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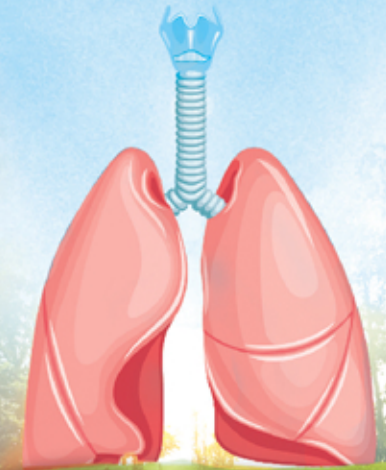


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Cancer's Early Detection Saves Lives

A cancer diagnosis changes everything; it is, perhaps, the most feared diagnosis a doctor can make. Any patient in that situation wants to be assured they have access to the most advanced treatments, delivered by a physician who is both experienced and compassionate. And it helps tremendously if treatment can be administered in a community setting, close to home, so the patient can be surrounded by family and friends.

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

What Causes Cancer?

All cancers are caused by genetic changes in the DNA (deoxyribonucleic acid) inside our cells. DNA is the chemical in our cells that contains the genetic information needed for many factors, including how cells function. Just as every human being has unique DNA, or a distinctive genetic code, so does every malignant tumor. Cancer actually develops due to a genetic mutation, or damage to the DNA in our cells.

Most gene mutations occur after birth; however, about five percent of all cancers can be traced to a family history. There are a number of factors that can cause gene mutations, including smoking, long exposure to the sun, certain viruses, and cancer-causing chemicals, among others. No matter what type of cancer or what the cause of cancer, the earlier it is detected, the more treatable it usually is and the better the outcome for the patient.

March is Colorectal Cancer Awareness Month

Colorectal cancer is still the third-leading cause of cancer-related deaths in women in the United States and the second-leading cause in men, according to the American Cancer Society (ACS). However, the number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades. One of the reasons for this decline is early detection. ACS guidelines recommend that, starting at age 50, people who are not at an increased risk due to family history, get a screening for colorectal cancer.

Colon cancer usually begins as abnormal cells in the colon that grow into polyps. Most polyps take 10-15 years before developing into cancer. With regular screenings, most polyps can be found and removed before they turn into cancer. If you have a family history of colorectal polyps or cancer, talk with your doctor about how to reduce your risk. You may want to begin screening earlier than age 50, or even receive genetic counseling to review your family medical history.

Doctors estimate that if everyone over the age of 50 had regular screenings to detect pre-cancerous polyps, we could reduce the incidence of this disease by 50%. In addition to early detection, treatment for colorectal cancer has vastly improved over the last few decades. As a result, there are now more than a million survivors of colorectal cancer in the United States.

Clinical Trials Lead to Tomorrow's Treatments and Cures

Clinical trial research is at the heart of improving cancer treatment and Florida Cancer Specialists is a setting a benchmark for clinical trials at its community-based facilities. FCS has built a clinical research program that includes a Drug Development Unit dedicated exclusively to Phase I (first in human) clinical trials and rivals many large academic medical centers. Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In 2016, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.



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PERIODONTAL DISEASE AND DIABETES Have Something In Common

In recent studies, it has been reported that almost 50% of the U.S. adult population has some form of periodontal disease. That means one out of every two adults over the age of thirty is suffering from some form of gingival bacterial infection. And depending on whether it is mild, moderate, or severe, these people can experience different degrees of mouth soreness, loose teeth, and discomfort.

It is widely reported that people with diabetes are one of the major groups affected by periodontal disease. Individuals with diabetes have many co-morbidities that correlate to the issue of their high blood sugar. Researchers suggest that periodontal disease increases high blood sugar, making individuals with uncontrolled diabetes at greater risk for infections and complications. These infections and complications in turn increase the severity of the periodontal disease which inevitably leads to bone destruction and loss of teeth.

A person with any form of gum discomfort, bleeding or bad breath, should consult a dentist about getting those conditions treated right away. Often, just getting a deep scaling, which is a cleaning that goes a little deeper under the gum line, will correct mild to moderate periodontal disease. Loose teeth and infection in gingival tissues can be easily treated by a periodontist (periodontal gum specialist) using techniques such as deep scalings, gingival grafts, laser treatment, and other pocket reduction procedures.

There are things that an individual can do to prevent gum disease at home. The obvious is regular tooth brushing. That means a good two-minute brushing routine that gently cleans all surfaces of the teeth. The importance of flossing cannot be stressed enough. Dentists and hygienists convey this message regularly to their patients, but unfortunately in our fast-paced lives, many people think it is too time-consuming to floss daily. The reality



is it only takes a minute to floss. When flossing is neglected, food and bacteria can be harbored in the interproximal space between teeth thus leading to periodontal disease. Consistent home care coupled with visiting your dentist on a regular basis is vital to keeping your gums healthy.

It is highly recommended if you have diabetes that you be extra meticulous about brushing and flossing, as well as keeping your blood sugar levels under control. The normal fasting blood sugar levels are anywhere from 70-99 mg/dl. The normal A1C, which measures the blood glucose level, should be below 5.7%.

People living with diabetes should consult with their primary care physician or endocrinologist on how to keep their blood sugar levels at the lowest rate possible. Depending on the type and stage of diabetes indicated, this is usually accomplished through dietary changes, exercise, and medications.

All of the providers at Belleview Dental Center are highly trained in treating periodontal disease. Belleview Dental Center has an added benefit with a periodontal specialist onsite. This allows both the periodontal specialist and the other doctors to work together, rather than patients referred to another location for periodontal procedures. Having a periodontist onsite is another essential service to consider when choosing the right dental group for your oral health needs and convenience. When you receive dental care from the providers at Belleview Dental Center, you have

the confidence of knowing you are receiving care from highly skilled dentists in a family practice established since 1982.

The practice is family-owned and dedicated to delivering the best in general, restorative, implant, and cosmetic dental care for your entire family as well as same day emergency services and extended office hours. The mission is to ensure your dental experience is positive and stress free. You will enjoy compassionate, comfortable dental care designed to provide a lifetime of optimal oral health. Together with our periodontist, all of the doctors at Belleview Dental Center have extensive experience with placing and restoring dental implants. They are a long heritage of dentists with a great deal of trusted experience. Your smile will be in good hands with Dr. Henry Sweeny Sr., Dr. Henry "Bo" Sweeny Jr., Dr. Samuel Sweeny and their dedicated staff."



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About Dr. Henry A. Sweeny Jr.

Dr. Henry A. Sweeny Jr. joined the Belleview Family Dental practice in July of 2003 after graduating from the Dental School. He is fondly known to his patients as Dr. Bo. He attended the University of Florida and attained a Bachelor of Science in Food Science, a Masters of Science in Food Science and Human Nutrition and continued at the University of Florida to complete his Doctor of Dental Medicine. Throughout his extensive career Dr. Sweeny frequently attends many continuing education courses and has focused on comprehensive training in Implant Placement and Implant Restoration. He also has advanced education in Cosmetic Dentistry. Dr. Sweeny is a member of the American Dental Association, Florida Dental Association, and the International Team for Implantology. Dr. Sweeny's practice also includes General Dental Procedures, Root Canals, Oral Surgery, Extractions, and Pediatrics. He has a particular passion for Implants and Oral Surgery. Dr. Sweeny is an avid fisherman and in his free time he also enjoys golf, hunting, exercising, volunteering in the community, and can frequently be seen attending Florida Gator football games. He works alongside his Father, Henry A Sweeny Sr. DMD and his Brother Samuel J Sweeny DMD at this treasured local Dental Practice.

Varicose Veins: Causes, Symptoms and Treatments

Varicose veins are raised, swollen, twisting veins that bulge visibly beneath the skin. Varicose veins are common, affecting roughly 20% - or one in five - American adults. The causes are many, including age, heredity, standing regularly for long hours, being overweight, hormonal changes, a history of blood clots, abdomen-straining conditions like chronic constipation, and venous insufficiency, in which the tiny valves within the veins fail to close off and allow blood to pool in the legs, causing the veins to expand under pressure.

For some people, varicose veins may be no more than a cosmetic problem, but if you're someone who has felt compelled to hide your legs under long pants in hot, humid Florida weather, you know this is hardly a good way to enjoy the summer months. For others, however, varicose veins pose a genuine health problem. Sufferers can experience pain, burning, tingling, throbbing, tired, heavy legs, blood clots, even open sores.

