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May 2017

Marion Edition - Monthly

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- A - Asymmetry** – One half is unlike the other half
- B - Border** – Irregular, scalloped or poorly defined border
- C - Color** – Varied from one area to another; shades of tan and brown, black; sometime white, red or blue
- D - Diameter** – While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller
- E - Evolving** – A mole or skin lesion that looks different from the rest or is changing in size, shape or color 1 in 5 Americans will develop skin cancer in their lifetime



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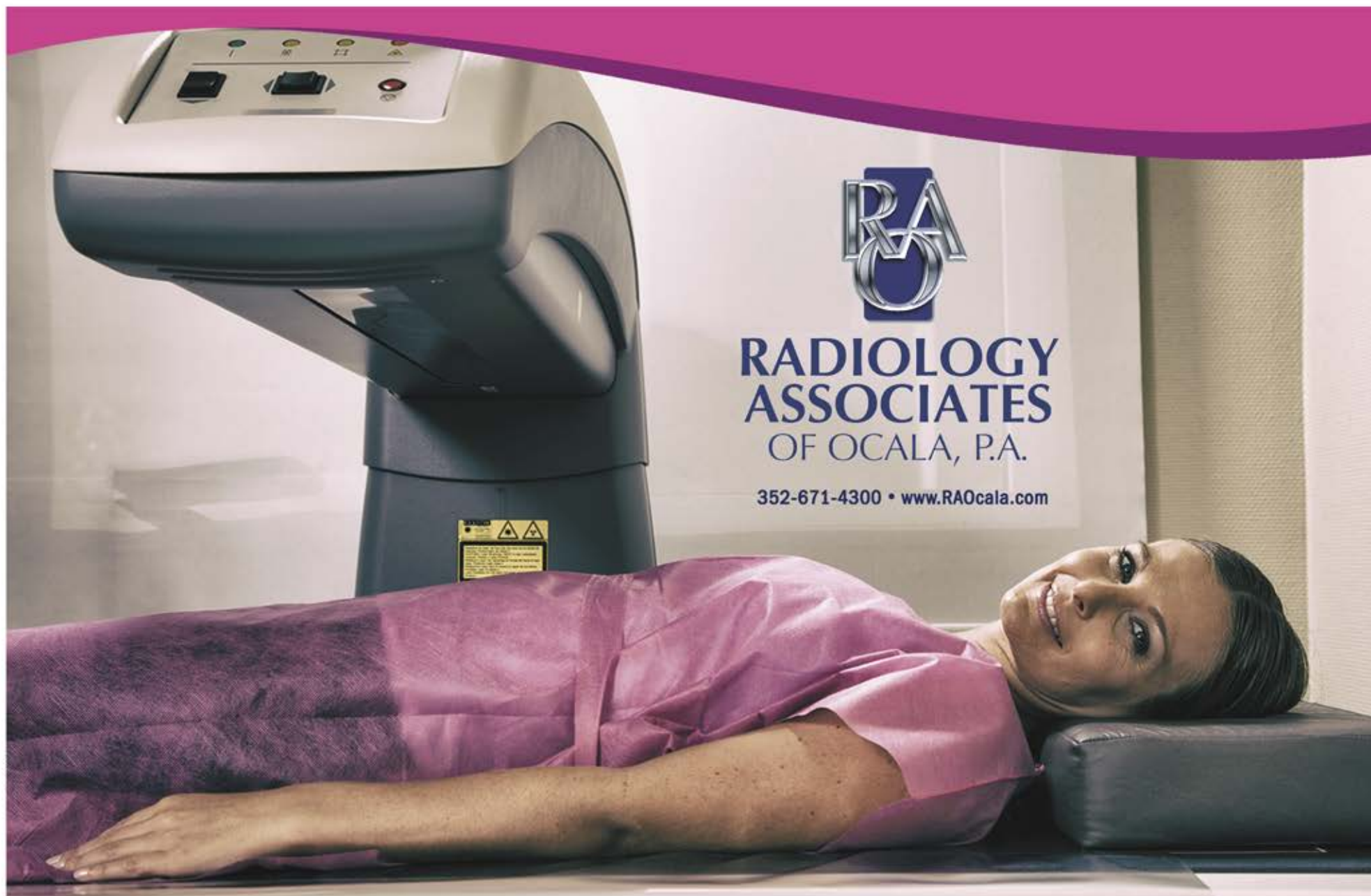
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DEXA – The Simple Test for Osteoporosis

More than 10 million Americans 50 and older have osteoporosis, and roughly 34 million more are at risk, so osteoporosis is a disease that affects nearly 60% of the adult population. It is one of the most common diseases seen among older people. It is more common among women, but men are susceptible too, and the threat increases as people reach age 65 and lose bone density, leaving bones weaker and more prone to fracture.

Osteoporosis happens to nearly everyone as we age, but some people experience a higher rate of bone loss than others, particularly women as well as men with a smaller bone structure, those with a family history of the disease, people on certain medications, smokers, heavy drinkers and those who are sedentary. Bone loss can leave a person highly vulnerable to fracture. In fact, almost 1.5 million adults suffer a fracture annually, and when it is a bone such as the hip, it can lead to complications that

too-often result in death. Because osteoporosis usually offers no warning symptoms until a fracture occurs, early discovery is imperative in safeguarding against this stealthy disease.

Okay, enough of the dire warnings – we also have positive news. Once osteoporosis is diagnosed, there are effective treatments to help prevent and delay its progress, including medication, supplements and weight-bearing exercise. And diagnosis is fast and simple, thanks to a diagnostic tool called a bone densitometry test. RAO utilizes the most advanced test in the industry, the Dual Energy X-ray Absorptiometry scanner, or DEXA for short. DEXA is a low ionizing-radiation scan that delivers the highest quality bone density imaging available. The test itself is quick and painless. You simply recline on a specialized table while a highly trained RAO diagnostic technologist performs a scan of your hip,

spine, femur or other bone structure. It takes only minutes and provides information about your bone density relative to average guidelines for your age and gender.

Postmenopausal women, people on long-term steroids, those with overactive parathyroid disease and individuals whose scans show abnormal bone loss can have their scans covered by Medicare. If your DEXA scan suggests you have abnormal bone loss, you will be advised by your doctor about what medications, exercises and lifestyle changes you can adopt to help thwart the course of osteoporosis, and help prevent fracture and any related risk to your health and vitality.

If you are age 50 to 64 and fall into a high-risk category or are age 65 or older, talk to your doctor about your risk for osteoporosis, and if you should have a DEXA scan before you experience fracture. It's a simple test that can protect your quality of life – and your life itself.



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from left to right: Ryan K. Tompkins, MD, Amanda Aulls, MD, Medical Director and Lance P. Trigg, MD



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TREATMENT FOR CERVICAL SPONDYLOTIC MYELOPATHY

Cervical spondylotic myelopathy is a rather complex name for one of the most common disorders in people ages 55 and older: age-related damage to the spinal cord in the neck. With age, heredity, overuse, misuse or lack of use, the cervical spine can develop arthritis and degeneration of the discs, bone spurs and thickening of the neck ligaments. These problems can create a narrowing of the space in the spinal canal, a condition called stenosis. This narrowing can crowd the fluid-filled space that protects the spinal cord from trauma, and constrict the sensitive fibers of the cervical spine.

Even though the affected fibers are in the neck, they transmit electrochemical signals down to the arms, hands and all the way into the legs. Once these fibers are compressed or damaged, a number of unpleasant and sometimes serious symptoms can result, including tingling, numbness, weakness and/or clumsiness of the hands, leg stiffness, poor balance, and neck pain. Some patients may experience urinary urgency or incontinence. Symptoms of cervical spondylotic myelopathy can be mild to severe, single or multiple, worsening or stable. Left untreated, they tend to progress over time and in some cases damage is permanent, so an accurate diagnosis is the first step in successful treatment.

