

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

August 2018

Pasco Edition - Monthly

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**HOW VISION  
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**J. Robert Walesby, O.D., F.C.O.V.D.**  
Dr. Walesby is a fellowship-trained, board certified Behavioral Optometrist who specializes in the diagnosis and treatment of binocular vision dysfunctions.

He received his doctor of optometry degree in 1992 from the Southern College of Optometry in Memphis, Tennessee. He joined his father, Dr. Jack Walesby, in 1992, and they moved the practice to what is now the Walesby Vision Center.

**Nicholas Thomas, O.D., F.C.O.V.D.**  
Dr. Thomas is a fellowship-trained, board certified Behavioral Optometrist, specializing in the diagnosis and treatment of binocular vision dysfunctions.

He obtained his B.S. in Interdisciplinary Natural Sciences from the University of South Florida in 2003 and his Doctor of Optometry from the Indiana University School of Optometry in 2007. Since 2007, he has worked exclusively in the diagnosis and treatment of binocular vision anomalies.



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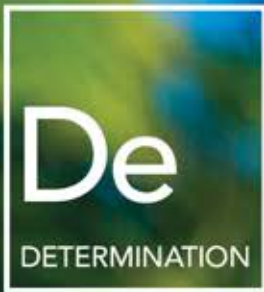


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# REGULAR CANCER SCREENINGS CAN SAVE LIVES

The development of improved screening tests for various types of cancer means that physicians can now identify and diagnose cancer at an earlier stage, often before any symptoms are present. With all types of cancer, early detection and diagnosis can make a big difference in outcomes.

## Recommended Cancer Screening Tests

**Skin Cancer:** Screening for skin cancer involves checking your skin and moles for changes, for these could be signs of cancer. An annual skin check by a dermatologist or your regular physician is especially recommended for those with a family history of skin cancer.

**Breast Cancer:** In addition to monthly self-examinations, the American Cancer Society (ACS) recommends that all women 40 years of age and older should have annual screening mammograms. Talk to your doctor about what is right for you based on your family health history and your risk factors.

**Colorectal Cancer:** Colonoscopy screenings for colorectal cancer should start at age 50 and be done every 10 years unless recommended more often by your doctor, up until age 75. This type of screening can detect cancer early, and in many cases, can prevent cancer from developing. Colonoscopies can help identify and allow for the removal of polyps (abnormal, precancerous growths within the colon).

**Lung Cancer:** Low Dose CT scanning is recommended for some people who are at a higher risk for lung cancer. This group includes adults ages 55 to 80 who have a 30 pack-year smoking history, and who currently smoke or have quit smoking within the past 15 years. To determine a pack-year score, multiply the number of packs smoked per day by the number of years smoked. For example, if you smoked two packs per day for 20 years, your pack-year score would be 40.

**Oral Cancer:** Screening for oral cavity and oropharyngeal cancer can be done during a routine check-up by a dentist or medical doctor. The exam includes looking for lesions or abnormal looking areas in the mouth and throat. 75% of all head and neck cancers begin in the oral cavity.



**Prostate Cancer:** The PSA test is used to screen men for prostate cancer. It is important to talk with your doctor about the risks and potential benefits of this test based on your personal and family history.

**Cervical Cancer:** An annual Pap test is advised for all women ages 21 and older. Women ages 21 to 29 should have a Pap test every three years. Starting at age 30, ACS recommends a Pap test combined with human papillomavirus (HPV) testing every five years. Testing should continue until the age of 65.

## A Vaccine that Prevents Cancer

According to the Centers for Disease Control (CDC), all children ages 11 to 12 years old should be vaccinated against the human papillomavirus, which causes several types of cancer including:

- cancers of the cervix, vagina, and vulva in women
- cancers of the penis in men
- cancers of the anus and back of the throat, including the base of the tongue and tonsils (oropharynx) in both women and men

HPV vaccine protects against the majority of these cancers caused by HPV infection. While most people with HPV never develop symptoms or health problems and the vast majority of HPV infections go away by themselves within two years, some HPV infections last longer and can cause certain cancers and other diseases. Getting your child vaccinated before they become sexually active can prevent over 90% of these cancers.

## World-Class Cancer Treatment Close to Home

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

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



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Randall C. Latorre, MD

# Put Your Runny Nose on ICE

We now have the first and only FDA approved safe and effective treatment that can help you enjoy life without tissues!

Do you experience these symptoms frequently or on a regular basis?

- Runny nose while eating
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- Nasal congestion
- Post nasal drip
- Throat clearing

If you answer YES to any of the above, we have a treatment solution that may be right for you!