Up until recently, the treatments for varicose veins, like surgical ligation and vein stripping, were invasive, uncomfortable and required a lengthy recovery. Advances in interventional radiology treatments, however, make such drastic procedures a thing of the past for the vast majority of patients.

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RAO also performs in-office evaluations of varicose veins using ultrasound, a safe, gentle, non-invasive and radiation-free diagnostic tool that provides adequate information for your interventional radiologist to plan the appropriate treatment. For those few patients whose varicose veins may not be treatable via ELA, RAO offers a minimally-invasive treatment called phlebectomy, in which a few tiny incisions are made so the vein can be safely removed. Local anesthetic is used to prevent pain and the procedure is typically over in 30-60 minutes. Daily activities can usually be resumed within 24 hours.

If you suffer from varicose veins, you owe it to yourself to find out how quickly and easily they can become a thing of the past. Call CVH at 352-671-4252.

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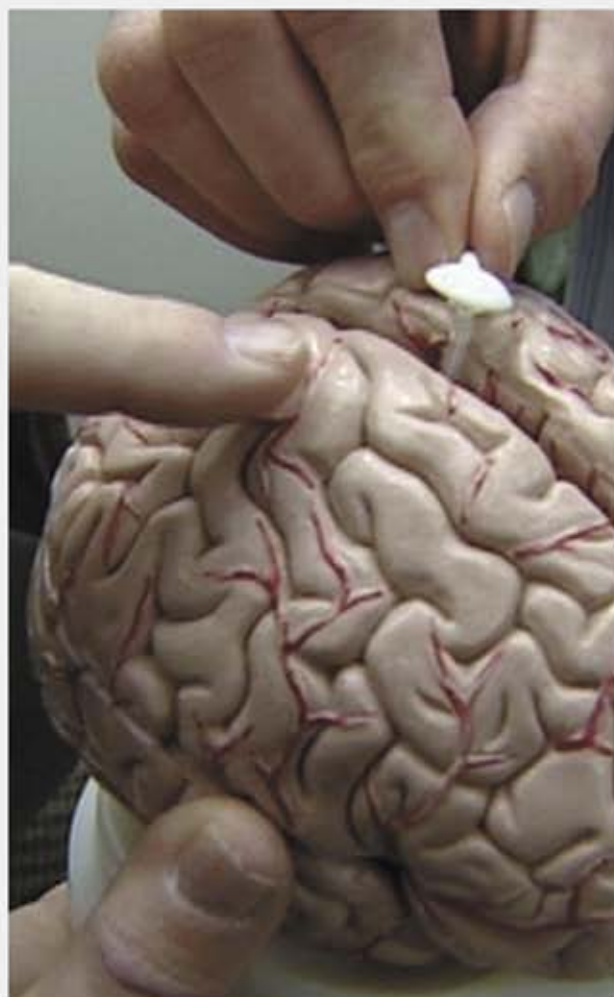
TREATING NORMAL PRESSURE HYDROCEPHALUS WITH SHUNT

Each year, about 70,000 patients are diagnosed with hydrocephalus, commonly known as “water on the brain.” It can be a congenital condition, that is, one can be born with it, but in adults hydrocephalus is usually the result of injury or trauma to the brain, such as with a concussion or direct impact, certain diseases like meningitis, conditions like a bleeding blood vessel, or a blockage that causes an increase in the cerebrospinal fluid (CSF) that flows through your brain and spinal cord. When the flow of CSF is interrupted or the brain overproduces it due to inflammation, the excess fluid can cause difficulty with walking and memory.

If your doctor has diagnosed you as having hydrocephalus and prescribed a shunt be placed to divert the excess spinal fluid to your peritoneal cavity and help relieve pressure on the brain, you doubtless have questions about the procedure. In this article, we provide a brief overview of the treatment and what to expect.

The shunt allows increased fluid flow away from the brain, where it can be absorbed by the body. In most cases, the shunt is permanent and will be monitored regularly by your doctor or ONC surgeon to ensure it doesn't become blocked or infected.

Of course the idea of having a device inserted into one's brain can be a cause for concern for any patient. The caring, exceptionally experienced doctors and trained staff of ONC understand that you have questions and trepidations about this highly specialized procedure, and we are eager to address them with sensitivity and patience.



If you'd like to know more about shunt placement for hydrocephalus for yourself or someone you care about, please contact us. Our knowledgeable professionals are here to provide the information you need to help you feel more informed and in control.

Call us – we are ready to help.

Ocala Neurosurgical Center
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DANIEL P. ROBERTSON, MD

- In the practice of neurosurgery since 1994. Joined Ocala Neurosurgery Center in 2004
- Board Certified in Neurological Surgery by the American Board of Neurological Surgeons
- Bachelor of Engineering Degree from Duke University
- Medical Degree from the University of Tennessee
- Residency in neurosurgery at Baylor College of Medicine in Houston, Texas
- Member, Alpha Omega Alpha Honor Medical Society
- Fellow, the American College of Surgeons
- Certified by the National Board of Medical Examiners
- On staff at Munroe Regional Medical Center & Ocala Regional Medical Center

Dr. Robertson is a member of the American Association of Neurological Surgeons, the Congress of Neurological Surgeons and the Marion County Medical Society.

Dr. Daniel Robertson, his partner neurosurgeons, Dr. Mark Oliver and Dr. Antonio DiSciafani, and their talented support team are dedicated to providing unsurpassed diagnostic and therapeutic care for a range of neurological and spinal disorders. Our foremost mission is to help you return to a life of health, comfort and vitality.



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MARCH IS COLON CANCER AWARENESS MONTH

Colon Health, Common Diseases, and Treatments

By Anthony V. Delorio Jr., MD, FACS

In discussing colon health, there are two key factors to consider. First, to achieve a healthy colon, one must regulate diet and supplements to normalize bowel movements. Crucial to that is the incorporation of fiber within the diet either through the foods eaten or a fiber supplement. I am often asked how much fiber supplement should be taken. The amount of supplement should be determined by the amount of fiber in the diet. That is, a patient who takes in a fair amount of fiber within the diet in the way of fruits and vegetables probably doesn't need supplementation. A patient who takes in only a moderate amount of fiber within the diet may need only a small supplementation. And, one with very little fiber in the diet may need full supplementation. In addition and equally important, is the consumption of water with any variety of fiber. Fiber serves to bulk the stool but water must be incorporated to soften it. Daily intake of water should be approximately 6-8 eight ounce glasses. The adequacy of the amount of fiber and fluid can be judged by the consistency of stool being solid but soft. Also, a patient can consider the use of probiotics particularly if he/she had recently been on antibiotics recently.

Second, regular maintenance evaluations of the colon should be undertaken in the way of colonoscopy. In general, the current recommendations from the American Cancer Society include commencing colonoscopy at age 50, earlier if there is a family history or genetic predisposition to colon cancer. Follow up colonoscopies are determined by the findings. If there are no findings on the initial scope, subsequent colonoscopy can be performed in 5-10 years. If polyps are identified and removed, follow-up colonoscopy should be considered in 3-5 years.



So what if the colonoscopy is abnormal?

Common treatable findings can include everything from colitis to inflammatory bowel disease to diverticular disease to hemorrhoids to polyps to cancers.

Colitis is simply an inflammation of the colon. It can be infectious or ischemic in origin. Infectious colitis can arise from viral or bacterial infections. Viral colitis is treated symptomatically with medications until symptoms resolve. Bacterial colitis is treated with antibiotics as well as symptomatically with medications until symptoms resolve as well. Ischemic colitis can resolve on its own or may need surgery to remove the involved portion of colon.

Inflammatory bowel disease exists in two varieties, Crohn's disease and ulcerative colitis. Crohn's disease is an autoimmune inflammatory process which can affect any part of the

GI tract. It is usually a transmural inflammation, that is it affects the whole wall of the intestine. It presents most often with abdominal pain and diarrhea, usually associated with some bleeding. It is diagnosed by endoscopy and biopsy. Treatment consists of medications that counteract the inflammatory process causing the disease, such as steroids. Surgery is only done for intractable symptoms that cannot be resolved medically. Cancer is not generally associated with this disease process. Ulcerative colitis attacks only the colon and generally only affects the inner layer of the colon called the mucosa. It also can present with abdominal pain, diarrhea, and bleeding. Colonoscopy with biopsy can diagnose this process. Complete removal of the colon and rectum by surgery is curative. If surgery is not performed, the risk of colon cancer becomes significant if the disease has been in place for greater than 10 years.