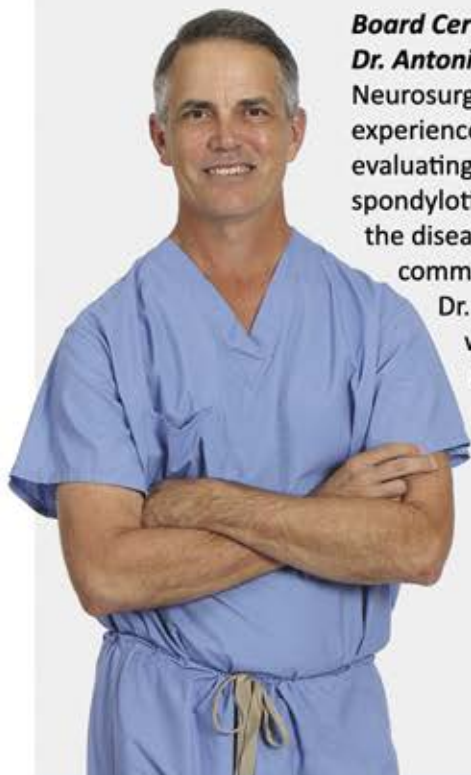


Among the tests Dr. DiSclafani uses to identify cervical spondylotic myelopathy are magnetic resonance imaging, or MRI, an ionizing-radiation-free scan that provides excellent clarity of the cervical spinal cord and spinal canal, discs, ligaments and nerves. He also utilizes a highly specialized type of x-ray called post-myelography computed tomography, or myelo-CT, which, with the aid of a contrast agent injected into the fluid surrounding the spine, can reveal the presence of bone spurs, bulging discs and other causes of irritation or compression of the nerve fibers or the spinal cord itself.

Once a diagnosis has been made, Dr. DiSclafani outlines treatment options designed to relieve symptoms and limit further damage. Most commonly treatment will involve reducing the pressure on the nerves through decompression surgery, which comes in several varieties, the best of which varies from patient to patient, depending on the location and cause of the myelopathy. Dr. DiSclafani has performed many surgeries to treat cervical spondylotic myelopathy, including anterior cervical discectomy and fusion, anterior cervical corpectomy, cervical laminectomy and fusion, cervical laminectomy and cervical laminoplasty. Occasionally, Dr. DiSclafani combines procedures to provide the best outcome.

If you have symptoms of cervical spondylotic myelopathy, you owe it to yourself to discover the cause and ways to find relief and protect against further damage. The caring professionals of Ocala Neurosurgical Center are happy to discuss your situation with you. We invite you to give us a call.

Board Certified neurosurgeon, Dr. Antonio DiSclafani, of Ocala Neurosurgical Center is highly experienced in diagnosing, evaluating and treating cervical spondylotic myelopathy. Because the disease produces symptoms common to several others, Dr. DiSclafani's familiarity with the disorder calls him to utilize the latest technologies to differentiate it from other conditions.



ANTONIO DISCLAFANI, MD

- In practice of neurosurgery since 1988. Joined Ocala Neurosurgery Center in 1993
- Board Certified in Neurological Surgery by the American Board of Neurological Surgery
- Medical Degree from the University of Texas Health Science Center in Houston
- Residencies at the University of Tennessee & St. Jude Hospital in Memphis
- Member, Alpha Omega Alpha Honor Medical Society
- Fellow, American College of Surgeons
- Fellowships in neuro-oncology, University of California at San Francisco & St. Jude Hospital in Memphis
- Certified by the National Board of Medical Examiners
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Dr. Antonio DiSclafani, his partner neurosurgeons, Dr. Mark Oliver and Dr. Daniel Robertson, 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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MonaLisa Touch Therapy for Vaginal Dryness and Pain

As women age and approach the menopausal years in their late 40's and early 50's, estrogen levels rapidly decline. The result is a long list of changes that may affect the woman's overall health and quality of life. These may include painful vulvar and vaginal dryness with intercourse, urinary frequency and incontinence, and relaxation of the vaginal walls. For decades, the treatments for these conditions tended to center around hormone replacement therapy with various forms of estrogen. However, many women fail to respond to estrogen, are reluctant to use any form of estrogen due to potential risks, or may be prohibited from using estrogen as instructed by their physicians. There were few if any other effective options for these women . . . until now.

MonaLisa Touch is an innovative laser procedure, designed and produced by DEKA (Italy), that delivers fractional CO2 laser energy to the vaginal wall tissue. This is the same type of laser technology used in many facial "rejuvenation procedures" performed by dermatologists and plastic surgeons, so it has already been studied extensively and deemed safe for sensitive parts of the body. The Mona Lisa Touch procedure offers significant advantages over current treatment options as it addresses the issues that cause vaginal dryness and pain, rather than simply working on the symptoms.

The Science: How Does It Work? The MonaLisa Touch laser stimulates fibroblast cells in the vaginal tissue to promote a natural regeneration process, mainly by increasing the formation of collagen and other important "building block" molecules, and by restoring the pre-menopausal blood supply. In as little as 30 days after treatment there is formation of new tissue in the vaginal walls and the protective mucosa recovers volume, hydration and elasticity. The MonaLisa Touch creates longer-lasting relief than current treatments and offers a safe and a life-changing option for patient groups who were previously not suitable for existing treatments.

Who Is It For? Any woman suffering from painful vaginal dryness and it's associated symptoms – women who have had their ovaries removed, menopausal women, breast cancer survivors and all other women who are prohibited from using estrogen products. Dr. Nwaubani also uses it to treat lichen sclerosis and other vulvar benign dermatological conditions.



If you want to regain the harmony of your womanhood, do not hesitate to contact Uzoma Nwaubani, MD.

Is it Safe? It is FDA approved, and has been proven clinically effective and safe in numerous studies by leading researchers in the United States and around the world.

What Should I Expect on the Day of My Appointment? The MonaLisa Touch procedure is performed in an office environment without the need for anesthesia and with virtually no pain or side effects. It is quick (it takes approximately 5 minutes), resulting in virtually no down time. It is able to yield noticeable results after the first treatment (3 treatments are recommended). Most patients are able to return to their daily routines immediately.



Uzoma Nwaubani MD - "Add Life To Your Years"

Dr. Nwaubani is a Nigerian born medical doctor. She obtained her medical degree (MD) from the University of Nigeria and completed an OB/GYN residency at New York University, followed by a Fellowship in Urogynecology/Pelvic Reconstructive Surgery at Mt. Sinai College of Medicine. Prior to starting her residency training, she worked as an Obstetrician and Gynecologist in the Caribbean Island of Trinidad and Tobago, and also as a Clinical Instructor in Histology/Pathology at St. Georges' University School of Medicine.

Dr. Nwaubani's professional interest include Urogynecological surgery, minimally invasive pelvic surgery, prolapse and incontinence management, Gynecological evaluations and surgery, female pelvic medicine and wellness, menopausal medicine and urogynecological research and education.

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May is Mental Health Awareness Month

Depression (major depressive disorder or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at least two weeks.

Forms of Depression

Some forms of depression are slightly different, or they may develop under unique circumstances, such as:

• **Persistent depressive disorder** (also called dysthymia) is a depressed mood that lasts for at least two years. A person diagnosed with persistent depressive disorder may have episodes of major depression along with periods of less severe symptoms, but symptoms must last for two years to be considered persistent depressive disorder.

• **Perinatal depression** is much more serious than the "baby blues" (relatively mild depressive and anxiety symptoms that typically clear within two weeks after delivery) that many women experience after giving birth. Women with perinatal depression experience full-blown major depression during pregnancy or after delivery (postpartum depression). The feelings of extreme sadness, anxiety, and exhaustion that accompany perinatal depression may make it difficult for these new mothers to complete daily care activities for themselves and/or for their babies.

• **Psychotic depression** occurs when a person has severe depression plus some form of psychosis, such as having disturbing false fixed beliefs (delusions) or hearing or seeing upsetting things that others cannot hear or see (hallucinations). The psychotic symptoms typically have a depressive "theme," such as delusions of guilt, poverty, or illness.

• **Seasonal affective disorder** is characterized by the onset of depression during the winter months, when there is less natural sunlight. This depression generally lifts during spring and summer. Winter depression, typically accompanied by social withdrawal, increased sleep, and weight gain, predictably returns every year in seasonal affective disorder.

• **Bipolar disorder** is different from depression, but it is included in this list because someone with bipolar disorder experiences episodes of extremely low moods that meet the criteria for major depression (called "bipolar depression"). But a person with bipolar disorder also experiences extreme high – euphoric or irritable – moods called "mania" or a less severe form called "hypomania."

Examples of other types of depressive disorders newly added to the diagnostic classification of DSM-5 include disruptive mood dysregulation disorder (diagnosed in children and adolescents) and premenstrual dysphoric disorder (PMDD).

Signs and Symptoms

If you have been experiencing some of the following signs and symptoms most of the day, nearly every day, for at least two weeks, you may be suffering from depression:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly



- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

Not everyone who is depressed experiences every symptom. Some people experience only a few symptoms while others may experience many. Several persistent symptoms in addition to low mood are required for a diagnosis of major depression, but people with only a few – but distressing – symptoms may benefit from treatment of their "subsyndromal" depression. The severity and frequency of symptoms and how long they last will vary depending on the individual and his or her particular illness. Symptoms may also vary depending on the stage of the illness.

