapy



Foam Sclerotherapy



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1050 Old Camp Road Suite 202, The Villages, FL 32162
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Varicose veins



Spider Veins

Bio

Tom Tran PA-C, MPAs received his Bachelor's of Nursing and he Masters in Physician Assistant studies from the University of Florida. Within his 11 years of experience he has practiced in Trauma Surgery, General and Vascular Surgery, Emergency Medicine, and Phlebology. PA Tran was recently appointed by the Lake County commissioners to serve as a Board Member of the Florida Wellness Council.



PA Tran has performed over three thousand laser vein procedures and over five thousand foam and sclerotherapy injections. He is one of the first PAs in Orlando to perform minimally invasive radio-frequency and laser vein ablation. PA Tran has been featured in various journals and magazines, and currently hold numerous patents, trademarks, and copyrights.

To learn more, call Comprehensive Vein Center in The Villages at 352-259-5960, or visit our website at www.thecvc.net.

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.

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365 days a year

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Golf Cart Access

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2 Doors Down From Bonefish Grill, Inside The Villages Lab, Hwy 466

THE VILLAGES - LAKE SUMTER LANDING

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

Office:
352-350-1525



Golf Cart Access

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

URGENT CARE'S MANY BENEFITS OVER EMERGENCY ROOM

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

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

A TEAM EFFORT

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



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

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

SIMPLY THE BEST

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

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



Adam Santos, PA-C

"Your care means more to us than your wallet"



John Santos, ARNP

MISSION STATEMENT

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

MOTTO

Hard work pays off and honesty will prevail

441 URGENT CARE GOALS

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

OUR PHILOSOPHY

See you at your convenience

Provide top level care without top level pricing

Be ever mindful that your time is valuable

Create a warm and relaxed environment

Include you in the medical decision process

Treat you as we would treat our own

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

ILLNESSES:

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

INJURIES:

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

STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

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

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

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

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

SO, HOW DO YOU FIX IT?

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

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

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

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

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

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



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

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



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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

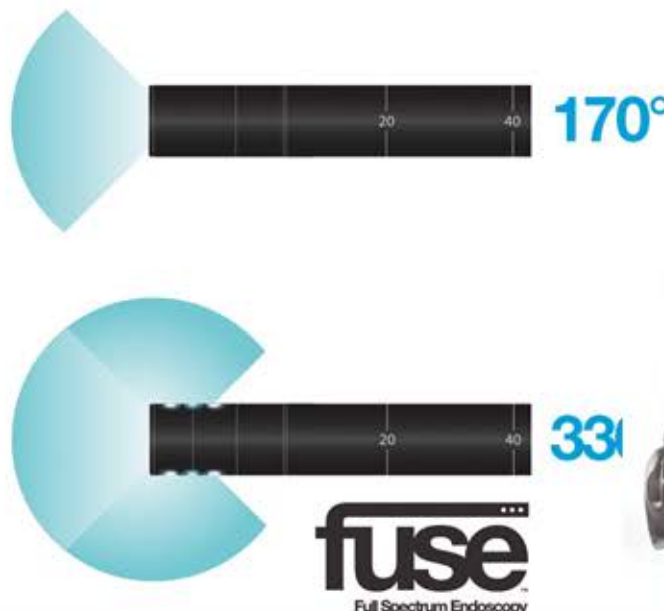
³ Brenner H, Chang-Claude J, Seiler CM, Stürmer T, Hoffmeister M. Potential for colorectal cancer prevention of sigmoidoscopy versus colonoscopy: population-based case control study. Cancer Epidemiol Biomarkers Prev. Mar 2007;16(3):494-499.



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Eliminate Pain

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

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

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

Why Just Manage Your Pain When You Can Eliminate It?

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

Electricity Flows Through Every Healthy Cell in the Body

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

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

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

The Electro-Acuscope is a pain-management device designed to specifically treat neurologic tissues, and read all body tissues and systems as well. The Electro-

Myopulse specializes in treating connective tissues such as bone, muscle, tendon, ligaments and skin. Together they are a full body treatment system, designed to eliminate pain, accelerate natural healing, increase energy levels and improve detoxification. In other words AMT will help you to look, feel and perform better.

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

Not All Energy Devices Are Created Equal.

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

Electricity is the key to life and health.

What Is Pain and Why Does It Hurt?

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

Electricity Is The Missing Component In Western Medicine.