Diverticular disease involves outpouchings of the colon wall that occur at natural weak points such as where blood vessels penetrate the wall. These commonly occur in the sigmoid colon on the left lower part but can occur elsewhere. Often, they are asymptomatic and require no treatment. They can become inflamed producing diverticulitis, which is usually treated with antibiotics unless it becomes a complex infection. Complex infections include perforating the colon, abscesses, and strictures. These complex entities often require surgery to repair the process. Diverticula can cause bleeding as well. This, too, can be managed medically in many circumstances, but if intractable, would warrant surgery.

Hemorrhoids are a common finding on endoscopy. Many are asymptomatic and require no treatment. Inflammation of the hemorrhoids is generally treated medically. Surgery is reserved for those hemorrhoids that are resistant to medical treatment or repetitively bleed.

Colon polyps are also common to find on colonoscopy. Most of these can be removed with the scope. There are a variety of colon polyps that have differences as to whether or not they are precursors to cancer and the degree of risk of whether it would become a cancer. Some polyps are identified that are too flat or too large to be removed endoscopically. These polyps would warrant surgery to remove that segment of the colon.

Cancers of the colon are also identified on colonoscopy and diagnosed by biopsy through the scope. These are treated by surgical removal of the involved segment of colon together with the lymph nodes draining that segment. A cancer stage is determined by the findings on the surgical specimen read by the pathologist. More advanced stages are treated after surgery with chemotherapy. Now certain biochemical tests are also run on these cancers to determine if the cancer will be aggressive, warranting chemotherapy even in earlier stages. Cancers of the rectum are generally treated before surgery with radiation. Subsequently, surgery removes the segment of rectum and involved. Chemotherapy may be employed after surgery here as well.

Surgeries to perform colon resections are done and a variety of ways. Open abdominal surgery through an incision is the oldest and one of the more common ways of accomplishing the task. Some conditions are amenable to laparoscopic surgery. In general, laparoscopic surgery on the colon provides for an identical result in the way of cure of the disease process; however, it may allow for a slightly quicker recovery. Open colon resection patients generally are in the hospital 7-10 days with full recovery in 4-6 weeks. In contrast, laparoscopic colon resections usually leave the hospital in 4-5 days with full recovery in 3-4 weeks. Additionally, now many surgeons are learning to perform some colon

resections robotically. The biggest purported advantage of this technique is in even more rapid recovery of 3 days in the hospital and approximately 3-4 weeks for full recovery.

I do hope the above overview of colon health and common disease processes was helpful to those of you who read it. Certainly, any questions about the above can be discussed with either one's primary medical doctor or at a consultation with the general surgeon.



Anthony V. Delorio Jr., MD, FACS



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Colorectal Cancer Awareness Month

Talk To Your Doctor About Your Colon Health

Dr. Sivasekaran, MD

Colon cancer is the third most common type of cancer in the United States. It affects nearly 50,000 Americans each year. If caught early on, it can easily be treated. Typically small polyps are the cause of colorectal cancer, as they tend to become cancerous rather quickly and grow within the colon and rectum.

Normally, there are little to no signs of the polyps, so it's critical to have colonoscopies on an annual basis after the age of 50. However, younger people are more commonly being diagnosed with colon cancer as it, unfortunately, seems to be on the escalating.

There are specific risk factors that are often associated with colon cancer. One that is quickly resolved is your diet. If you eat a lot of red meat and saturated fats, and very little fresh fruits and vegetables, you are at a higher risk of developing colorectal cancer. Some of the other risks associated with this type of cancer are, being over the age of 50, having a family history of polyps or colon cancer, smoking, being overweight, having Crohn's disease or ulcerative colitis, and women that have had breast, uterine or ovarian cancer are at a greater risk as well.

Although the symptoms are not always prevalent in the beginning stages, some of the symptoms are as follows:

- Constipation
- Abdominal bloating
- Abdominal pain
- Excessive gas
- Diarrhea
- Narrow stools
- Weight loss
- Vomiting
- Nausea
- Fatigue

It's imperative to talk to your Internal Medicine Physician about protecting yourself and your loved ones who may be at risk for colorectal cancer. Your physician will schedule the appropriate testing with the gastrointestinal specialist that they work with and trust.



The colonoscopy is an easy procedure and one that can literally save your life. If the polyps are discovered, they can be removed with surgery, and usually chemotherapy or radiation are unnecessary. It's best to be proactive in your colon health, rather than waiting and finding that the cancerous polyps have grown and spread into other organs.

Siva M.D. P.A.

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This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

RATNASABAPATHY SIVASEKARAN, MD

Dr. Siva is a comprehensive internal medicine physician that understands the complexities of colorectal cancer and is experienced in helping his patients get the preventative care that is essential for their health.

Dr. Siva has been in practice for fourteen years. He earned his Honors Bachelors of Science in Biology from University of Waterloo, Canada. He went on to earn his Doctor of Medicine from St. George's University School of Medicine graduating on the Dean's List. He is American Board of Internal Medicine certified. Dr. Siva has affiliations with AMA, AHA and Marion County Medical Society. He opened his own private practice in Ocala in 2006, and he has privileges at all hospitals and nursing homes in Ocala for continued care of his patients.

To find out more information, please contact Dr. Siva's office at (352) 369-5300, or visit DrSivaOcala.com.

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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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March is National Nutrition Month

Helping Patients Stay Hydrated While Losing Weight

By Dr. Dean Lombardo - LIVE LEAN!

Let's face it—chronic low-grade dehydration is a big problem in the United States. It is especially a problem when patients are trying to lose weight. You may not be aware, but studies show that, at any given time, between 20 to 35% of US adults are actively “dieting.” This means that approximately one-third of your adult patients are currently “dieting.” Because of this, having tips and hints to help them maintain proper hydration levels becomes even more important.

We all know and understand the importance of maintaining proper hydration levels. Unfortunately, the sad reality is that most people have no idea that water helps flush toxins, makes them feel fuller, and speeds up fat burning. These three reasons alone provide a great motive to stay hydrated. While important for overall health and well-being, maintaining proper hydration is critical for patients who are actively trying to lose weight.

Helpful Hydration Hints

Without enough water in the body, cells get congested, skin can't detox, and the bladder and kidneys won't work properly. You'll feel tired and eat more too. Often, when you feel hungry, your body is really telling you that you are dehydrated. Try drinking a glass of water before you reach for a snack.

Benefits of Staying Hydrated

- Combats fatigue
- Reduces high blood pressure
- Alleviates allergies and asthma
- Makes your skin, joints, and digestive system healthier
- Flushes out unwanted bacteria from the bladder and kidneys
- Slows the aging process
- Aids in circulation
- Helps regulate the body's cooling system

If you find drinking water to be monotonous or boring, here are a few ways to liven up your hydration without adding calories.



Herbal Teas

Most herbal teas add flavor without adding calories, especially if you don't add sugar. There are great caffeine-free tea flavors, such as peach, blueberry, and apple. Brew some and chill it or drink it hot. You can also steep mint, ginger, or licorice tea until highly concentrated and add it to your water for a little zip.

Flavored Water

Peel a raw cucumber and add slices to a pitcher of water for a refreshing spa-like beverage. Not only does the cucumber flavor infiltrate the water, some of the cucumber's nutrients do as well, including vitamins C, A, and K, iron, calcium, and potassium. Munching on the cucumber slices can help you maximize your vitamin and nutrient intake. Add a few crushed mint

leaves to your water to give it a cool, fresh taste, or try some basil if you prefer something zestier. Simmer a cinnamon stick in one cup of hot water and let cool. Mix the concentrate with cold water and keep chilled. Serve over ice and garnish as desired.

Fruit-Flavored Water

Buy a water infuser and add some fresh fruit from the approved list provided by ChiroThin. Add the fruit to the strainer at the center of the infuser and let the fruit flavors steep into the water in the pitcher. Remove the fruit when you have reached the amount of flavor you prefer. You can also freeze sliced citrus fruit, such as limes, lemons, clementines, or even berries, and use it as ice cubes. Not only will this add flavor, but also an elegant flair.