Source: National Institute of Mental Health



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.

Siva M.D. P.A.

Office Location:

2845 Southeast 3rd Court
Ocala, FL 34471

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

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.

Connection Between Food and Your Physical & Mental Health

What's for dinner? This question is coming up in regards to mental health. More research is finding that a nutritious diet isn't just good for the body; it's great for the mind, too. Recent studies have shown the risk of depression increases about 80% when you compare teens with the lowest-quality diet, to those who eat a higher-quality, whole-foods diet.

Sadhguru, yogi, mystic and the foremost authority on yoga and Mark Hyman, American physician and bestselling author, explore the connection between the food that we eat and our physical and mental health, as well as possible approaches to change our food system.

Mark Hyman: One of the questions that came from the audience is about the connection between our mind, our mood, our emotional state, our mental health, and the food we eat. Everything from ADD to bipolar disease, to depression could be linked to that. So, what is the connection between our body and our mind?

Sadhguru: The yogic system does not identify body and mind as two different entities. Your brains are part of your body. It is just that what we generally refer to as mind is a certain amount of memory and intelligence. Between the rest of the body and the brain, which has more memory, which has more intelligence? If you look at it carefully, your body's memory goes back millions of years. It clearly remembers how your forefathers were. The mind cannot claim that kind of memory. When it comes to intelligence, what is happening in a single molecule of DNA is so complex that your whole brain cannot figure it out.

In the yogic system, there is a physical body and there is a mental body. There is an intelligence and memory running right across the body. People generally think the brain is everything just because it handles the thought process. And because of this separation of body and mind, a large number of people in the West are taking antidepressants at some point in their life.

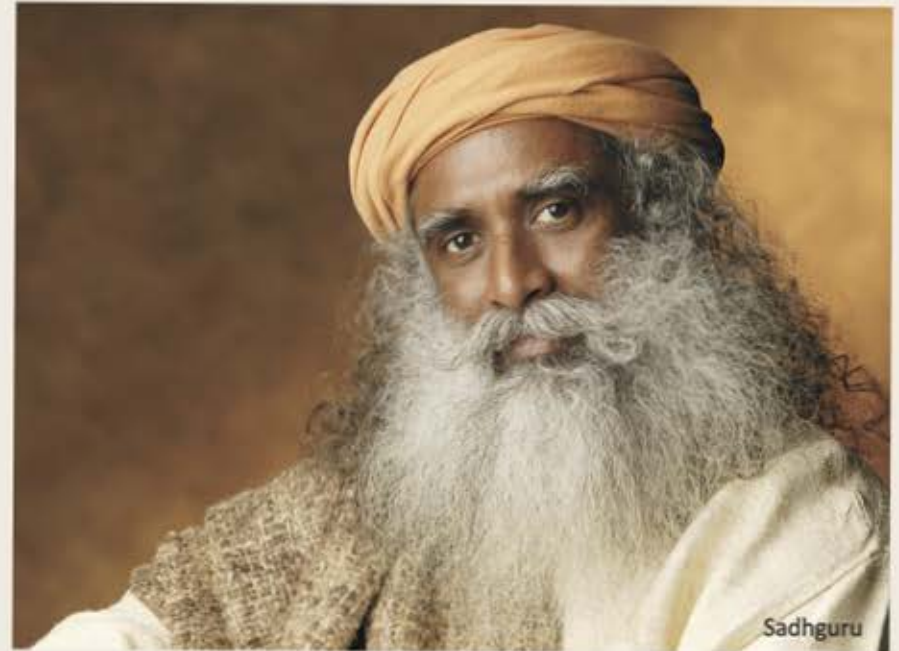
The type of food we eat has a huge impact on the mind. An average American is said to consume 200 pounds of meat per year. If you bring it down to 50 pounds, you will see 75% of the people will not need antidepressants anymore. Meat is a good food to survive if you are out in the desert or the jungle. If you are lost somewhere, a piece of meat will keep you going, because it provides concentrated nourishment. But it should not be a daily food that you eat when there are other choices.

There are many ways to look at this. One thing is animals have the intelligence to know in the last few moments that they are going to get killed, no matter how cunningly or how scientifically you do it. Any animal that has the capacity to express some kind of emotion will always grasp when it is going to be killed.

Suppose all of you come to know right now that at the end of this day, you are going to get slaughtered. Imagine the struggle that you would go through, the burst of chemical reactions within you. An animal goes through at least some fraction of that. This means when you kill an animal, the negative acids and whatever other chemicals are in the meat. When you consume the meat, it creates unnecessary levels of mental fluctuations.

If you put people who are on antidepressants on a conscious vegetarian diet, in about three months' time, most of them will not need their medication anymore.

For most of those who have become mentally ill, the illness has been cultivated – there is nothing pathologically wrong with them. Such a large percentage of people cannot be mentally sick unless



we are culturing it within our social fabric. We should never let commercial forces determine the quality of our lives. Commerce is there to serve humanity. But right now, we have structured the economic engine across the world in such a way that human beings are here to serve the economic and commercial process.

It is not in the hands of the politicians and policy-makers alone. If everyone realizes their physical and particularly their mental health improves when they change what they eat and how they eat, we will also change the politicians.

Inner Engineering Total, a 4-day, in-person program will be offered in Tampa from June 1st - 4th.

This course provides tools and solutions to create your life the way you want it. It imparts practical wisdom to manage your body, mind, emotions, and the fundamental life energy within. To learn more visit: www.InnerEngineering.com or contact us at tampa@ishausa.org / 813-413-1661.

InnerEngineering.com
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Email: Info@InnerEngineering.com



If You Can Squeeze it, We Can Freeze it.



Lifestyle Solutions MedSpa

It's Cool to Eliminate Stubborn Fat

Eating nutritious food, exercising regularly, and maintaining a healthy body weight are important for a balanced and active lifestyle. However, many individuals who are at or close to their ideal weight discover that even with adherence to a strict diet and exercise routine, stubborn pockets of fat remain. Often located on the hips, thighs, abdomen, flanks, and chin, these fatty deposits may even be the result of genetic predisposition rather than excess consumption or inactivity. To assist our patients in treating these areas of concern, Lifestyle Solutions MedSpa offers FDA-cleared, non-surgical CoolSculpting® treatments that can help to re-contour the body and reduce excess fat.

CoolSculpting is a revolutionary, non-invasive contouring treatment that freezes stubborn fat, which then is naturally eliminated from your body. This clinically proven procedure selectively reduces fat layers in problem areas using a patented cooling technology. CoolSculpting requires no needles, no special diet, no supplements, no surgery, and most importantly, no downtime. It's safe, FDA-cleared, effective, and does exactly what it is supposed to do. CoolSculpting gently cools unwanted fat cells in the body to induce a natural, controlled elimination of fat cells. This reduces bulges in treated areas of the body without harming surrounding tissue.

Key Benefits of CoolSculpting:
It involves no needles, surgery or downtime.

Since the CoolSculpting Procedure is non-invasive, patients can resume daily activities including work and exercise, immediately following treatment.

It's safe.

CoolSculpting patients can sit or lie comfortably and read, work on their laptop or even nap during the procedure. The procedure is performed in a medical office setting, under the supervision of a physician specializing in cosmetic procedures. CoolSculpting is safe because the delivery of precise cooling affects only targeted fat cells, leaving adjacent tissue unharmed and intact.

It's convenient.

Procedures last about one to two hours, so treatments can easily be performed during a lunch hour or without major disruption to the day.

The results are dramatic.

Patients can expect to start seeing results in as little as three to four weeks with maximum results obtained within three to four months following treatments.

How CoolSculpting Works

During the procedure, a non-invasive applicator delivers precisely controlled cooling to the treatment area to specifically target underlying fat, leaving surface skin tissue unaffected. When fat cells are exposed to extreme cold, a process of natural removal is triggered, which gradually reduces the thickness of the fat layer. The result is a visible reduction in fat bulges.

Each CoolSculpting procedure results in undeniable reduction of fat in the treated areas, and patients can start to see results as soon as three weeks following treatment, with the most dramatic results occurring over a period of two to four months in most patients.

This non-invasive approach uses no needles, incisions, or other invasive measures, and the procedure generally requires little to no downtime. Furthermore, CoolSculpting® is designed to focus energy deep within the skin, leaving the surrounding tissue unharmed. In most cases, a single CoolSculpting® treatment to each area can provide effective results, although individual experience may vary and more treatments may be required to obtain ideal results.