## ClariFix® Cryotherapy

Over 24 million Americans suffer from chronic rhinitis aka runny nose and its frustrating symptoms, such as the feeling of always having a cold, the constant need for tissues, the frequent urge to clear their throat and interrupted sleep.

Traditional medical treatments such as nasal sprays, drops and pills can help manage chronic rhinitis symptoms for some patients but often does not address the underlying problem and may have side effects. The issue is the inflamed nasal lining and underlying out-of-balance nerves that are causing your symptoms. This results in too many signals telling the nose to drip, run and swell more than necessary. These nerves may be stimulated by allergen or irritants in the air, weather changes, medications, eating or chronic health conditions. Using minimally invasive Cold treatment called 'cryotherapy', the ClariFix® device goes to the root of the problem.



### Decrease in Runny Nose & Congestion

Patients reported a significant decrease in runny nose and congestion compared to initial symptoms.<sup>3,4</sup>



### Lasting Improvement

4 out of 5 patients reported long-lasting symptom improvement.<sup>3,4</sup>



### Proven Results

Most patients begin to see improvement between 2-6 weeks post-treatment

ClariFix® is a quick office-based procedure for the application of cryotherapy to nerves that control the rate of mucus production in the nose. The Doctor will anesthetize the patient's nose in the office procedure room and apply the treatment to each side. After anesthesia, the treatment takes about two minutes. Because no IV sedation or general anesthesia is required most patients return to normal activities the next day. A clinical study demonstrated the following after patients were treated with the ClariFix® cryotherapy.

- A significant decrease in runny nose and congestion symptoms
- 4 out of 5 patients reporting long-lasting relief
- Similar improvement in both allergic and non-allergic runny nose patients
- No device or procedure related serious adverse events.

*"I tried everything under the sun to get my nose to stop running. I had to have tissues everywhere I went. It was so frustrating and embarrassing. So when Dr. Latorre mentioned he has a new treatment option, I was anxious to try it, I can't believe how much better it is. My nose felt like a waterfall before, and Dr. Latorre turned it off with ClariFix"*  
-Rebecca S.

The Latorre Sinus Center continually strives to offer patients the most effective minimally invasive treatment options. ClariFix® cryotherapy is a proven treatment option that can be performed in office with minimal downtime.

Are you ready to say good-bye to the tissue box?

For more information or to schedule an appointment to find out if ClariFix® cryotherapy is right for you, visit [www.BalloonDocTrinity.com](http://www.BalloonDocTrinity.com) or [www.BalloonDoctampa.com](http://www.BalloonDoctampa.com) or call us at (727)375-8580 or (813)908-8585.



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# VERTIGO

## Losing Your Balance and Nauseated?

### *You Need a Specialist!*



By Davis Family Hearing

**A**s children, a favorite retro game at birthday parties was Pin the Tail on the Donkey. Blindfolded, kids were spun round and round, and self-induced vertigo was onset quite rapidly, while the children staggered and lost their balance towards the donkey poster.

As adults, vertigo is not something we'd ever like to induce upon ourselves, and for those that suffer from the disorder, there is nothing they would want more than to stop the spinning and dizziness when the episodes strike. The hours and sometimes multiple days of nauseating symptoms are very often unbearable.

#### What is Vertigo?

Numerous disorders can cause vertigo, but most commonly it is associated with either vestibular or peripheral disorders.

Brain connection disturbances can cause vestibular disorders. The cerebellum and brainstem control eye movement and balance. These areas of the brain govern the connectivity and perception of both vision and equilibrium. Symptoms can involve disrupted balance, dizziness, or both, at some time.



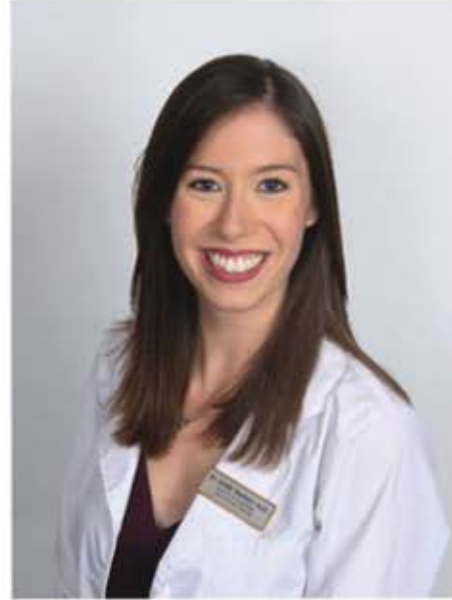


**Dr. Joanie Davis**

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**Dr. Michelle Frenton**

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Board Certified in Audiology

**Dr. Jody Costanzo**

Board Certified in Audiology

An issue in the labyrinth of the inner ear causes peripheral disorders. The inner workings of the ear communicate with the brain in response to the gravitational pull and motion of the body. These connections and communications tell the brain when there are any vertical changes like standing and sitting. Inflammation from infections or irritants can cause the transmission to become disrupted and exacerbate the symptoms associated with vertigo.