Essential Oils

Add a few drops of your favorite organic essential oil to cold water or iced tea. When choosing a strong flavor such as peppermint, start with one drop and add to taste. You also can combine flavors for more complex beverages, such as one drop of sweet orange/one drop of cinnamon, or one drop of ginger/one drop of lemon.

Infused Water Recipes

Now it's time to play with your water. Try ginger tea with a burst of cinnamon, or cucumber with a hint of basil. Another nice combination is mint leaves with frozen berries. Here are a few suggestions for flavor combinations using the techniques outlined above.

Lemon and Cucumber

Tart lemon and cool cucumber pair well together. Add lemons to your water infuser or freeze some slices to use as ice cubes. Add sliced cucumbers and keep chilled.

Strawberry and Basil

Flavorful, colorful strawberries and basil are a perfect pairing. Basil can overpower the strawberries, though, so add the basil gradually until the flavor is right for you. Basil provides iron and strawberries give you a jolt of vitamin C.

Mint

You can add mint leaves to your water for subtle flavor. If you want something more complex, combine mint leaves with strawberry, raspberry, or lime ice cubes. Cucumber and mint is another nice combination you can try.

Watermelon and Jalapeño

Freeze chunks of watermelon to use as ice cubes. Add thyme and as many sliced jalapeño peppers as you dare (by including the seeds, it will increase the heat). This spicy combination gives you the added benefit of vitamins A and C from the watermelon and capsaicin from the jalapeño. Note: Remember to wash your hands thoroughly after handling jalapeños.

Apples and Cinnamon

Add apples to your infuser or use frozen apple slices as ice cubes. Brew a cinnamon stick as previously described and add it too. Garnish with some lemon slices if you like it zestier. Remember to go lightly on the apples because they can slow down weight loss for many people.

Blueberries, Lemon, and Mint

This dynamic combo gives you the antioxidant power of blueberries and mint. Throw everything together in a pitcher and let it steep overnight in the refrigerator. Keep chilled.



“ Unfortunately, the sad reality is that most people have no idea that water helps flush toxins, makes them feel fuller, and speeds up fat burning. ”

Melon Lime

Try pairing melon and lime for some subtle flavor. You can also combine frozen honeydew cubes with frozen lime slices for a refreshing beverage. If you like it zestier, you can boost the citrus flavor with a drop of lemongrass oil.

Citrus Mix

Combine frozen slices of your favorite citrus, such as lemons, limes, grapefruits, and oranges. Add mint, basil, or even cilantro leaves for a flavorful twist.

Ginger Infusion

Peel and slice a 2- to 3-inch piece of ginger root, add one cup of water, and heat in water until just boiling. Turn off the heat and steep for at least 30 minutes. Add to a pitcher of cold water and use frozen raspberries, blueberries, or lime slices as ice cubes. Stir and let chill overnight.

Once you've mastered these techniques, keep pre-flavored, chilled water in your refrigerator so it's always available. The flavor combinations are endless, and your water will never be boring again. More importantly, maintaining proper hydration, an essential part of health and weight loss, will be an absolute breeze.



Dr. Lombardo's weight loss programs are comprehensive, individualized and focuses on the Long-Term solution to losing weight and keeping it off. His post-weight loss education support for clients is second to none. "The approach has to be individualized as people have different blood values, different, body types, different metabolic rates, different activity levels and different medical conditions. The one size fits all approach is just not enough". He lectures on a variety of nutritional topics ranging from Proteins, Fats, Carbohydrates, Cholesterol, Calories, Controlling appetite and Why Most Diets Don't Work and are Dangerous. LIVE LEAN!



Call to schedule a complimentary consultation or attend a FREE seminar.

Dr. Lombardo and his highly qualified friendly staff are ready to answer your questions and concerns. To find out more, please visit Dr. Dean Lombardo's website; www.drdeanlombardo.com, or call their office at 352-425-7648 for an appointment.

How to Avoid Prostate Cancer and Other Prostate Problems

If you are a man approaching middle age, make it a priority to get to know, love, and care for your prostate. Ignore this little organ at your peril! Roughly half the male population of North America and Western Europe will have enlarged prostates by their mid-50s. And prostate cancer remains frighteningly common.

What is the Prostate?

The prostate is a gland, about the size of a walnut, found just below a man's bladder. It releases seminal fluid, and during orgasm, contracts to allow ejaculation. Unfortunately, as men age, the prostate often enlarges, sometimes up to four times the size it would be in a healthy 20-year-old. This is largely the consequence of natural hormonal changes, especially the decreasing levels of testosterone and its conversion into DHT.

Tips to Avoid Prostate Trouble

Prostate trouble can be distressing (having to get up three or four times a night to urinate, suffering from unwanted leakage at work, and so on), as can the medical examinations and treatments. To avoid these problems, not to mention prostate cancer, try the following:

1) Exercise Regularly.

Exercise helps boost the immune system and reduce stress. But make your exercise gentle. Do not take up cycling or riding horses, as these activities can damage the prostate. Yoga is particularly good. If you attend a class, ask your teacher if there are any exercises she would recommend, especially those that target the pelvic area.

2) Reduce the amount of eggs you consume.

Researchers at Harvard University conducted a study into 1,000 men in the early stages of prostate cancer. They found that those who ate an egg a day doubled the risk of their cancer metastasizing. The culprit is thought to be a compound known as choline. According to Dr. Michael Greger,



an American physician and author of How Not to Die, who quotes from the Harvard study in his book, choline may also increase your chances of developing prostate cancer in the first place.

3) Eat plenty of seeds.

Sunflower, sesame, pumpkin, and above all, flaxseeds are all good for the prostate. They are packed with essential fats, but more importantly, they contain zinc, which is vital for a healthy prostate. Flaxseeds are also packed with lignans, proven to slow the growth of prostate cancer cells in petri dishes and possibly in human bodies as well.

4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is

released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement.

Zinc supplements have been shown to slow benign prostatic hypertrophy (BPH), a condition which involves the enlargement of the prostate. Zinc interferes with the conversion of testosterone into DHT, a hormonal trigger for prostate enlargement. And zinc deficiency is common among those diagnosed with prostate problems. However, make sure you buy a good quality brand.

6) Take a turmeric supplement.

Turmeric, hailed by some as nature's wonder drug, may also have benefits for the prostate. Curcumin, found in turmeric, is thought to inhibit the compounds responsible for prostate enlargement. Those who take turmeric supplements also reduce their risk of incontinence and urinary infection. When the prostate goes wrong, it tends to become swollen and inflamed; turmeric is a well-known anti-inflammatory.

7) Take a PSA test.

This stands for Prostate Specific Antigen. If your PSA levels are elevated, this may mean your prostate is becoming enlarged; it may even indicate the early stages of cancer.

Difficulties with the prostate are so common that most men will experience them at some point, even if it is merely the annoyance of having to urinate several times a night. Unfortunately, modern medicine is still far too reactive. In other words, the medical establishment waits for you to get sick, then treats you. The key is to not get sick in the first place. And that is especially true of the prostate.



Your Happiness - What is the Cost?

Have you ever taken a moment to observe a child playing? With an empty box, or a metal pot, or some water and dirt they can create an adventure. They are naturally joyous.

As we grow up, the cost of our happiness increases. We may route our happiness through earning an education, having a family, developing social relationships, or even by keeping busy doing various activities. Happiness may become dependent on someone else, or by doing or obtaining something. But you become naturally happy, you make better decisions, and your life becomes enriched and effortless.



What is Happiness? – Hear from a Yogi, Sadhguru

“When do you really feel well in your life? When you’re really happy, you’re well. Even if you’re physically ill you’re still well. Isn’t it? Fundamentally, well-being means a certain level of joyfulness, a certain exuberance of life. What is happiness? We can say happiness is this or that, but in terms of life, your life energies are happening in a more exuberant way than it normally happens. Depression means your life energies have become in a very low state. Happiness means your life energies are exuberant.”

“Everybody has been happy, but the problem is they’re not able to maintain it. All this effort of life, everything that you did; education, career, business, family, whatever you did, was in pursuit of happiness. Everything that humanity has done on this planet is in pursuit of happiness.”