Your time is important to us, and if you're considering treating more than one area for instance either both flanks or thighs we offer Dual-Sculpting at no additional charge. A second CoolSculpting® machine allows us to address multiple areas of concern in half the time, helping to increase efficiency and improve your overall experience. Our skilled aesthetics team can help patients develop a customized procedure plan that addresses their individual concerns and cosmetic goals.

Of note, we offer the latest FDA-cleared CoolSculpting technology which targets that undesirable "double chin" and is producing very rewarding results all without surgery or downtime!

For more information, or to schedule a consultation, call Lifestyle Solutions MedSpa at 352-368-2148 today! The only thing you've got to lose is stubborn fat!



1-844-LIFESTYLE
LSMedSpa.com

May is Melanoma Awareness Month

Skin Cancer Screenings

Did you know that 1 in 5 people develop skin cancer?

There are different types of skin cancer, and melanoma is, by far, the most harmful of them all. Every hour a person dies of melanoma, and this year alone, it is estimated that over 132,000 new cases of melanoma will be diagnosed. On average skin cancer screenings take about fifteen minutes. These few minutes of your time could potentially save your life.

In addition to diagnosing melanoma, a thorough skin cancer screening and examination can detect many other skin disorders. There are more than 3,000 different skin disorders than are diagnosed by dermatologists. It is recommended that you have a skin screening at least once a year. And, because some forms of skin cancer grow very rapidly, if you are experiencing any new forms of lesions, bumps, moles that are of concern, you should schedule an appointment with your dermatologist immediately.

The ABCDEs of Detecting Melanoma



The symptoms to look for in moles or lesions are outlined in this simple acronym, ABCDE:

- A**—Asymmetry
- B**—Border Irregularity
- C**—Color—Variegated or a Halo Effect
- D**—Diameter
- E**—Evolving

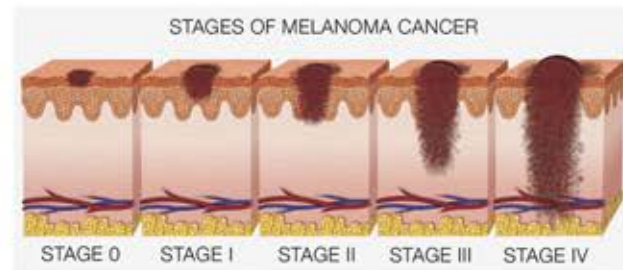
In Addition to the symptoms above, there are supplementary signs to look for, which include:

- A**—Amelanotic (Pink or Red Lesion)
- B**—Bleeding/Bump (Raised Lesion)
- C**—Color Uniformity



The best way to prevent skin cancer is to take a hands-on approach to protecting yourself.

- Avoid the sun between 10:00 am and 3:00 pm
- Wear sun protective clothing (hats, long sleeves)
- Apply sunscreen with **SPF of 30** or higher every two hours
- Avoid sitting by windows that allow in UV light (wear SPF)
- Get regular skin cancer screenings and exams



Because early detection is the key to successful treatment, continual emphasis on the importance of regular skin screenings are critical to your health. Proactive prevention through sun protection and early diagnosis continue to be the smartest strategies.



THI T. TRAN, DO

Dr. Tran has dual-board certification in Dermatology (since 2004) and Mohs Micrographic Surgery (since 2007). He is a fellow of the American Osteopathic College of Dermatology and American Academy of Dermatology. He did his undergraduate work at Case Western Reserve University, and received his medical degree from Ohio University College of Osteopathic Medicine. Dr. Tran completed his residency and post-graduate training in medical and surgical dermatology at Nova Southeastern University in Florida, where he served as Chief Resident

Dr. Tran has been published in leading dermatology journals and has presented at national conferences for the American Osteopathic College of Dermatology and the American Academy of Dermatology. He is renowned for his work in Mohs micrographic surgery and facial reconstructive repair for skin cancer surgery, and his practice fostered the development of the Il Duomo Sim Skin model. Dr. Tran was nationally recognized with Most Compassionate Doctor and Patients' Choice Award, as a reflection of the high quality of care that he and his staff provide.

Village Dermatology
 & COSMETIC SURGERY, LLC

352-751-6565

1950 Laurel Manor Drive
 Building 220—Suite #224, The Villages, FL 32162



MAY IS STROKE AWARENESS MONTH

STROKES AMONG YOUNG ADULTS ON DRAMATIC RISE

By Frank Fraunfelder, MD, FACEP
Medical Director, Emergency Services - Munroe Regional Medical Center

While recent years have seen an overall decline in the number of strokes in the U.S., research published in the American Academy of Neurology Journal suggests the number of strokes among younger adults is actually on the rise, with about one in five victims now below the age of 55.

Since the mid-1990's, the number of strokes in younger adults has increased by approximately 53 percent. This trend is alarming in the impact it has on young families, when a parent who suffers a stroke is often physically and economically disabled before or during their most productive years.

Experts attribute several factors to the increased incidence of stroke in young adults, with the greatest focus around the issue of obesity. A study of more than 2,300 people in



the Baltimore area indicated that obese young adults were 57 percent more likely to experience a stroke than their non-obese peers. Much of that increased risk might be connected to the co-conditions often tied to obesity, such as high blood pressure, diabetes and smoking.

Even though more than a half million young adults suffer annually from a stroke, 73% of those interviewed indicated they would NOT seek treatment at a hospital when faced with the classic symptoms. Nearly three in four stated they would opt to

'wait and see' if their weakness, numbness or impaired vision symptoms went away on their own. This is a lack of awareness that can lead to devastating results.

Medical experts agree that medical treatment must be delivered for a stroke within three hours of the first symptom. This is the window during which treatment can minimize or even reverse brain damage. A lack of awareness results in patients that don't seek immediate treatment. But to date, only limited public health and research efforts have been dedicated to addressing stroke in young adults.



THIS WOMAN IS HAVING A **STROKE**

ACT **FAST** CALL 911



Any one of these signs could mean a stroke:



FACE

Look for an uneven smile



ARM

Check if one arm is weak



SPEECH

Listen for slurred speech



TIME

Call 911 at the first sign

Visit **StrokeCall911.com**

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The authors of one study suggest people should memorize the acronym “FAST”, which stands for: Face Drooping, Arm Weakness, Speech Difficulty; Time to Call 911.

Many, though not all, strokes are preventable through simple but critical lifestyle changes. Eating a healthy diet and maintaining a healthy weight, ensuring a daily dose of physical activity, controlling blood pressure, controlling blood sugar if you are diabetic and refraining from smoking are considered the most effective means of avoiding the devastation of a stroke.

For stroke survivors, Munroe Regional is pleased to sponsor the Stroke Club of Marion County. This group provides a channel of support for those that have sustained stroke, their families and caregivers. Through information sharing and socialization, members seek to be well informed regarding medical care, other possible treatment options and community resources. The Stroke Club meets monthly at the Munroe Auxiliary Conference Center. For more information, dates and times, call Munroe’s Health Resource Line at (352) 867-8181.

For more information about stroke symptoms and risk, visit www.stroke.org. Or, to schedule an appointment with a physician who can help you craft a prevention plan, visit www.MunroeRegional.com or call (352) 867-8181.

Munroe Regional Medical Center
www.MunroeRegional.com

1500 SW 1st Avenue, Ocala, FL
(352) 351-7200

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
Barnes & Noble

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.



Dr. Castellano



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Patient and any other person responsible for payment has a right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination, or treatment that is performed as a result of and within 72 hours of responding to ad for the free, discounted fee, or reduced fee service, examination or treatment.