### Vertigo Symptoms:

- Balance and gait issues
- Ear congestion
- Head and neck aches
- Migraines
- Lightheadedness
- Motion sickness
- Nausea and vomiting
- Spinning sensation
- Tinnitus (ringing in the ear)
- Falling

Not only are the symptoms debilitating, but they are also dangerous, especially for the elderly. It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention

that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

### Treatment

Depending on the cause of your vertigo, treatment options can range from specialized therapy to prescriptions.

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- And much more

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If you or someone you know is suffering from vertigo or other hearing related issues please schedule an appointment at one of their three convenient locations, please call them at (352) 666-8910.

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# Do You Have Rheumatoid Arthritis?

## *Why you shouldn't wait to seek medical care*

Courtesy of Florida Medical Clinic

Painful aching joints and a general feeling of being unwell are often the first signs of rheumatoid arthritis (RA). Affecting nearly 1.5 million Americans between the ages of 30 and 70, it is estimated that 3 times as many women than men are diagnosed with the disorder.

**R**heumatoid arthritis is an autoimmune disease, and like all other autoimmune related conditions, it causes the cells in the body to attack itself. In the case of RA, it causes the body to attack its joints. The synovial fluid that lines the bones of the joints is the first to become inflamed and it deteriorates. As the disease progresses, especially if left untreated, it can degenerate the cartilage and then the bone of the joints. Individuals with RA have severe stiffness, and mobility issues from the disorder and their joints may begin to look deformed as RA advances.

Typically, rheumatoid arthritis is symmetrical, meaning that if the right index finger is affected, the left index finger will also be affected, or if the right ankle has RA, so will the left ankle. They may not both be as severe as each other, but there will be marked stiffness and inflammation on both sides of the body.

### **Symptoms of RA**

RA can be difficult to diagnose at first since it mimics many other disorders. According to the Arthritis Foundation, the symptoms of rheumatoid arthritis are as follows: In the early stages, people with RA may not initially see redness or swelling in the joints, but they may experience tenderness and pain.

### ***These following joint symptoms are clues to RA:***

- Joint pain, tenderness, swelling or stiffness for six weeks or longer
- Morning stiffness for 30 minutes or longer
- More than one joint is affected
- Small joints (wrists, certain joints of the hands and feet) are affected
- The same joints on both sides of the body are affected







## IF YOU THINK YOU MIGHT HAVE RA, IT'S IMPERATIVE TO SEE A RHEUMATOLOGIST AS SOON AS POSSIBLE.

Along with pain, many people experience fatigue, loss of appetite and a low-grade fever. The symptoms and effects of RA may come and go. A period of high disease activity (increases in inflammation and other symptoms) is called a flare. A flare can last for days or months. Ongoing high levels of inflammation can cause problems throughout the body.

### *Here of some ways RA can affect organs and body systems:*

- **Eyes**—Dryness, pain, redness, sensitivity to light and impaired vision
- **Mouth**—Dryness and gum irritation or infection
- **Skin**—Rheumatoid nodules – small lumps under the skin over bony areas
- **Lungs**—Inflammation and scarring that can lead to shortness of breath
- **Blood Vessels**—Inflammation of blood vessels that can lead to damage in the nerves, skin and other organs
- **Blood**—Anemia, a lower than normal number of red blood cells (1)

#### References:

1. "Rheumatoid Arthritis." About Arthritis, Arthritis Foundation, arthritis.org, 2018

### Diagnosing RA

High levels of ESR, erythrocyte sedimentation rate and elevated levels of CRP, C-reactive protein, can be a signal that RA is causing the inflammation in the joints. Other tests can pinpoint rheumatoid factors in the blood, but they're not always accurate. X-rays and MRI's allow physicians to see the severity of the disease and to track its progression once diagnosed.

### Treatment

Unfortunately, there is no cure for RA, but many drugs are available to alleviate symptoms and stave off the disorders advancements throughout the body. Disease-modifying anti-rheumatic drugs (DMARDs) and biologic agents, which are a new class of DMARDs have proven highly effective at warding off the progression of the disease. These drugs target the immune system to prevent the inflammatory response and attack of the joints. Joint surgeries can also help if the joints are severely deformed, diseased, or immobile.

### What can you do?

Heat and cold therapy is something you can do at home to manage your disease and discomfort. Self-massage is helpful, as well as exercising and stretching. Eating a nutritious diet, especially one that includes fish oils, vegetables, fruit and lean protein can help your body fight off flare-ups and infections.