Sadhguru is a realized yogi, mystic and visionary who has dedicated himself to the elevation of the physical, mental, and spiritual well-being of all people. He is an author and opinion maker who is regularly invited to speak at leading prestigious international forums and conferences such as World Peace Summit at the United Nations and the World Economic Forum.



“There is so much talk about economic sustainability. Time to address the sustainability of joy in your life.”

Sadhguru

Sadhguru Designed Inner Engineering to put your Happiness on Self-Start

The Inner Engineering course empowers you with tools to attain what you are aspiring for within yourself so you experience life at its peak. It helps you put your life on self-start so you become in-charge of your happiness, joy, and peace.

It gives you the opportunity to intellectually explore the ABC’s of life using methods from the distilled essence of yogic sciences. The course imparts practical wisdom to manage your body, mind, emotions, and the fundamental life energy within.

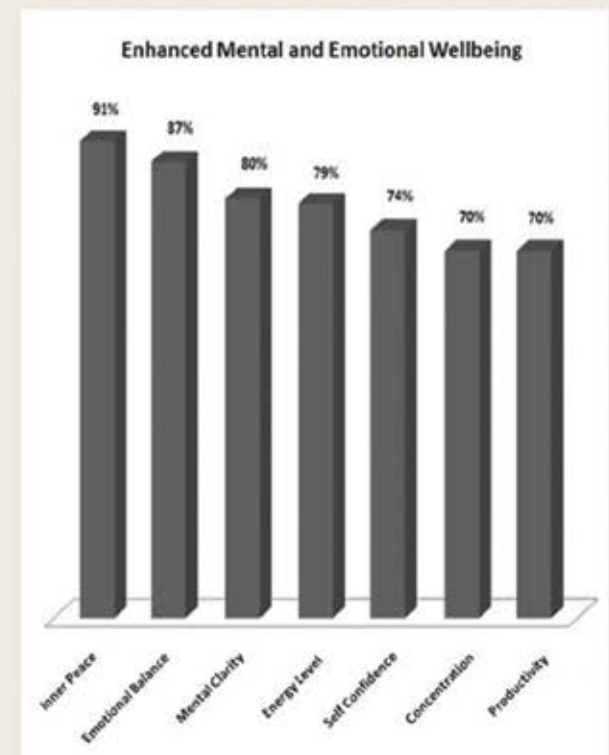
Millions have benefitted from Inner Engineering world-wide. A mother, an engineer, a student, a musician... and many other countless people just like you, with similar life situations, are making use of the tools and solutions that Inner Engineering offers. Here a just a few reviews from Inner Engineering participants:

“I am happy on a daily basis, moment to moment, as I realize that this moment is the one that counts. My clients are happier and my employees are like new people. I am gladly rubbing off on everyone and I love it” - Roisin Daly

“The significant changes I have noticed is the change in my mood and way I see life and everybody. - Gerson Vargas

“I am having a love affair with everything. Noticing things in everyday life that I haven't noticed before. I am more patient. It will take commitment and practice for this to be my natural state all the time.” - Valerie Berry

A research study on those who participated in Inner Engineering shows the following results:



Floridians have a rare opportunity to learn this life transforming course directly from Sadhguru since he conducts only 3 or 4 programs a year in North America. **On April 28-29th, Sadhguru will be conducting Inner Engineering Completion for the first time in Tampa at the Tampa Convention Center.** Inner Engineering Completion is an advanced level program and the prerequisite is completion of Inner Engineering Online which can be done in the convenience of your home.

For details and to register early, visit: InnerEngineering.com
Ph: 813-413-1661
Email: Info@InnerEngineering.com



STOP LOOKING FOR THAT RESTROOM!

It's a subject that most women find embarrassing. Urinary incontinence. No one is talking about it, so they think they're alone. That their situation is unique. But if you were the only one suffering – why would there be so many TV commercials for products like Depends and Poise pads?

More than 13 million American women – of all ages – suffer from some form of incontinence. There are four main types – stress incontinence, urge incontinence, functional incontinence and mixed. Mixed means simply that two or more types are present, usually stress and urge.

If you're one of those women who is suffering alone, wearing ugly underwear, taking prescription medication, avoiding life or running to the restroom every few minutes, take heart. There is a new, non-surgical treatment available that works. Not only that, it can enhance your sex life, too

It's called ThermiVa. ThermiVa is a new, minimally invasive, non-surgical treatment that uses radiofrequency to gently heat the urethra, vaginal and labial tissues, stimulating collagen production, tightening tissues, increasing nerve sensitivity and improving moisture balance.



Women are raving about ThermiVa and its life-changing results.

"We've had patients in our practice who were desperate," Every time they coughed, laughed or sneezed, they'd leak. It was embarrassing and they felt like they couldn't participate in normal daily activities for fear they would have an accident."

After just one ThermiVa treatment, they noticed significant improvement, he said. "and after the full course of treatment, they no longer worried about leaks or loss of control. It's a life-changing treatment."

ThermiVa is recommended for women with mild to moderate stress, urge or mixed incontinence, Walker said.

Not only does ThermiVa help with urinary incontinence, it can improve your sex life. "The vaginal muscles are fuller, tighter and more responsive after treatment,"

Moisture balance is improved and women report increased sensitivity during intercourse.

How ThermiVa works

ThermiVa uses radio frequency energy (RF) to achieve its outstanding results. RF has been successfully used in medicine for more than 75 years, for cauterizing blood vessels, treating heart arrhythmias and sleep apnea, to produce MRI images, to assist in wound healing and to destroy tumors.

At low energy levels, RF is used in cosmetic procedures to tighten the skin, reduce fat and promote healing. It is this level of RF energy that is used by ThermiVa, achieving a heating range of 40 to 42 degree Celsius (104 to 107 F.)

The RF energy is directed at both internally and externally using a slender wand. The treatment is very comfortable, lasting 30 to 45 minutes. There is no down time, no recovery period and women can resume their normal activities immediately, including sexual activity.

Results last from nine to 15 months, with one treatment recommended annually thereafter.

Don't let embarrassment get the best of you

Painful intercourse, vaginal dryness and stress incontinence are more common than most women realize. Thirty-three percent of premenopausal women and 50 percent of menopausal women experience atrophic vaginitis. Further, 57 percent of women age 40 to 60 have stress incontinence.

Women know they have these problems but many are afraid to acknowledge them, or discuss them with a healthcare provider. Some may have been given options – such as surgery – that they just were not interested in. ThermiVa offers them a new solution, one that works without surgery, without down time, without a lot of hassle.

If you would like to know more about ThermiVa and how it can help you reclaim the things time and childbirth have taken from you, please visit our website at besturogyn.com.



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THE WAR ON LUNG DISEASE: Traditional Treatments vs Stem Cell Therapy

War is hell—particularly when the battleground is inside your own lungs. Unfortunately, for millions of Americans, chronic lung diseases such as COPD, pulmonary fibrosis and emphysema seem to be winning that war. Across the U.S. 6.3% of the adult population (roughly 15 million people) have been diagnosed with COPD—a prevalence that is predominantly seen within adults older than 65.

Worse still, as the disease's symptoms of fatigue, coughing and shortness of breath can often mimic the natural aging process, it's estimated that another 25 million Americans are currently undiagnosed. As the third leading cause of death in the U.S.—with 730,000 COPD-related hospitalizations in 2011 alone—this a national problem, a problem that is often tragically ignored.

Whether we know it or not, this is a war against lung disease, a war that will inevitably touch our lives or the lives of those we love.

So, what are we doing about it?

Sadly, not that much. In the fight against lung disease, though there are a variety of traditional treatment options, these weapons can have their benefits and downsides. As an obstructive lung condition that creates a feeling of breathlessness, traditional medications have included inhalers, medications and supplemental oxygen. Though these treatments can open airways, calm down aggressive symptoms, and in the case of oxygen, address oxygen deprivation directly, these standard treatments are not without their drawbacks.

To start, these medications can be exorbitantly expensive over time—particularly on fixed incomes—creating situations where prescriptions are given up completely rather than forfeit the cost of another refill. In other cases, the side-effects of medications can be worse than the symptoms they're designed to combat, causing weight loss or gain, nausea, headaches and dizziness. Supplemental oxygen, however, can become an anchor, reducing the mobility and quality of life of those who become tied to it.



The war against lung disease won't be fought with inhalers or pills, but with stem cell therapy.