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

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



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

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

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

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

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

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



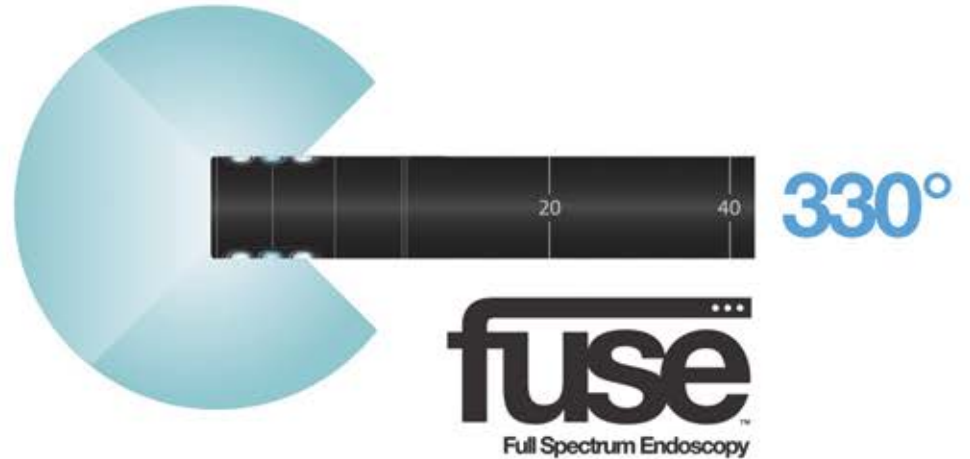
Dr. Anand Kesari



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



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



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

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

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

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

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

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



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

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SUMMERFIELD

10435 SE 170th Place, Summerfield, FL 34491

SUMTERVILLE

1389 S, US 301, Sumterville, FL 33585



(352) 237-1253

www.gastro-colon.com

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

The Process of Root Canals Explained

Root canals are often the one dental procedure that cannot defy its bad reputation, but you can rest assured that having a root canal procedure is just as simple a process as having a filling placed. The common signs of needing a root canal are pain when eating or drinking something hot. The tooth is made up of enamel, then a layer of dentin (softer/spongier bone), then the dental pulp, which is connective tissue and nerve bundles that elongate into the roots of the tooth. A root canal is usually recommended when you have an infection in the pulp of the tooth.

So, how did the infection take place? Well, normally it's caused by decay (cavity) in the tooth or microleakage around a filling that allowed bacteria to enter through the dentin and into the pulp of the tooth. Once the infection is in the nerves or root system, no manner of antibiotics will be able to reach the infection, so having a root canal is imperative. If left untreated, a painful abscess will form at the base of the roots, deep in the bone and can cause further infection to contaminate the mandibular (bottom) or maxillary (upper) jaw bones. It will also cause the tooth to decay more rapidly and may cause severe swelling of the face.

The Procedure

Your dentist will drill a hole through the center of the tooth and remove any surrounding decay. Tiny files that have threads, much like teeny, flexible screws are placed into the root(s) of the tooth. These small files can bend and flex with the natural contour of your roots, so they are able to adhere to the damaged nerves and extract the tissue that needs to be removed. This is not painful, as you will be totally numb, and once the procedure is over, you will no longer have nerves in the tooth to cause pain.

If the infected tooth had been ignored for an extended period of time, the root canal would also remove the abscess that may have formed. If this is the case, then antibiotics will be prescribed to make certain that no other recurring infections take place in and around the jaw bone.

Before filling in the roots with tiny rubber like nerve replacements, the roots will be totally cleansed and irrigated. After your root canal procedure, a temporary filling will be left in place. This will allow time for the tooth to completely calm down before a permanent filling is put in place.



Many people need to have a crown (cap) placed on the tooth because decay was rampant and left too little tooth structure to maintain the ability to prevent breakage from wear and tear.

The only alternative to a root canal procedure is a tooth extraction. If you decide to get your tooth extracted, it's a wise choice to have an implant (titanium post and porcelain crown) placed. If you leave an open space in between teeth, the teeth will shift on their own, trying to fill in the interproximal space and also the occluding teeth (bite) will either drop down or lift up out of the jaw bone, to try and properly occlude with their natural bite. If this happens, then you potentially could lose multiple teeth. Staying on top of your dental health through cleanings, x-rays, and dental examinations are critical to avoid in-depth procedures and to maintain a healthy mouth that's free of decay, bacteria, and oral cancer.

Belleview Dental Center

All of the providers at Belleview Dental Center are highly trained in treating root canals. Having qualified, skilled, on-site dentists is an essential consideration when choosing the right dental group for your needs and convenience. When you receive dental care from the providers at Belleview Dental Center in Belleview, FL, you have the confidence of knowing you are receiving care from highly skilled dentists at a family practice that was established over 35 years ago in 1982.

Belleview Dental Center 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. Their 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. Belleview Dental Center has 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.



352.245.1188

belleviewdentalcenter.com
10600 SE Hwy 441, Belleview, FL 34420



About Dr. Henry A. Sweeny Jr.

Dr. Henry A. Sweeny Jr. joined Belleview Dental Center in July of 2003 after graduating from Dental School. He is fondly known to his patients as Dr. Bo. He attended the University of Florida and received a Bachelor of Science in Nutritional Sciences, 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 has attended continuing education courses and has focused on comprehensive training in Implant Placement and Implant Restoration. He also has completed 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 Dentistry on Children. 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 University of 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.

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 is 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.

Using Omega-3 Supplements to Treat Dry Eyes

By Anne-Marie Chalmers, MD

If you stare at a computer screen all day, have reached the plus-55-years-old stage of life and have had a cataract operation, it's likely you have all the makings of a serious dry eye problem.

And you are not alone. Americans spend an astounding \$3.8 billion on dry eye symptom relief every year. Unfortunately, the majority of dry eye treatments options, such as saline solutions and topical lubricants, can be inconvenient and uncomfortable to apply. In addition, the results are often disappointing.

New research on the dry eye front is prompting more ophthalmologists and optometrists to recommend another treatment option: Increase the intake of omega-3 from fish and fish/cod liver oil.

Why would getting enough omega-3 be important for helping treat dry eye symptoms? Because at the heart of most dry eye problems, chronic inflammation is wreaking havoc.

Inflammation in the Dry Eye

A long list of drugs, dry heat or air conditioning, long term contact lens wear, smoking, and diseases like Sjogren's Syndrome all contribute to increasing the prevalence of dry eyes. However, the principal cause of dry eyes seems to be the dysfunction of the Meibomian gland, thanks to chronic inflammation.

The Meibomian glands are located behind the eyelids. Their role is to produce the fats for the tears, which prevents the tears from evaporating and leaving the eye surface unprotected.

Inflammation disturbs the production and secretion of the lipids emitted by the Meibomian glands. The Meibomian glands create a mixture of lipids containing cholesterol wax esters, diesters, triacylglycerol, free cholesterol, phospholipids and free fatty acids. When the inflammation kicks in, however, the quality of that lipid mixture is changed, making it stiffer and more viscous. As a result, the lipids cease to effectively protect the tears and eye surface, resulting in familiar dry eye symptoms.

Omega-3: The Body's Natural Inflammation-Damper

It is worth noting most patients with dry eyes have an overproduction of inflammation signals, meaning the patient's inflammation response is going into hyperdrive.



But what do the omega-3 fatty acids have to do with the Meibomian glands? Scientists speculate that the omega-3 fatty acids work in two different ways to reduce inflammation in the eye. First, the omega-3s suppress the inflammation within the Meibomian glands by inhibiting the inflammation signals. In addition, they also help the meibum lipids become more fluid.

The Research on Omega-3 and Dry Eyes

Besides exploring the theory behind how omega-3 works in the eye, researchers have also been studying the practical application of omega-3 supplementation on patients with dry eye symptoms.

So far, the results are quite promising. To name just a few:

One 2015 study suggested that omega-3 supplements could help relieve computer-related dry eye symptoms, adding more data to a growing body of research. A 2013 placebo controlled, double blind randomized study found that 65 percent of patients who received omega-3 supplements experienced significant improvement of their dry eye symptoms within 3 months.

Furthermore, an investigation on Meibomian gland cells showed that EPA and DHA from fish oil reduced inflammation markers. In addition, the researchers found that the EPA and DHA increased the production of Resolvin D1. This is significant since Resolvin D1 helps restore the tissue back to its non-inflamed state.

At Omega3 Innovations, we have also been doing our own research on dry eyes. In the spring of 2015, a pilot study using one vial of Omega Cure® Extra Strength (3000 mg EPA/DHA) once a day found that 70% of the participants experienced relief from the symptoms of chronic dry eyes within three to four weeks.

Quality, Consistency and Dose Matter

While the research on omega-3 supplements and dry eyes is exciting, it is important to keep in that mind that quality, consistency and dose do matter. Some studies suggest the anti-inflammatory effects of omega-3 don't kick in unless you get a dose equal to at least 2700 mg of EPA/DHA (roughly 8 – 10 regular fish oil capsules) daily.

In addition, as the studies above suggest, consuming enough omega-3 isn't a quick fix when it comes to improving dry eye symptoms. It may take anywhere from 3 to 12 weeks of consistent daily use before you start feeling a difference. Finally, using an oil with a low oxidation level (meaning a fresh oil) will increase the potency factor.