### Florida Medical Clinic's Rheumatology Experts:



**Alicia Fierro, D.O.**  
Board-Certified Rheumatologist

#### Special Interests

- Lupus
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- Pregnancy and rheumatic disease
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# Learning Disabilities for Children and Adults Improve With Vision Therapy

By Walesby Vision Center

Unlike orthoptics, which is a method to straighten the eyes muscularly, Vision Therapy is an entirely different treatment, which encompasses not only strengthening the eye muscles, but also improving visual perception, visual brain signaling, developing the ability to follow text efficiently, and hand-eye coordination. While it does improve eye muscle strength, it's better described as enhancing the complete visual system and cognitive process. Developmental Optometrists specialize in vision therapy.

Vision therapy works by retraining the brain in response to external stimuli. There have been multiple studies on children and adults with vision system and learning complications. During the studies, the diagnostic testing shows increased gray matter in the brain of the examined patients (1). This change suggests brain structure regeneration occurs with vision training, as well as an uptake in increased learning abilities.

## Advantages of Vision Therapy

While visual training is better known to improve learning abilities for children, it is also used for adults and the aging population to correct concentration levels and other disabilities. It is so effective that it is even used to enhance an athlete's eye and hand coordination for specific sports and better performance levels.

## Who Would Benefit from Vision Therapy?

- Children with learning disabilities
- Adults with cognitive decline, or learning disabilities
- Individuals with brain damage
- Issues with following text when reading
- Dyslexia
- ADD
- ADHD
- Athletes needing to hone specific hand-eye coordination skills







#### Symptoms of Visual Field Complications

- Blurry vision
- Double vision
- Excessive blinking to clear eyesight
- Eyestrain
- Headaches
- Eye aches
- Inability to concentrate
- Loss of place when reading
- Need to reread text
- Need to rub eyes to see more clearly
- Squinting

#### At Home Training Vs. Medical Specialty Training

Vision Therapy is an individualized, supervised, treatment program designed to correct visual-motor and perceptual-cognitive deficiencies. Experts like Dr. Walesby and Dr. Thomas of the Walesby Vision Center works with his patients one on one to develop specific protocols to help improve their entire visual system and cognitive strengthening. With the methods implemented by Walesby Vision Center, visual-motor skills and endurance are corrected through the use of specialized computer and optical devices, including therapeutic lenses, prisms, and filters. During the final stages of therapy, the patient's newly acquired visual skills are reinforced and made automatic through repetition and by integration with motor and cognitive skills.

Many individuals have heard and utilized some forms of at home training like push-ups. A pencil push-up is when you hold a pen or pencil at arms

length and read the text, while gradually bringing the pencil closer and closer toward you. This is thought to enhance eye muscles. At home training like a pencil push-up can be effective for acuity and muscular strengthening, but it will have no benefit on any cognitive or learning issues, and it would never compare to an in-office, medically supervised vision training program (2).

#### Vision Therapy sessions Include Procedures Designed to Enhance the Brain's Ability to Control the Following:

- Concentration
- Eye alignment
- Eye movements
- Eye tracking (following text and images efficiently)
- Visual Focusing
- Visual processing

In addition, vision training is not the same thing as visual acuity. 20/20 vision can be achieved with glasses or contact lenses in most cases, but there can still be underlying visual incompetency that may affect a child or adult's ability to concentrate on and comprehend text and learning. With routine eye exams, Walesby Vision Center can pinpoint their patient's specific needs regarding the entire visual system including the need for vision therapy.

#### References:

1. Cannonieri GC, Bonilha L, Fernandes PT, et al. Practice and perfect: length of training and structural brain changes in experienced typists. *Neuroreport* 2007 Jul 2;18(10):1063-6
2. Convergence Insufficiency Treatment Trial Investigator Group. A randomized clinical trial of treatments for symptomatic convergence insufficiency in children. *Arch Ophthalmol.* 2008;126:1336-1349.

*Walesby Vision Center* has been and continues to be, an asset to its community, bringing unmatched vision therapy services and helping thousands of patients improve their ability to acquire and process visual information.

While the practice does offer full-scope eye care for the entire family, our doctors are pediatric specialists. And, they are experts in comprehensive Developmental Optometry, which focuses on the entire visual system.

To find out more about vision therapy, please contact Walesby Vision Center at the following locations:



**WHERE VISION IS MORE  
THAN JUST 20/20**

[www.walesby3d.com](http://www.walesby3d.com)

#### Tampa Office

2510 West Waters Ave, Tampa, FL 33614  
**(813) 915-0755**

#### Lutz Office

24444 State Road 54, Lutz, FL 33559  
**(813) 345-8544**



# YOUR HEALTHY BACK TO SCHOOL PLAN

As school gets back in swing this month, it's a good time to evaluate the healthy habits we can make a part of our routine this school year. Overall good health and good posture are made with small habits over long periods of time. Since the school year takes up most of the year, it's a great time to make a positive effort towards health!