In the final months of World War II, Japan was undaunted. Facing an interminable war in the Pacific with a force that found the concept of surrender to be nothing short of a disgrace, America faced an enemy unwilling to yield. With a continuing war set to cost millions of Japanese and Americans lives, America needed a breakthrough. That breakthrough—the breakthrough to end the Pacific War—was the A-bomb.

Today, the breakthrough needed to end the war on lung disease may be just as significant; its name is **stem cell therapy**.

Within recent years, the development of regenerative medicine (the practice of using the body's own cells to heal itself) has exploded, allowing innovative upstarts like the **Lung Institute** (lunginstitute.com) to enter the fight.

As opposed to traditional treatment options, stem cell therapy involves the careful separation of stem cells (the body's natural healing mechanism) from a patient's blood or bone marrow, returning them

into the bloodstream where they come to rest within the lungs. Working to relieve inflammation (which opens the airways and allows easier breathing), these specialized cells may also aid in slowing disease progression—a feat that few, if any, traditional medications can attest.

In the climax of WWII, time and the decision to act were the deciding factors of world history. In the war against chronic lung disease, speed and commitment are paramount in combatting disease progression and worsening symptoms.

In the face of fear and uncertainty, the choice to act is courage. Courage is victory.

And, victory is peace.

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.

The Smile Prescription:

The Secret to Happiness is Under your Nose

Did you know that smiling and laughing are programmed into our brain?

I love this story; it is going blow your mind on how this works!

Dr. Itzhak Fried is a neurosurgery professor at UCLA. What he found is literally shocking in every sense of the word. Dr. Fried's team delivered electricity to a woman's brain to stimulate smiling and laughing! It sounds like a taser that makes you laugh!

As the story goes, the test subject was instructed to perform unrelated tasks, such as reading, counting, or moving her hands and feet. When they delivered very small amounts of electricity to the front of her brain, she consistently demonstrated a smile.

At higher currents, a "robust and contagious laughter" was induced, and the higher the current, the longer the duration and intensity of the laughter. This laughter was accompanied by a sensation of mirth and merriment, and when the current got high enough, she would stop performing all other activities while laughing. When the laughter was stimulated with electric shocks, she associated whatever she was doing at the time with being "funny." Stand-up comics around the world are dying to learn about this technology!

If the test subject was reading about a horse and received the stimulation, she thought the horse was funny. If she was talking to people in the room during stimulation, she thought the people were funny. If you let this sink in, the implications are astonishing. Our brain is like a computer, and brain cells (neurons) work using electricity and chemicals (neurotransmitters is the fancy word for these chemicals in our brain). This electrical and chemical stimulation creates "shocks" in our brain all the time, and we use these shocks to control our body to move, sing, read, laugh, eat, play, or sleep. Just like this young lady, we can give ourselves "Smile Shocks" and stimulate our own brain to feel however we want to feel. We can choose what we find to be funny or not funny. And we can rehearse and strengthen the behavior patterns and neural networks that we choose with these brain shocks. Kind of creepy, and the good news is that you don't need to hook batteries up to your head to make this happen. Just practice your smile and give your brain a smiling power surge!

Basic neurophysiology tells us that stimulating (or shocking) the brain is how we get better at a musical instrument, sport, language, or any discipline for that matter.



By constantly stimulating a specific area of our brain, we consistently improve that behavior. It is like building a muscle. The more you stimulate it, the more that area develops. Doesn't it feel good to be stimulated? So let's make sure we stimulate ourselves (shock our brain) in behaviors that are favorable and serve us. This strategy also works when you stimulate and reinforce behaviors relating to anger, sadness, depression, and rage. And, all of our brain stimulation ultimately comes from within.

So here is the question: Are you controlling what stimulates your brain? Or, are you letting other people or external factors shock your brain and control what stimulates your behaviors?

Who is minding your mind? If you don't mind your mind, someone else will start controlling it. Frankenstein had the bolts on the sides of his neck just in case his brain needed a jumpstart. Just think of people in the same way, and sometimes they need a "smile shock" to get their smile going. Always keep your jumper cables handy!

We can Jumpstart a Smile in Anyone! The Evidence Is In!

Now you can understand why this is so important to me. The evidence is clear that smiling and creating positive meaning in your life will make you happier, reduce your stress, and help you live longer.

On the other hand, lack of smiling correlates to feelings of sadness, depression, and a shorter life span. This is so important, we have created a simple five step fun process that everyone can follow to enhance their smile. Isn't it fun to learn about the magic in life?

Saturday Smile

Here's a story I would like to share with you to raise awareness about smiling. So I'm feeling good because it's a Saturday morning. :) My wife and daughter like to sleep in so I pack my noisy boys into the car to go get breakfast. My dad used to bring us doughnuts on Saturdays, so I can't help but take the kids to the bakery. We are in the car, and it is a little too early in the morning for the boys to really get into their fighting (if you have kids you understand), and I propose a game to keep them occupied.

I put my best smile on, "Hey you guys, want to play a game?"

"What is it?" they say with excitement.

"As we drive, let's watch these people walking and exercising. Let's see how many we can count that have a smile on their face!" "Okay!" they say with the energy like we were going to Disney World. If they were dogs their tails would be wagging like crazy. It may just be the thought of pastries getting their blood sugars up, but I will take what I can get. We look at the walkers, runners, bikers, and stroller-pushing pedestrians. One, two, three, and so on.

"Do you see any smiling faces?" I say.

"No Dad..." Not a single smile. "Wait a minute...that kid tripped over and fell into the bushes, so his sister started laughing at him." On a beautiful, sunny Saturday morning in Florida, in a picturesque neighborhood with trees and golf greens, only the sister with the clumsy brother was smiling.

We get all the way to the bakery, passing at least thirty people. "I wonder why people don't smile more." My kids and I ponder. The facial expressions of choice were neutral, downward gazes, or mildly pained.

We walk into the bakery smiling, with a sense of adventure as we count faces (my kids were more focused on the doughnuts). People were there, eating, drinking coffee, reading the paper, listening to classical music overhead, and chatting. The young girl behind the counter had a slight smile ready for us. Everyone else was looking downward at their food, newspaper, or electronic gadget of choice. All of the other workers were moving like robots: cleaning, organizing, preparing, working, doing something, being busy, but not smiling. No one looked like they were having fun or enjoying life. I call it robot-face, or bot-face for short.

We walk up to the counter to give our order. I have a soft smile as my boys order, and they can be so wiggly as they talk—you know how little kids somehow cannot just stand still? They are being so cute that the teenage girl behind the counter starts smiling even bigger. Now we are getting somewhere!

I smile and tell her, "Hey, we've been people watching today to see who is smiling, and you are the only one in the store that has a smile on their face—and you have a GREAT smile!" She immediately breaks out into a great big smile and says,

"Thank you!" What a nice gift she gave us with her smile!

I told her, "Keep smiling, and make sure you share it with everyone!" As I put the change in the tip jar, she laughed and said, "Thank you for the tip!"

"No problem," I said.

She looked at me and said, "No, the tip about smiling. You are right, I do need to smile more. I don't want to look like a zombie. That is a tip that I can use all the time!" And she gave me her biggest smile yet.

We all enjoyed a smile together, and our morning was a memorable one.

It certainly made my boys happy, though I'm not sure if it was the smiling, the pastries, or the sugary sprinkles on top (sprinkles somehow make us smile too.)

What Is the Point of Smiling So Much?

I was shocked to realize that so many people walk around with a blank face, so I started counting to see if I was just fooling myself. I have counted smiles in grocery stores, parks, shopping malls, theaters, restaurants, airports, popular theme parks, indoors, and outdoors. Out of a hundred, the most common number of smiling faces I count is three!! The highest I got was ten, and that was in a restaurant when people were really yucking it up (was it the wine?). A survey of 2,000 people showed that adults smile on average seven times per day.¹¹ —REALLY?!?

One of the reasons we may not recognize this lack of smiling is because it is socially inappropriate to look at people's faces when they are not addressing us.

Just consider if you are glancing around the room and someone makes eye-contact while you are looking at them. We often divert our eyes and look the other way to avoid embarrassment. So, even if someone is wearing a blank face, it is almost a reflex for us not to check out their face too much. We don't want to be rude! These social rules make us less aware of how many people wear flat faces in their daily activities. I have a question for you. Have you ever noticed how many (or how few) people are smiling around you? Or how often YOU smile through the course of a day?