Considering the Future of Dry Eye Treatment Options

With the increasing use of computers and an ever-aging population, the number of people affected by dry eyes symptoms will undoubtedly continue to grow. To combat the issue, we will need lower cost, effective treatments options.

Looking at above research, omega-3 supplementation could be one such answer – and one that could have a bigger health impact than treating the eyes. As one of the participants in our study commented, using Omega Cure Extra Strength not only reduced her need for eye drops and gave her more comfort when using contact lenses. It also helped improve her focus and made her skin and hair softer.

About Anne-Marie Chalmers, MD

Anne-Marie Chalmers, MD, is the co-founder and president of Omega3 Innovations. Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. In Norway, Dr. Chalmers practiced emergency, family, and preventive medicine for many years. Her research and development work has included nutraceuticals (especially omega-3) and medical delivery device systems to facilitate ingestion of multiple medication combinations.



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Prostate Health Update

Throughout their lifetime, some men may experience issues directly related to the prostate gland, necessitating a visit to their local urologist or primary care physician. What is the function of the prostate and what are the symptoms that men should be aware of to maintain proper health?

In essence, the prostate is an accessory sex gland. It is a walnut size organ that sits below the urinary bladder, in front of the rectum and surrounds the urethra. Its prime function is to supply the majority of the fluid for the male ejaculation and aid in the transportation of spermatozoa. There are 3 very common maladies that all men, and their loved ones, should be aware of.

Prostatitis

Prostatitis, or inflammation of the prostate gland, is more often diagnosed in the younger male population. It is often categorized as chronic or acute, bacterial or non-bacterial. There are a myriad of symptoms that men may experience: uncontrolled or continuous urge to urinate, pelvic or rectal discomfort, burning while urination, pain in the lower abdomen, groin or scrotum, fever, blood in the ejaculation (hematospermia) and difficulty urinating to name a few. It can often times be brought on by excessive amounts of caffeine, stress and over the counter decongestants. It is not thought to be sexually transmitted and treatment is aimed at reducing the offending agents, antibiotics when indicated, anti-inflammatory agents such as ibuprofen and warm tub baths.

Benign prostatic hyperplasia (BPH)

Benign prostatic hyperplasia (BPH) or enlargement of the prostate is probably the most common entity that will afflict many men. For the most part, BPH is a function of aging and will occur in most men, although the rate is variable. The most common symptoms that men will experience are difficulty or straining to urinate, reduction in the force of their urinary stream, the feeling of incomplete emptying of their bladder, getting up at night to go to the bathroom, blood in the urine, incontinence of urine and, in severe cases, a complete inability to urinate, requiring a trip to the emergency room. In past years, treatment was always surgical. Over the past 3 decades, however, medical therapy is the recommended first



line of choice. There are 2 basic classes of drugs that may be beneficial, one that relaxes the prostate and the other that will physically shrink the prostate. Approximately 70% of men will initially respond to institution of medical therapy. However, some may still require surgical intervention and many advances have been made in that area and often times can be performed as an outpatient.

Prostate cancer

Prostate cancer is the most common solid tumor in men over the age of 50. There will be approximately 240,000 new cases diagnosed this year. It is also the

second leading cause of cancer specific death behind carcinoma of the lung. Men who are at an increased two-fold risk of developing prostate cancer are those with a family history on their father's side and African American men. Unfortunately, most men with prostate cancer DO NOT HAVE SYMPTOMS. Early detection of the disease can be easily accomplished with a digital rectal exam (DRE) and a simple blood test, prostate specific antigen (PSA). Despite the United States Preventive Services Task Force (USPSTF) recommendation in 2012 not to have PSA's checked routinely, it has been proven that judicious use of the test, especially those at higher risk, does result in an increased survival for men with prostate cancer caught early. As a specialty, the urology community recommends discussing the benefits of annual PSA testing and DRE with your physician starting at age 50 and possibly earlier in those men with an increased risk profile. Fortunately, early diagnosed prostate cancer is very treatable and, in select cases, active surveillance may be all that is required.

If you have any questions regarding your prostate, you can contact Advanced Urology Institute at (855) 298-2273.



855-298-CARE

Advancedurologyinstitute.com

Calling Florida Families in Need of Child Medical Bill Support

UnitedHealthcare Children's Foundation offers grants to help cover medical expenses not covered or fully covered by health insurance

South Florida families in need of financial assistance to help cover a child's medical care costs have a new found friend with the UnitedHealthcare Children's Foundation's grant program.

Qualifying families can receive up to \$5,000 per grant with a lifetime maximum of \$10,000 per child to help pay for their child's health care treatments, services or equipment not covered, or not fully covered, by their commercial health insurance plan.

How the grants can be used

Families frequently use the UnitedHealthcare Children's Foundation medical grants to help pay for treatments associated with medical conditions such as cancer, spina bifida, muscular dystrophy, diabetes, hearing loss, autism, cystic fibrosis, Down syndrome, ADHD and cerebral palsy, to name a few. The grants have also been used for physical, occupational and speech therapy, counseling services, surgeries, prescriptions, wheelchairs, orthotics, eyeglasses and hearing aids. If there is a financial need, UnitedHealthcare Children's Foundation hopes to help out.

In Florida alone, the Foundation has awarded more than 735 grants since 2013. Nationally the number exceeds 13,000 since 2007 valued at more than \$35 million. It now has a goal to surpass 20,000 grants by Jan. 1, 2020.

UnitedHealthcare South Florida CEO Nicholas Zaffiris is joining the campaign to encourage families to apply. "Please join us in sharing the news that child medical grants are available so together we can help more children and families in Florida as well as across the U.S." said Zaffiris.

Eligibility

To be eligible for a grant, a child must be 16 years of age or younger. Families must meet economic guidelines, reside in the United States and have a commercial health insurance plan. Grants are available for medical expenses families have incurred 60 days prior to the date of application as well as for ongoing and future medical needs. Families do not need to have insurance through UnitedHealthcare to be eligible.

How to apply

Applications and additional information is available at www.UHCCF.org.

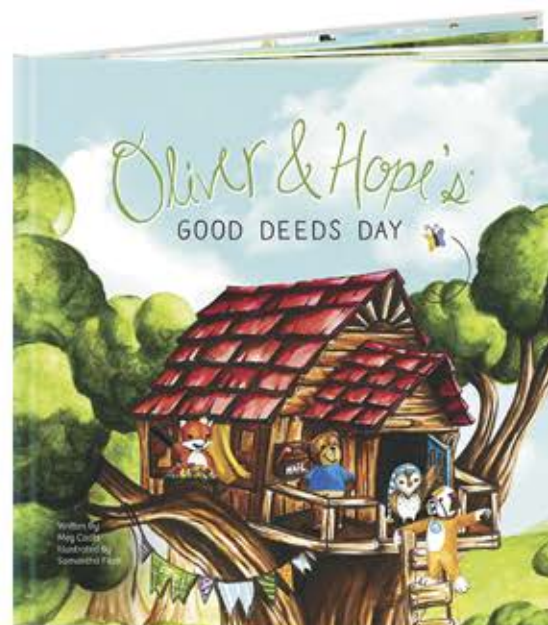


GRINS² PROGRAM

The UnitedHealthcare Children's Foundation (UHCCF) is proud to announce the Grins2 Program! It's your chance to donate a Grins to Go® gift bag or an Oliver™ Bear to one of the participating organizations across the country. When you do, one child receives a dose of happiness and another child will be impacted through a UHCCF medical grant, made possible by the funds raised by those who purchase the gifts for personal donations or through corporate giving.

Each Grins to Go drawstring bag is filled with an assortment of popular toys and activities designed for boys and girls between the ages of 5 and 12. The plush Oliver Bear is one of the stars of the Oliver & Hope® storybook series and he can be donated for only \$15!

Sales from the recently released "Oliver & Hope's Good Deeds Day" – and the other books and toys from the collection – fund grants offered by UnitedHealthcare Children's Foundation to help families pay for their children's medical expenses not covered or fully covered by their health insurance plan. All four books are available at Amazon through UHCCF.org/shop for \$16.95 each (hardcover) and \$5.99 (paperback).



Oliver & Hope's Good Deeds Day book cover

Pay it forward: How you can help

Don't need a grant but want to help spread the word or help support the children's medical grant program?