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

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

How To Avoid Unnecessary Surgeries and Other Dangerous Side Effects

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

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

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

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

Electricity is the future of effective medicine.

AMT Is The World's Most Advanced Electro-Therapy.

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

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

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

Call 352-552-1889 today for a FREE Consultation.

EMed
ENERGY MEDICAL

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The American Cancer Society predicted
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After

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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.

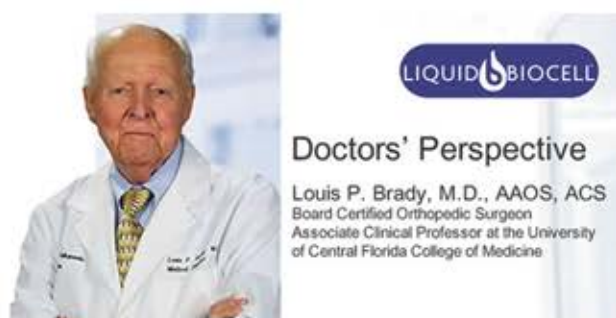
Are you one of the 40 million people who suffers from joint or mobility issues? Tens of thousands of men and women, young and old, have had their lives changed thanks to the clinically validated, super-nutraceutical...Liquid BioCell™.

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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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. - St. Petersburg, FL

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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Immune Deficiency and Amino Acids

The immune system is composed of multiple types of cells, tissues, organs and proteins. The primary function of the immune system is to distinguish between self and non-self (foreign). When something that is non-self, or foreign, is encountered, the immune system attacks it to help prevent infection or other injury. Immune deficiency conditions occur when the immune system is unable to do its job.

Immune deficiency conditions can be present at birth as a result of genetic defects in any of the components of the immune system. Such conditions are called primary immune deficiencies. Immune deficiencies can also be acquired as a result of aging, diabetes, infections, cancer treatments, or medications. There are more than 150 types of primary immune deficiencies, affecting approximately 500,000 people in the United States. (Source: NIAID).

Recurrent infections in infancy and childhood may be the first indication of a primary immune deficiency. Although reducing exposure to infectious agents and treating infections are important in managing immune deficiency conditions, several primary immune deficiencies can now be treated through replacement of defective immune system components. As a result of advances in treatment, children with potentially fatal primary immune deficiencies are now living into adulthood.

Seek prompt medical care if you, or someone you are with, develop frequent infections, have persistent infections, or develop abscesses. You should also seek prompt medical care if you have an immune deficiency condition and sustain an injury or are exposed to an infectious disease.

Infections that develop in those with immune deficiency conditions can be severe or even life threatening. Seek immediate medical care (call 911) if you, or someone you are with, develop serious symptoms, such as high fever (higher than 101 degrees Fahrenheit), severe difficulty breathing, rapid heart or respiratory rate, chest pain, change in level of consciousness or mental status, severe diarrhea, seizures, weak pulse, decreased urine output, or bluish coloration of the lips or fingernails.

What are the symptoms of immune deficiency conditions?

Immune deficiency conditions weaken the body's ability to fight off infection. Symptoms include frequent infections, severe infections, infections that don't respond to conventional treatment, and recurrent infections. Repeated infections in children can interfere with nutrition, leading to failure to gain weight, weight loss, slow growth, and slow development. Chronic sinusitis and bronchitis are also commonly associated with immune deficiency conditions.

Common symptoms of immune deficiency conditions

Symptoms of immune deficiency conditions are generally due to the body's inability to fight off infections.

Common symptoms include:

- Abscess formation
- Chronic bronchitis or sinusitis
- Developmental delays and failure to thrive
- Failure to gain weight or unintended weight loss
- Fatigue
- Fevers and chills
- Frequent serious or opportunistic infections
- Growth problems in children
- Infections that do not respond to conventional treatment
- Persistent or recurrent infections
- Repeated hospitalizations for infection
- Swollen lymph glands

Serious symptoms that might indicate a life-threatening condition

In some cases, immune deficiency conditions can be life threatening. Seek immediate medical care (call 911) if you, or someone you are with, have any of these life-threatening symptoms including:

- Bluish coloration of the lips or fingernails
- Change in level of consciousness or alertness, such as passing out or unresponsiveness
- Chest pain, chest tightness, chest pressure, palpitations
- High fever (higher than 101 degrees Fahrenheit)
- Not producing any urine, or an infant who does not produce the usual amount of wet diapers
- Paralysis or inability to move a body part
- Rapid heart rate (tachycardia)
- Respiratory or breathing problems, such as shortness of breath, difficulty breathing, labored breathing, wheezing, not breathing, choking
- Seizure
- Severe headache
- Weak pulse

What causes immune deficiency conditions?