When I ask people how many smiles they think they will see in the next hundred people they come across, some say as high as seventy-five percent! Most of us tend to overestimate how much other people (and ourselves) smile. When you realize that so few people smile during their daily activities, it is not so surprising that stress and depression are such a problem today.

Now, consider the opposite of this blank-faced scenario. What if we walked around with a BIG smile on our face? What if we are just happy to be alive, happy we are not in the hospital, or happy that we have two hands, and we show this on our face with a grateful grin?

People will think there is something wrong with us, or that we are drunk, or up to something! It should be the other way around! The world would be a better place if more people walked around with smiling faces, and there were fewer flat expressions to be seen.

Living In Captivity

Take a moment to think about the simple things we do on a daily basis. If you go to the gym, there are usually some very motivated people there working out early in the morning. Their drive is admirable, though their faces don't usually look very happy. We go to the grocery store, surrounded by more choice.

The hypnosis of daily activities can make us look like we are automatons, or on cruise control. We can appear devoid of joy, happiness, or gratitude for the blessings we have. The bottom line is, people don't tend to look that happy, even though we live with some of the greatest financial, technological, and informational abundance in the history of the world! People often look like they are living in captivity. When we go to the zoo, we sometimes feel bad for the animals and say, "Wow, those animals don't look that happy." Yet, the animals in the zoo look through the bars at the humans and say, "Wow, those people don't look that happy." Who is the one living in captivity?!? Maybe that is why it makes us so sad when we feel for the animals at the zoo. On some level, most of us know what it means to be restricted, constrained, or held back from what we really need. People are held captive in their minds from what they want most—to smile and be happy.

Are you going to take control of your life, or are you going to live in the captivity of the auto-pilot mind? Break through the bars, take the Smile Challenge to heart, find your Smile Buddies, and claim the freedom, happiness, and smiling in your life now!

.....Enjoyed this post? Great!
The above post is an excerpt from
"The Smile Prescription" by
Dr. Rich Castellano and is available to
purchase NOW from Amazon and
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Dr. Castellano

ABOUT DR. RICH CASTELLANO

Wall Street Journal best-selling author, Dr. Rich Castellano (also known as "The Smile Dr.") is a double board certified facial plastic surgeon and facial analysis expert. He travels the country training doctors, healthcare providers, and entrepreneurs in innovative non-verbal communication found in his bestseller, *The Smile Prescription*. Dr. Castellano is currently the #1 Double Board Certified Facial Plastic Surgeon Bellafill injector in the world, and the #1 Radiesse injector in the Tampa Bay Area. He is the first facial plastic surgeon in the world to regularly broadcast his surgeries and procedures LIVE to thousands of viewers across the globe on Periscope.tv and FB. Dr. Castellano has made hundreds of live appearances including guest interviews on *The Daily Buzz*, FOX, NBC, ABC, CBS, and numerous other media outlets.



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



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

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

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

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

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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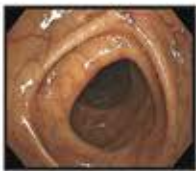
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Serious Concerns About Geriatric Nutrition

There are a few main factors that contribute to the topic of the elderly and their proper nutrition.

1. Access to food
2. Digestive health
3. Food preference
4. Monetary allocation
5. General and oral health
6. Malnutrition

Many seniors are considered malnourished. This is mainly related to the fact that they rely on canned foods, frozen foods, or foods that are easily consumed and digested, like simple carbohydrates. These food options are usually loaded with sugar, salt, chemicals, and preservatives. In recent studies, over 70% of the aging population suffers from malnutrition.

As individuals age, they may lose their appetite, defer to convenience foods, or forget to eat altogether if there are any cognitive impairment disorders like dementia, or Alzheimer's.

Water plays a huge role in the bodies overall general nutrition. For those of us living in Florida's warm climate, it's imperative to stay hydrated throughout the entire year. In general, people can't survive for more than 3-4 days without water. It's critical for helping to remove bodily waste, regulating blood pressure and keeping your brain function alert. Without water, you can develop urinary tract infections, renal failure, confusion, fainting, low blood pressure, constipation, rapid heart rate and even death.

If there are any issues with digestion, the elderly usually tend to try and eat bland foods, like saltines,



high-sodium soups, and processed cereals. This can lead to a deficiency in protein, fats, vitamins and minerals, which are highly important for feeding the brain, muscles, and joints. Along with raising blood pressure due to a higher volume of salt intake, these types of foods can also contribute to diabetic complications from an overabundance of insulin resistance from excess sugars.

Healthy digestion starts with the mouth. If teeth are missing, or dentures are ill fitting, this can cause issues with proper nutrients being absorbed and utilized. Oral health is often overlooked, but fortunately, it is quite often an easy fix, which allows geriatric patients to start eating properly again.

Many assisted living or lower income geriatric apartment facilities that house the aging population, report that their residents are struggling with having enough money at the end of each month to buy the proper foods at the grocery store. It's unfortunately not uncommon for some older residents to resort to eating dog and cat food because it is a cheaper source of protein for them to purchase. And worse, some residents don't have any food at all. Many of these facilities take donations, if you have the opportunity to donate food, it can help out the older generation immensely.

Sometimes it can be quite difficult for seniors to feed themselves, due to arthritis, Parkinson's disease, dementia, or complications from a stroke or TIA. If this

is the case, they're at an extremely high risk of becoming malnourished and dehydrated very quickly. These folks most likely will need help several times a day, or around the clock. Often times they'll require assistance with other daily activities as well. This is where an occupational therapist can be of great help, as they train the patient on ways to ease their daily tasks, like getting in and out of a chair, reaching into cabinets and feeding themselves.

The AARP has reported that 89% of elderly patients prefer to remain in their own homes, even if they require additional help or assistance. This is easily achievable through a qualified home health agency.

If you or a loved one are in need of assistance after a hospitalization, for short-term care, or for long-term care due to another health issue, CareTime Home Health is the only local agency that also operates a medical training facility. This enables them to find and train the very best caregivers. They have RN certified case managers along with an experienced team of compassionate, competent, licensed nursing assistants, and others, provide the bridge that enables your loved ones to be cared for in the comfort and familiar surroundings of home. They provide a free in-home comprehensive assessment to determine a plan specifically designed to meet the client's needs. Their staff is licensed, insured, experienced and go through a rigorous training process so that you are assured of the best fit for your loved one.

Along with treating patients in their private homes, at Caretime, they can also provide assistance to those individuals living in facilities, whether it's an assisted living, skilled nursing, or nursing home.

To find out more, please visit their website at caretimeflorida.com, or call (352) 624-0570

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- End of Life Care

7 Myths about Omega-3 Fish Oil

By BO MARTINSEN, MD

Fish oil is now the most commonly used non-vitamin, non-mineral supplement in the USA, according to the National Center for Health Statistics. But as omega-3 has grown in popularity, so has the misinformation and confusion about this powerful nutrient.

Let's clear up some of the most common myths about omega-3 supplements:

Myth 1: Omega-3 coming from plant sources like flaxseed and chia seeds is just as potent as omega-3 coming from fish.

Reading about omega-3 in popular health magazines, we get the impression that there are lots of ways to get omega-3 fatty acids — salmon, flaxseed, walnuts, etc. But not all of these sources provide the same value.

When we talk about omega-3, we're talking about a family of fat molecules. Only fatty fish and breast milk contain all the members of the omega-3 family, including the best known EPA and DHA molecules. On the other hand, plant sources of omega-3, like flaxseed or chia seeds, contain only one type of omega-3: ALA.

In order for the ALA molecules to be effective in the fight against inflammation, they have to be elongated into EPA and DHA molecules. This conversion step is more difficult and limited than most people realize. For example, you'd need to drink about a cup of flaxseed oil to get one teaspoon worth of EPA. This is why eating fatty fish or taking cod liver oil is more effective than flaxseed in putting a damper on inflammation and why the vast majority of omega-3 research has been conducted on fatty fish and fish oil.

Myth 2: The best way to get enough omega-3 is to eat fish regularly.

Eating fatty fish is a wonderful way to increase your omega-3 intake. But it's important to know that the amount of omega-3 you get from eating fish can vary dramatically. Factors like what the fish ate, the time of the year, and how you prepare your meal can have a significant impact on the fatty acid content.