Here's how you can help:

- Become an ambassador by visiting www.UHCCF.org today and sign up to receive foundation announcements and information, including examples of messages that can be easily shared via social media
- Like the UnitedHealthcare Children at www.facebook.com/uhccf
- Help support medical grant funding by purchasing children's story and joke books and toys, available via Amazon or uhccf.org sales of which go to the grant program
- Become a Grins2 Program supporter: Purchase a Grins to Go bag (or more) that are filled with books and toys and delivered to children battling life threatening illnesses across the country. It's 2 for 1 smiles with the child receiving a dose of happiness and another the benefit of additional funds from these purchases for medical grant outreach.



5 Reasons To Use In-Home Care

The physical and mental decline that comes with the aging process affects everyone in a different way. Some seniors find it particularly difficult to cope with the limitations of age. As a result, they may turn to denial and refuse assistance from loved ones. Services that provide in-home care staff offer a gentle alternative to senior homes. Even the most resistant senior will learn to love the benefits afforded by in-home care.

1. Stay in a Comfortable Environment

Alternative options to in-home care are often much more disruptive to daily life. Aging inherently involves dealing with increasing amounts of loss, and maintaining a familiar environment in the midst of difficult life changes makes a world of difference.

2. Maintain Independence

Loss of independence is a common cause of depression in seniors. Senior depression has lasting implications on long-term health and wellness. Choosing in-home care avoids stripping a loved one of independence before it is absolutely necessary.

3. Constant Companionship

Declining health and frailty often prevents seniors from getting out as much as they would like. Having the constant companionship offered by regular visits from in-home care staff is a welcome change that homebound seniors often began to look forward to and treasure.



4. Stability Through Routine

Seniors who need an in-home care service often have declining cognitive functions. A home health worker can help them establish a routine and keep a regular schedule for meals and medications. This improves overall health and well-being.

5. Home and Hygiene Assistance

A clean house and a well-groomed appearance can do wonders towards enhancing self-esteem and warding off depression. As the aging process imposes physical limits, a decline in ability to take care of basic hygiene and house cleaning follows. In-home care staff helps seniors retain their dignity through a regular hygiene routine and tidy home.

Quality Care

In-home care is all about making the changes that come with aging much more bearable. A good agency can provide staff that ease the burden of loved ones and improve the daily life of the senior in their care. Care Time strives to keep patients in their home as long as possible. Whether you or the senior in your life needs assistance four hours a day or around the clock, our friendly team can provide the quality senior home care and support you need! Call Care Time at 352-624-0570 to learn more.

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

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Energy Medical (EMed)

*Leading the way in Bio-Energetic pain relief and accelerated healing
Helping the body repair and heal itself naturally*

Along with proper nutrition, exercise, energy and rest, staying hydrated is the key to accelerated healing. Before reaching for fancy vitamin or electrolyte infused drinks that are often filled with sugar, plain water will usually do the trick to keeping you well hydrated. Dehydration is when our body has lost required H₂O, and it can be extremely dangerous, causing permanent damage to our cells, organs and musculoskeletal system. Unfortunately, it's quite common not to feel thirsty until we're already dehydrated. Once this happens, the negative endangerments to our organs and vital systems have already begun. Dehydration can cause the joints, skin, and eyes to lose lubrication. It can cause organs to fail, constipation, liver and kidney ailments, Urinary tract infections, muscle damage, heatstroke and heart failure.

Dehydration Symptoms:

- Dry mouth
- Headache
- Fatigue
- Dizzy
- Nausea
- Cramping muscles
- Wrinkled (pruney) fingertip pads
- Bladder pain

Each year during the summer months, more than 8,000 children and teens and over 10,000 adults are admitted to the emergency room due to dehydration.

The Best methods to staying hydrated are:

- Avoiding excessive exercise
- Avoiding over sun exposure
- Limiting caffeinated drinks
- Avoid excessive sodium
- Limit Alcohol intake
- Drink plenty of water
- Keep salt, sugar and water intake in balance

Restoring and optimizing health with technology:

Along with staying hydrated, accelerated healing is highly achievable with bio-energetic technology used to re-normalize a multitude of particular medical issues. Because of the fact that the cells in our bodies function, and signal to each other through intricate electrical (bio-energetic) transmitters when our cells currents are damaged or dying, the electrical current levels in the cells diminish, and the cell will begin to emit toxicity through chemical reactions into our bodies. These tiny electrical (micro-current) signals are measured with EKG's, EMGs, EEGs and nerve conduction tests, reading the electrical properties of the heart, muscles, brain and nerves. When the proper micro-current pulses are restored and stabilized, our bodies will start to eliminate pain, inflammation and the progression of damage, injuries, aging and disease.

So if we are all being diagnosed electrically why aren't we being treated electrically? Micro-current therapy has been around for many years, but not all micro-current devices are created equally. Most micro-current (T.E.N.S.) devices simply trick the brain into not feeling pain but don't address the root cause.

Energy Medical (EMed) has a unique, and superior micro-current system for accelerated healing called Acuscope Myopulse (AMT). AMT is based on physics and uses artificial intelligence to normalize tissue at a cellular level and address the root cause. All the functions of the body can be normalized, as long as the pathology has not progressed too far.

Until recently AMT was reserved for top athletes and celebrities for its healing and anti-aging benefits. AMT is now available to the general public. The process is easy and takes a short period of time to improve our cells electrical functioning. During the procedure, small probes are applied to specific areas of the body, and low-level micro-current is stimulated through and controlled by a technician.

AMT triggers the body's own natural healing mechanisms by:

- Normalizing inflamed (low-resistance) tissue so that it no longer redirects required (normal) electrical impulses away from needy or damaged (high-resistance or electrically compromised) cells
- Normalizing damaged (high resistance or electrically compromised) cells so that they can hold the normal electrical charge needed to make enough of the chemicals responsible for producing cellular energy, the fuel needed for repair

Energy Medical is a leader in the field of electric medicine and specializes in eliminating pain and accelerated healing. Using various advanced, electromagnetic-pulsed-frequency waveforms, Energy Medical therapists excel at re-normalizing tissue and cellular function. The results are dramatic pain relief, increased energy and levels, improved mental clarity, and much more. It sounds complicated, but it's really quite simple, quick and highly effective.

Energy Medical:

- Specializing in pain relief and accelerated healing
- Helping you look better, feel better and perform better
- Is the leader in the field of electric bio-energetic medicine
- Provides highly effective, fast and lasting results
- Offering free consultation to design a plan to address the root cause of an issue and not just mask symptoms
- Helps people improve quality of life
- Helps people increase energy levels, blood flow, natural healing, and detoxification
- Utilizes advanced, artificial intelligence, electromagnetic-pulsed-frequency-waveform technologies to safely restore health without drugs or surgeries



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Millions of Satisfied Customers Worldwide Discover a Pain Relieving Device with Proven Results

Coach Jimmy K

Tired of weekly doctor's visits and dealing with pain until your next appointment? Are you looking for a proven, natural, non-invasive and drug-free alternative to aid with your health conditions? Look no further, the DENAS PCM6 device is available to you at the Denas Pain Relief Store. This device is designed to address pain, promote energy, and speed up healing using a natural pain-free approach. The DENAS PCM 6 device can take care of those issues helping you repair, heal and restore naturally.



DENAS PCM 6 is a superior advanced SCENAR device that is a compact portable solution that fits in your hand at home or on the go. No special medical education is required for effective use of the device. Denas technology helps you overcome acute or chronic health issues and restore body's lost functions from conditions that started years ago. The DENAS PCM 6 has many natural healing capabilities without the use of drugs.

Denas delivers when others fail

The DENAS device uses a mild electrical signal that's placed over a person's skin on areas of pain. The dermal nerve receptors in the skin send these signals through the central nervous system to the brain. The neuro-electrical impulse mirrors the body's natural nerve signal so the body accepts it as organic and natural which explains the rapid and effective results. The brain reacts by releasing neuropeptides natural healing and regulatory substances, including some of the strongest known painkillers such as endorphins. It differs from TENS machines, because it encourages the body to heal itself, whereas TENS uses electrical signals to temporarily block pain signals from reaching the brain.



40 years of clinically proven results

While the FDA has approved SCENAR for muscle re-education, biofeedback, and the treatment of pain. Russian physicians have long used SCENAR to treat virtually all organ systems: musculo-skeletal, nervous, digestive, pulmonary and cardiovascular.



With over forty years of published research and proven results in hospitals and clinics throughout Russia, Europe, and the United Kingdom. Russian experience demonstrates SCENAR effectiveness in close to 90% of all patients treated, with full healing noted in two out of every three patients, and significant improvement and recovery in the rest. DENAS SCENAR is now available so you can enjoy the benefits of this affordable pain relief device that is Drug free, safe & effective.