## Posture

Head forward posture is an epidemic in our culture, and it's getting worse for kids and teens every day. It can be caused by misaligned bones in the neck, a chronic poor posture, or both. Tablets, smart phones and even reading with poor posture can cause the head to be stuck in a forward position. This is potentially very negative because it causes back muscles to overwork in the wrong places and the shoulders to round. It can also cause misalignments that don't allow the body to function as it should. Good posture is important throughout life, but potentially even more important in childhood and teenage years. The phrase, "as the twig is bent, so grows the tree" applies and is a big reason that we want children to have the healthiest spines and posture possible. One option to decrease "text neck" is to buy a book stand to prop tablets and books up, helping decrease the chronic forward head posture that often comes with reading and studying.

## Backpack Safety

Did you know that a child's backpack should weigh less than 15% of their weight? A backpack that weighs more than 15% of a child's weight can cause excess strain on their spine and cause spine issues. Headaches, shoulder hunching, neck pain, back pain and gait issues can all be caused by an improperly fitted backpack, or one with too much weight. Here are some tips to make sure the backpack isn't hurting your child:

- Choose a backpack with thick, padded straps. Wear both shoulder straps.
- Make sure the backpack doesn't hang more than 4 inches below the waist. If it hangs too low, it increases forward head and body lean.
- Pack the heaviest items towards the back. Keeping them closer to the body is easier on the spine.
- If the backpack is heavy, make frequent locker stops between classes.

- Check for postural issues with the backpack on: Forward head, forward lean, rounded shoulders, one tilted shoulder or tilted hip is a sign of a spinal imbalance.

If you notice a postural issue with (or without) your child's backpack, a chiropractor can help you evaluate and improve posture.

## Overall Health During the Busy School Year

When our body gets overwhelmed with stressors (like poor posture), it makes it harder for us to adapt to our surroundings and thrive in our environment. The goal of chiropractic care for any age is to help reconnect the body so it can adapt to the challenges we will all face in our lives. Emotional stress, physical traumas and toxins all cause what we call subluxations (or misalignments).

Sometimes it's easy to identify what could be decreasing our ability to thrive, and sometimes it's not so easy. Family and wellness chiropractors have the tools to help your whole family reach their best health potential.



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*Full Life Chiropractic has family and pediatric chiropractors, as well as massage therapy, acupuncture and functional medicine to help your family have excellent health, naturally.*

**Book A Back-To-School Physical for your children at Full Life Chiropractic for just \$29. Full physical exam, scoliosis assessment and athletic evaluation for children getting back into sports, clubs, and school activities. Call 813-428-5648 for more information.**







## BIOIDENTICAL HORMONES VS. SYNTHETIC: WHY IT MATTERS!

Dr. Vahora, MD, FACOG

**F**emales tend to experience an imbalance of estrogen, testosterone, and progesterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency.

### HORMONAL IMBALANCE CAN ALSO CAUSE THE FOLLOWING DISORDERS:

- Heart Disease
- Metabolic Syndrome
- Depression
- Diabetes
- Obesity
- Cognitive Decline
- Vaginal Vulvar Atrophy

Changing the hormone levels through bio-identical hormone therapy can alleviate or in many cases eliminate these symptoms and life fluctuations. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

### WHAT ARE BIOIDENTICAL HORMONES?

In the U.S., *Bioidentical* Hormone Therapy (BHT) has been used since the 1930s. And based on hundreds of current medically thorough studies, the results for patients overall quality of life and dramatic changes in their hormonal symptoms are astounding.

Bioidentical hormones are equal to our body's natural hormones on a molecular level. The difference between synthetic and identical hormones is that synthetic hormones do not match human hormones on a biological level. For example, a very common synthetic estrogen cream that many physicians prescribe is made from a pregnant horse's urine. Most people can see why the body would not fully accept this substance.

Bioidentical hormones are made from plant sources and are readily received by the body as natural and healthy. They are much more therapeutic and effective than synthetic hormonal substances.

Bioidentical progesterone will provide the most efficient way to mesh with the body's natural progesterone receptors. This is critical because body receptors are structure specific. A few of the benefits from bio-identical progesterone are an increase in bone health, protection against breast cancer and endometrial growth, an antidepressant effect, controlling blood clotting and an increased sex drive.



Do not suffer in silence; make an appointment to discuss what options are best for you. Please call (727) 376-1536.

Consequently, with personalized medicine, Bioidentical hormones can be traditional FDA pharmaceuticals or compounded bioidentical hormones, because both allow your physician to tailor your treatment to your specific needs.