Take, for instance, the question of what the fish ate. Now farm fisheries are a popular source of fish staples like salmon. In October 2016, however, a report from BBC News found that the omega-3 content of farmed salmon has been cut by 50% over the last five years. So depending on the source of your salmon, you may be getting less omega-3 than you expect.

What you do in your own kitchen can also do damage. For instance, some studies suggest that frying fatty fish, like tuna, can reduce the omega-3 content of a fillet by 70 to 85 percent. That's why it's important to be aware of how your cooking techniques can impact the omega-3 content of your meal.



Myth 3: Getting a little omega-3 is better than nothing.

Just as with medications, you need to reach a certain omega-3 dose to experience benefits. What is that threshold dose? For reducing inflammation, numerous studies show that the omega-3 molecules' anti-inflammatory benefits require consuming at least 2700 mg of EPA/DHA daily. In terms of capsules, that's the same as swallowing 8-10 regular fish oil capsules every day or drinking 1 tablespoon of liquid fish or cod liver oil.

If you are getting too little omega-3, it's unlikely you'll see much of a result from the supplement. That's why, if you are first going to spend the money on fish oil supplements, it's best to fully commit to taking an effective dose every day.

Myth 4: Fish oil is supposed to smell and taste fishy.

When you eat fresh seafood, you don't expect it to taste or smell fishy. In the same way, truly fresh fish oil has no fishy taste or smell. If your oil tastes and smells fishy, it has started to oxidize and turn rancid.

Besides tasting and smelling bad, rancid fish oil is concerning from a health perspective. Rancid fish oil is likely toxic, and may increase the risk of cancer and heart disease when consumed regularly. To check whether the oil is rancid, break open the capsule to taste and smell the oil inside. You can also measure an oil's rancidity level by looking at its oxidation values. Fresh fish and fish oil have oxidation levels (specifically a TOTOX value) below 5 mEq/kg.

Myth 5: To determine whether a fish oil supplement is still fresh, you should look at the supplement's expiration date.

Fish oil should be thought of as any other fresh product. If you buy a gallon of milk and let it sit in the sun, it will turn rancid in a few hours, no matter the expiration date. The same rule applies to fish oil. If fresh fish oil is stored in the freezer, it can easily last for up to a year. If you leave fish or fish oil out in the bright sun or exposed to air, it will quickly turn rancid.

Unfortunately, studies show that most fish oils have turned rancid long before their stated expiration date. Therefore, the best way to assess the quality of your fish oil supplement is to use your taste buds — just the same way you would assess another fresh food.

Myth 6: Concentrated fish oils are the best.

Concentrated omega-3 oils are popular because they deliver higher amounts of the effective EPA/DHA molecules per capsule serving size. But concentrated fish oils have a dark side too.

First of all, to create concentrated omega-3 oils, the manufacturer destroys the oil's natural fatty acid balance, leaving consumers without the full spectrum of the omega-3 family, as well as the other nutrients found in the natural oil. Concentrated omega-3 oil is more likely to be rancid because the oil contains more reactive DHA or EPA molecules.

In comparison, natural liquid fish oils allow people to get the same EPA/DHA dose found in concentrated fish oils in just a few teaspoons. And if the oil is fresh, consumers typically have an easy time drinking the oil straight without the need for a capsule encasing.

Myth 7: All these wild claims about the health benefits of fish oil suggest it's just too good to be true.

If a nutrient can help relieve chronic pain and dry eyes, fight depression, improve cognitive functioning, and reduce the risk of dementia and certain cancers, it's got to be too good to be true, right?

To understand why omega-3 delivers many different health benefits, it's important to know how omega-3 works in the body. Omega-3 molecules make up a portion of the cell membrane and are crucial for cell nutrient and waste exchange. In addition, they are involved in the signaling between cells in the brain, help regulate or balance the body's immune system, and act as an attachment system for cell membrane receptors.

It is estimated that omega-3 is involved in more than 10% of all cellular metabolic actions. No wonder fish oil, which is the most potent source of omega-3 fatty acids, can produce varied and widespread effects in the body.

About Dr. Bo Martinsen

Bo Martinsen, MD, is the co-founder and CEO of Omega3 Innovations. Born and raised in Norway, Dr. Martinsen received medical training at the University of Bordeaux in France and at the University of Oslo. Dr. Martinsen has extensive experience practicing general medicine, neurology and preventive medicine, in addition to training in epidemiology (Ph.D program at the University of Oslo) and business administration. He has served as medical consultant to large international corporations focusing on stress management and synergistic medicine.



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Invited

By Jodi Thomas

Have you ever felt rejected? Or uninvited? Or not included? It's a feeling most of us are familiar with. That awful feeling of finding out there was a function where everyone was invited, except you. Whether it's a group of 3, 13, or 30, it always stings. It leaves you feeling left out, lonely, even less than. There's a super popular book right now that many of my friends are reading that deals with that very issue—*Uninvited* by Lysa TerKeurst.

Recently, I spent some time in Luke 19 and the story of Zacchaeus. You remember the guy. . . you probably sang about him in Sunday school:

*Zaccheus was a wee, little man,
And a wee, little man was he.
He climbed up in a sycamore tree,
For the Lord he wanted to see.*

Let's revisit Luke 19:

He entered Jericho and was passing through. 2 And there was a man named Zacchaeus. He was a chief tax collector and was rich.

See, we are so overly familiar with this story, that we miss the power of it. There are no words to describe how much the Jews would have hated this guy. He was a traitor—taking money from his own oppressed people on behalf of Rome, skimming from the top to afford him the lifestyle he desired. This is someone who definitely desired lifestyle over relationships. More than likely, he would have been banned from entering the synagogue. Nor did he probably want to. Everywhere he turned, he received the cold shoulder, cold stares, and when it came to social situations, left out in the cold.

Yet, something within him was pricking at his heart. Jesus was coming to Jericho, and for whatever reason, he was drawn to him.



3 And he was seeking to see who Jesus was, but on account of the crowd he could not, because he was small of stature. 4 So he ran on ahead and climbed up into a sycamore tree to see him, for he was about to pass that way.

We learn from the text he was *very short*; more than likely he had Little Man Complex. Certainly he had to be something like the Miles Finch character in the movie *Elf*. Maybe he was bullied or mocked when he was younger because he was so short. But for whatever reason, he became a financial bully later in life. Not only was he physically small, but he was more than likely spiritually small, too. No spiritual giant was he. Proud. Isolated. Sinner. Can you imagine a man like this *climbing a tree*? I sure can't. But his curiosity was greater than his pride. Something was calling him. Or Someone.

5 And when Jesus came to the place, he looked up and said to him, "Zacchaeus, hurry and come down, for I must stay at your house today." 6 So he hurried and came down and received him joyfully. 7 And when they saw it, they all grumbled, "He has gone in to be the guest of a man who is a sinner."

Do you see that? Of all the people in town, Zacchaeus might have been the most hated. He was a spiritual midget and a sin giant. Yet, who did Jesus pursue? Who did Jesus choose to be with? The spiritual leaders of the community? No, the biggest spiritual loser of them all. And Jesus chose to spend the day with him. Not just a moment, but an entire day. Singled out. Chosen. Invited.

I wonder what they talked about. Evidently, it made a real impact.

8 And Zacchaeus stood and said to the Lord, "Behold, Lord, the half of my goods I give to the poor. And if I have defrauded anyone of anything, I restore it fourfold." 9 And Jesus said to him, "Today salvation has come to this house, since he also is a son of Abraham. 10 For the Son of Man came to seek and to save the lost."

See, love changes everything. When we are loved in the midst of our yuck, when we are simply loved with no strings attached, our hearts are healed. Jesus healed sick people, blind people, you name it. Zacchaeus had a sick and blind heart. And Jesus' love healed it. Shown grace and mercy by Jesus, Zacchaeus begins to splash that grace and mercy out onto others.

So, wherever you are in your journey of faith, just know that no matter the sin in your life, no matter the state of your heart, Jesus always looks up into the tree and says to you, "Hurry and come down, for I must stay at your house today." He loves you, and He wants to spend time with you. There is One who never turns you away, who never rejects you, and whose invitation is always open.

Behold I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.

Revelation 3:20



The signs of a heart attack can be different in women.

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



Munroe Regional Medical Center

MunroeRegional.com