Many immune deficiency conditions are genetic. Some can be traced to a single gene, while others result from multiple abnormal genes. Genetic immune deficiency conditions are called primary immune deficiencies.

Immune deficiency conditions can also be acquired. These can result from aging, diabetes, cancer treatments that decrease the production of immune cells, medications that suppress the immune system, and infections such as human immunodeficiency virus (HIV) that affect the immune system.



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What are the risk factors for immune deficiency conditions?

A number of factors increase the risk of developing immune deficiency conditions. Not all people with risk factors will get immune deficiency conditions. Risk factors for immune deficiency conditions include:

- Advanced age
- Certain chemotherapy drugs
- Diabetes
- Family history of an immune deficiency condition
- Intravenous drug use
- Multiple blood or blood product transfusions
- Radiation therapy
- Steroid use
- Unsafe sexual practices
- Use of immunosuppressants to prevent rejection of transplanted organs or tissues or to control an over-active immune system

What are the potential complications of immune deficiency conditions?

Complications of untreated or poorly controlled immune deficiency conditions can be serious, even life threatening in some cases. You can help minimize your risk of serious complications by following the treatment plan you and your health care professional design specifically for you. Complications of immune deficiency conditions include:

- Adverse effects of treatment (blood transfusion, bone marrow transplant)
- Cancer
- Development of autoimmune diseases
- Opportunistic infections (infections by organisms that don't typically cause infections)
- Permanent breathing problems
- Sepsis (life-threatening bacterial blood infection)
- Severe infections
- Spread of infection

Amino Acids and the Immune System

It is widely accepted that amino acids play a key role in regulating the body's immune response. When the body experiences amino acid (protein) deficiency it can result in not only a weak immune system, but a loss of antibody production, fatigue, stomach acid/alkaline imbalance, dizziness/nausea, water retention, and infertility.

Amino Acids are the "building Blocks" of the body. When protein is broken down by digestion the result is 22 known amino acids. Eight are essential (cannot be manufactured by the body) the rest are non-essential (can be manufactured by the body with proper nutrition). Sometimes the non-essential should still be supplemented to ensure an optimal available quantity.

Replenishing amino acids is one of the preferred treatments options for autoimmune diseases. To learn more about immune deficiencies and the role amino acids play, call our office today at 352-750-4333 to schedule a consultation.

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**.

Dealing with Sciatica Shooting Down the Leg?

DON'T PAY THOUSANDS FOR SPINAL DECOMPRESSION!

By Compton Chiropractic Care

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

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

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

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

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

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


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

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

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




Low Back Pain: Prescribed Medications vs. Spinal Manipulation



56%
of medical care recipients had a 30% reduction in low back pain at week 4

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



94%
of manual-thrust manipulation recipients had a 30% reduction in low back pain at week 4

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

©American Chiropractic Association

TESTIMONIALS

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

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

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

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

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

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

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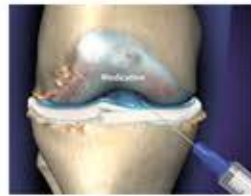
The knee is notorious for pain and injury. Knee pain can occur from an injury or a condition like osteoarthritis, and can impact activities of everyday life. There are many remedies for this condition, including rest, anti-inflammatory medications and using knee braces. For individuals whose knee pain 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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Simply Relief from Knee Pain.

Call **TODAY** to schedule your **NO COST** consultation! That may be just what you need to change your life for the better.



www.PhysiciansRehabilitation.com

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

Locations:

- **The Villages** at Spruce Creek Professional Center, 10935 SE 177th Pl. #405/406/407, Summerfield, FL 34491 - (352) 775-3339
Toll Free to all at 855-276-5989
- 6150 Diamond Centre Ct. Bldg. 100 Ft Myers, FL 33912 - (239) 768-6396
- 5668 Strand Ct., Naples, FL 34110 - (239) 687-2165
- 3380 Tamiami Trail, Unit C. Port Charlotte, FL 33952 - (941) 467-1666
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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, mahjogg, 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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www.judytroutrealestate.com | email: judy@judytroutrealestate.com





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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,
Pastor Alex Anderson
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