In addition to the benefits of bioidentical hormones, Dr. Vahora, a Board-Certified Gynecologist, works directly with a compounding pharmacy, to get you a precise dosage and strength made specifically for you. Bioidentical hormones are precisely compounded, to be more patient specific than synthetic hormones. Highly regulated and certified compounding pharmacists make them for each patient on an individual basis.

### HORMONAL IMBALANCE CAUSES VAGINAL VULVAR ATROPHY

Due to the limited estrogen supply, the walls of the vagina start to thin out, causing dryness, burning, and inflammation. This can make intercourse very painful, cause urinary disorders, and can even interfere with daily activities due to the extreme pain and discomfort that it can cause.

As mentioned there are many options for women, like creams, medications, and surgery, but they all pale in comparison to an innovative procedure that has no side effects and only takes a few minutes to perform in your physician's office.

The ugly truth is that many women, both post and pre-menopausal and even some women after giving childbirth, have vaginal disorders, pain, and issues that they often times withhold and keep to themselves. They think that it's just a normal part of the hormonal process, but there are many options to relieve vaginal vulvar atrophy. Vaginal Atrophy disrupts your sex life!

### WHAT CAN YOU DO?

Although, hormone therapy is used to treat vaginal vulvar atrophy, unfortunately, sometimes it does not work for VVA and dyspareunia (painful intercourse). There is a better way! If your hormone therapy does not improve your vaginal issues, an advanced technique that has helped countless women is available.

Mona Lisa Touch® is an advanced procedure the revitalizes the vagina and makes it feel like a younger vagina. For countless women and their partners, it has turned back the clock of time.

This advanced technology is called the MonaLisa Touch®. It is a new laser therapy for the vagina and vulvar. There are no medications, not cutting and no lengthy healing times with this procedure. It's similar to having a basic Pap smear test done. The laser does not hurt or cause any pain. You will only feel tiny vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient, office setting.

The laser assists with the bodies cell renewal and will regenerate the mucous membrane and help with the restoration of collagen and renewing the proper trophic balance to the membrane.

Now it's possible to have relief from vaginal and vulvar atrophy due to the MonaLisa Touch's® ability to gently improve the tissue of the vaginal mucosa. The laser stimulates the production of collagen, improving the functionality of the treated area and restoring the proper trophic balance to the mucous membrane.

Dr. Parveen Vahora states, "I inspire women to live their best life by providing compassionate care. Women should not suffer with symptoms of menopause including hot flashes, mood swings, insomnia, vaginal dryness, and pain with intimacy."

You don't have to live with hormonal imbalance and all of the issues that are disrupting your body and health, get the relief and new beginning that you are worthy of.

**PARVEEN S. VAHORA, MD, FACOG**

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# BACK TO SCHOOL:

## How to Alleviate Your Special Needs Child's Apprehension and Yours

**J**ust when you finally got used to your summer schedule, the new school year is almost here, and that means many changes are about to enter your special needs child's lives. Getting prepared now is the key to alleviating anxiety and allowing a smooth start to the new school year. When you take the initiative to develop and plan, your child will reap the rewards of feeling less uncertain of new teachers, new studies, new friends and all of the unexpected deviations that might take place. With all of that said, each child is different and has varying abilities; therefore, these suggestions may be applicable to many, but not all children and families. If you believe your child needs more assistance with transitioning to a new school year, reach out to qualified professional to aide in this transition.

### Talk to your child

If your child has the verbal ability, you can reduce some of their fears by talking to them about their classmates, teacher, classes, activities, programs and special events that they can participate in or attend this year. If your child is going to a new school, it is helpful to schedule a tour of the school before the new year starts, so that they know where their classrooms are, where the cafeteria is, rest-rooms, etc. It's also helpful to have them meet their teacher or other faculty members if possible.

Start the conversation! Talk to your child about your expectations as well as his/her expectations for the upcoming school year. Take time to listen to your child and discuss aspects of the new school year that he or she is worried about. If your child will be taking the bus, describe and draw out the bus route, including where the bus goes and how long it takes to get to school, and about bus safety. It may be helpful to drive the bus route a few times with your child so that they can get acclimated to the new sites that they will see for the next 9 months.





**Develop a Routine**

If you are able to get your child some new school supplies, having them pick out items that they like will start to get them encouraged and excited about the new year. Begin establishing a “back to school” routine at least two weeks prior to school starting to minimize stress and help with the transition.

Ask your child to help plan school lunches for the first week or month, so that they feel involved. Let your child help choose the outfits for the first week of school. Allow them to wear his or her favorite outfit on the first day.