OMI PEMF Therapy a Healthier Body

Oxford Medical Instruments (OMI) PEMF Therapy System is an affordable home use and professional device. This system utilizes the same pulsed electromagnetic field technology as the more expensive systems like the Medithera, QRS, Bemer and IMRS2000 and is just as effective at a fraction of the cost thus saving you thousands of dollars over the other PEMF companies that pay MLM distributors high sales commissions. (OMI) PEMF Therapy Systems are available as a Full Body Mat, PulsePad or Therapy Ring.

The Benefits of PEMF

Many research studies have demonstrated that magnetic fields have the potential to reduce the sensations sensed by the nerve cells and eventually ward off pain. The damaged nerve cells can repair itself when in influence of magnetic fields.

Magnetic fields can reduce pain equivalent to 10 milligrams of morphine. They even have the potential to target pain in specific areas. Whether it is at a local level or any organ of the body or the entire body, magnetic fields can significantly reduce the pain levels in the body. Use of magnetic fields for treating pain can effectively reduce the level of medications.



Magnetic fields just don't come in contact with the damaged cells and heal the pain. They even reduce the swelling associated with the pain. Swelling needs to be treated or else it can cause the natural chemicals accumulate near the damaged cells and can increase the levels of acidity in the area. Magnetic fields also improve the circulation in the area and help in flushing out the excess chemical mediators from the area to be treated. Poor blood flow can also cause pain in the body. Magnetic fields can treat this condition too, by enhancing the circulation of blood.

Magnetic fields are also known to stimulate the acupuncture meridians and are even more beneficial than the therapy itself. They can stimulate the endorphins & bring about hormonal changes in the body. Magnetic fields cause a lot of activities occur simultaneously at the cellular levels within the body. However, even the body decides the activity that needs to take place immediately and ignores the rest. The body decides what needs to happen within the body and what not during the healing process.

The magnetic fields offer several benefits to the body during the treatment process. They reduce the muscle tension, stimulate the immune system, improve circulation, improve the cell function, detoxify the body, improve sleep, enhance the rate of nutrient uptake, balance the endocrine systems, balance acupuncture meridians, reduce stress, reduce inflammation and also regenerate tissues within the body.

For more information about the DENAS PCM 6 visit www.denaspainreliefstore.com or call Coach Jimmy K direct at 503-395-4142. Remember to ask The Villages special bonus gift with your order (\$100.00 Value).



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EXPERIENCE THE NATURAL BENEFITS OF NITRIC OXIDE

ARTHRITIS is an inflammation of the joints. Some of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue and inadequate blood flow.

In the early 1980's a molecule was discovered called Nitric Oxide. Nitric Oxide creates a relaxation of the blood vessels and arteries. Since the 80's, there have been numerous proven benefits of Nitric Oxide and the body's recovery process. Nitric oxide helps the trillions of cells in our bodies to communicate and transmit cellular signals.

The science of Nitric Oxide lies in two precursors. The first is Nitrates and the second is Nitrites. These are converted by reductions and additions of oxygen atoms. Some of the leading dietary proponents of Nitric Oxide are green leafy vegetables, dark chocolate, watermelon, beets, and Noni. Noni is a fruit-bearing tree. The bark, stem, roots and fruit all contribute to beneficial health supplementation.

The life span of Nitric Oxide outside of the body is very short lived. But, once Nitric Oxide is in the blood stream it has long lasting effects. When we eat Nitrites, they are chemically changed in our mouth through an enzyme in bacteria. Once it hits the acidic environment of the stomach, Nitric Oxide conversion takes place.

Nitric Oxide is a vasodilator (Expands blood flow) of the arterial system. Vasodilation has positive effects by allowing more oxygen to reach the brain, heart and other organs.

Kyani has developed a proprietary blend of supplements to bring the well-known health benefits of Nitric Oxide directly to you.

KYANI NITRO BENEFITS

Nitric Oxide: The Molecule of Life

In 1998, three scientists were awarded the Nobel Prize in Physiology of Medicine for their work on Nitric Oxide. Now called "The Molecule of Life," Nitric Oxide has been shown to positively influence:

Blood Circulation

One of Nitric Oxide's most important qualities is the ability to dilate the blood vessels, thus maintaining healthy circulation and heart health.

Inflammation

Nitric Oxide is a "signaling molecule" that supports healthy inflammatory response.

Brain Function

Nitric Oxide is an essential chemical messenger, supporting the body's natural ability to store and retrieve information in the brain.

Digestion

Nitric Oxide supports motility and microcirculation, promoting blood flow and nutrient delivery throughout the body.

Sexual Function

Nitric Oxide has been shown to maintain healthy blood flow, which is essential to proper sexual libido, performance, and satisfaction.



- Promotes Increased Energy
- Encourages Blood Flow
- Supports Healthy Circulation
- Encourages Healthy Inflammation Response
- Encourages Heart Health
- Maintains Sexual Function
- Supports Cognitive Function
- Sustains the Immune System
- Supports Proper Nutrient Absorption

Along with these health-giving benefits, Nitric Oxide has positive effects on blood platelets, inflammation and pain perception. Exogenous Nitric Oxide prevents nuclear localization and appears to reverse the arthritic process. The inflammation associated with arthritis is supported by a healthy inflammatory response.

To find out more about Kyani Supplementation and your health, please visit kyani.com

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The Fear of the Lord

The phrase, "The fear of the Lord," was one I never liked.

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Before I was a Christ-follower I thought, "Who would want to be a Christian and serve a god you would have to be afraid of?"

By that time (in my middle teens) I had way too many fears so why would I want to add God to my list? Besides, it seemed to me that those God-fearing people that I was aware of had no fun and they were a somber, sad looking bunch.

They were in church all the time and lived under so many rules that their kids were leaving home to try and find a life with some fun and excitement.

But I did finally come across a few Christ-followers that had smiles on their faces and seem to love and enjoy each other. These were the ones that over time I slowly became friends with and eventually went to their church.

To be honest at first...I didn't like it. But it wasn't because anyone was mean spirited...but because it wasn't like home.

Let me explain...home for me was full of intense negative emotions and not a fun place to be most of the time as a teenager. So any place that was fun or safe was different.

The church was different in a good way. And it took me a while to get used to all the smiling faces and happy people I met...but I really liked it and I wanted this world to be my home. Eventually my new friends came to my home and my family became Christ-followers and my home did become a happy place.

But this "Fear of the Lord" idea didn't sit well with me after I became a Christ-follower either. Before I was a Christ-follower, as I mentioned earlier... "Who would want to be a Christian and serve a god you would have to be afraid of?"

However now as a Christ-follower, I had fallen in love with God. I now knew Him to be the most benevolent and kind being in the Universe. After



praying and accepting His Son Jesus' death as a payment to redeem me for my fallen and hopeless state and now to feel (even 40 years later) His tender and accepting love in my heart...well it changed me. I have never been able to explain exactly what happened, but I knew when it happened as all other Christ-followers do.

Now that I loved God why would I fear Him? It didn't make sense until I understood what the phrase would come to mean to me personally.

Decades ago I work for a national brand restaurant company. I was a project manager traveling from city to city oversee the purchasing of land and construction management. I was quite successful at such a young age.

My wife and I also wanted children and so it was time.

So there I was, I had a great career a beautiful wife, a great church and having kids. I had it all until...I got the call.

Shifts and changes in the market had caused my job to change in such a way that I could no longer have it all. Tough decisions had to be made that changed everything.

One of the most important aspects of our life was our church. We loved our church and only a word from God to move could change that. So I decided to no longer work for the restaurant company and seek local work.

Without realizing it...I was honoring God first. It was a lesson I had learn years earlier about tithing. If I honored God by giving the first ten percent of my income, He was responsible to always take care of my family. God has promises in the Bible about many aspects of our lives and relationship with Him.

So we stayed at our church and within three to four months I got a local job working with some really great people. Was that just plain luck because I was a nice guy?

I don't believe that for moment.

As I mentioned, the Bible is filled with promises for those who love and honor God with their whole life, but here are a few I'd like to leave with you from Psalms 128 (new living translation).

*Blessed are all who fear the Lord.
Blessings and prosperity will be yours.
Your wife will be like a fruitful vine
within your house.
Your children will be like olive shoots
around your table.
May you live to see your children's children.*

It's one thing to love God with your mind and emotions...but "it gets real," when we honor God with our money and life's major decisions.

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

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



Munroe Regional Medical Center

MunroeRegional.com