Remember to let your child know that it’s normal to feel nervous about the start of school. For parents of younger children, suggest that your child take a family photo or special object (with permission from school) to school to make his or her surroundings more comfortable.

**Review and update your child’s IEP**

The Individualized Education Program, also called the IEP, is a document that is created for each special education child attending public school. It’s important to review this with the school and your child’s teacher before school starts to make sure all are aware of your child’s needs and accommodations and, if necessary, amend the IEP to make any necessary changes to your child’s goals, deficiencies and developmental status.

**Write the teacher a letter**

Writing a concise but kind letter to the teacher explaining your child’s specific sensory processing challenges, type of learning disability, strengths, and weaknesses, will give the teacher a better understanding of what to expect and how to help navigate your child throughout the learning process.

**Encourage your child to share his or her fears**

Ask your child what is making him or her worried. Tell your child that it is normal to have concerns. Before and during the first few weeks of school, set up a regular time and place to talk. Some children feel most comfortable in a private space with your undivided attention (such as right before bed, or during mealtime). Teens often welcome some sort of distraction to cut the intensity of their worries and feelings (such as driving in the car or taking a walk).



Encourage your child to re-direct attention away from the worries, and towards the positives. Ask your child, “What are three things that you are most excited about on your first day of school?” Most kids can think of something good, even if it’s just eating a special snack or going home at the end of the day.

Pay attention to your own behavior. Children take cues from their parents, so the more confidence and comfort you can model, the more your child will understand there is no reason to be afraid. Chances are, your child is anxious about something that requires a little problem-solving, role-playing, planning, and/or involvement from the teacher.

**When to seek help**

Anxiety and stress about starting school is normal for a child and usually passes within the first few

days or weeks. If your child continues to seem anxious or stressed, it may be time to seek help. Talk to your child’s teacher, other classroom-based staff as well as your pediatrician about what you can do as a parent. If problems persist, consider getting a referral to a trained and qualified mental health professional or behavior analyst. If you have questions or need assistance please reach out to *Invo Behavior and Therapy Services* at 800-356-4049.

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# SUPER FOODS FOR A NUTRITIOUS DIET

**T**he health community has long praised the benefits of vitamins and nutrients derived from natural sources. For those looking to improve their health or take preventative measures, these 10 natural super foods can be incorporated into your daily diet to help support your health:

**Green Tea** – Armed with a special type of antioxidants called polyphenols, green tea can decrease plaque formed in the arteries and can fight prostate cancer.

**Rosemary** – Studies have shown this powerful spice can reduce the risk of stroke, as well as protect against Alzheimer’s disease.

**Almonds** – Full of plant sterols and amino acids, almonds can help lower high cholesterol and promote muscle growth. These handheld treats are also rich in vitamin E, which can protect skin from sun damage.

**Fatty Fish** – Rich in omega-3 fatty acids, fatty fish such as salmon, flounder and sardines can lower the risk of heart disease.

**Bananas** – This easy, portable snack is loaded with essential potassium, which regulates the nervous system. Bananas also offer loads of vitamin B-6, which aids immunity and metabolism.

**Whole Grains** – These powerful body defenders have been known to boost immunity, protect against various cancers and reduce cholesterol.

**Eggs** – These energy-packed breakfast favorites contain a special type of protein that helps build muscle strength more than other proteins. When compared to other breakfast foods, eggs can also keep you feeling fuller longer with fewer calories and fat.

**Spinach** – Chock-full of magnesium, potassium and various vitamins and nutrients, spinach can prevent clogged arteries and protect against prostate and colon cancers.

**Soy** – This protein-packed food contains isoflavones, which can aid in treatment and prevention of prostate cancer. Also, research from the Food and Drug Administration shows that 25 grams per day can help lessen the risk of heart disease.

**Dark Chocolate** – Satisfy your sweet tooth and improve blood flow to the brain at the same time. Dark chocolate can also lower blood pressure and increase skin’s resistance to UV rays.

*Find more health-conscious tips at [eLivingToday.com](http://eLivingToday.com).*

*Source: [eLivingToday.com](http://eLivingToday.com)*







# 20 Million Americans have Thyroid Disorders: Unfortunately, it's Often Undiagnosed

Robert Martinez, DC



**T**he thyroid is a butterfly-shaped gland. It produces two main hormones that regulate body temperature, metabolism, heart rate and other factors. These two hormones are T3 and T4. In recent years there have been several celebrities that have shared their personal stories of thyroid issues. Most recently, Supermodel, Gigi Hadid shared that she suffers from Hashimoto's Disease, which is an autoimmune disease that attacks the thyroid.

Along with cancer and Hashimoto's, thyroid nodules could suggest that you may suffer from hyperthyroidism or hypothyroidism. If left untreated, thyroid issues can lead to dangerous conditions like AFIB, blood disorders, and heart disease.

#### **Hyperthyroidism Symptoms:**

- Overactive appetite
- Fatigue
- Anxiety
- Nausea
- Lack of concentrate
- Irregular heartbeat
- Sleep disturbances
- Dry/Brittle & hair breakage
- Itchy dry skin

With Hyperthyroidism, an overproduction of the T3 and/or T4 hormones causes the body to react to the over secretion of the thyroid hormones in negative ways. The most common form of this disorder is Grave's disease, which is an autoimmune disease. Grave's causes the body to attack its

own thyroid gland. Other causes can be from genetic mutations (can run in families), and tumors in the ovaries or testes.

#### **Hypothyroidism Symptoms:**

- Tendency to be cold
- Dry itchy skin
- Swollen eyes
- Forgetfulness
- Lack of concentration
- Lack of appetite
- Weight gain
- Fatigue
- Menstrual changes
- Hair loss
- Depression & anxiety

With hypothyroidism, the thyroid is underactive, producing too little T3 and/ or T4 hormones. Common causes of hypothyroidism are autoimmune diseases, like Hashimoto's, genetics and environmental factors.

Hormone imbalance causes thyroid disorders. It's difficult to detect because other than feeling nodules on the gland, thyroid-stimulating hormones (TSH) are undetectable in the blood;



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however, they are measurable in the tissues of the gland. Thyroid disorders can dangerously affect the body in multiple ways, and most people are undiagnosed. The standard medical treatments are not treating the cause and western medicine is not getting to the underlying cause of the hormonal imbalance.

Treating and finding the root cause(s) differentiate functional medicine's methods and treatment protocols for reregulating thyroid hormonal disturbances. Thyroid hormonal imbalance is not easily pinned down because it is multifactorial and usually caused by a combination of dietary deficiencies, immune disorders, infections, and environmental and genetic factors.

#### **Dr. Robert Martinez**

*Dr. Robert Martinez works with his patients to get their endocrine system in peak form. With the proper diagnostic testing and evaluation, he works out a dietary and supplement plan that fits their budget and lifestyle, along with a comprehensive therapeutic algorithm. He also implements multifocal functional and alternative therapies that are medically recognized to improve his patient's overall health.*

*Through functional medicine, Dr. Martinez examines what's really going on with your body through exams, scans and blood tests to get an in depth look at disturbances and interferences, and how they can be corrected through:*

- Nutritional care
- Supplemental remedies
- Weight loss and lifestyle adjustments
- Health coaching
- Stress management
- Adjustments and nervous system care

*To tailor your individualized plan to better overall health and to ward off diseases and disorders, please call (352) 686-1686 to schedule a personal consultation with Dr. Martinez.*



# Back to School Home Organization Ideas

By Dana Hall McCain

If you've been through a school year with a house full of kids, you know that organization can be the difference between success and chaos. Whether it's establishing a great space and routine for homework or study time, keeping smelly sports equipment corralled yet handy, streamlining the lunch-packing process, or managing the onslaught of papers that come home each week—setting up a few systems for doing the school year right will pay off in preserved sanity. Can you put too high a price on that? We didn't think so...

Here's how to dive in and get your home back-to-school ready!

## 1. Create a homework station for your students.

It can be as simple or as elaborate as you see fit, but a designated space where all of the study supplies live can make afternoon homework time a little easier.



## 2. Create files for paperwork each child brings home.

We recommend at least two for each child: one for parent information related to academics and one for forms and schedules related to extracurriculars. You can also set up files for the work they bring home that you want to keep.



## 3. Get your kids trained in the "after school flow".

Teach your gang to go through a series of actions each afternoon to learn personal responsibility, organization, and to be helpful around the house. We love the suggested routine on this chart!

AFTER SCHOOL FLOW			
	Bookbag gets emptied and hung on your hook		
	Stuff mom or dad have to sign, do, or make.		Graded homework, works of art, report cards + awards.
in moms action box		in your action box	in moms action box
	Food stuff put	next to kitchen sink	
	Dirty clothes go	in laundry basket	
	Homework must be done	before video games or play	

## 4. Set up a lunch packing station.

Create an area of the fridge and/or pantry dedicated to the supplies and food items needed to pack a healthy lunch. It will help you in packing for smaller kids and will help older kids do it for themselves more easily! It's just one of several ways to make school mornings easier.



## 5. Create a holding area for sports equipment in the garage.

Sports equipment can smell like a herd of goats when stored in your home or your car. Solution? Keep everything handy in bins or lockers by the back door. It can air out overnight and it's ready to grab again when you head out in the morning!



## 6. Stock up on healthy and quick breakfast items.

Make sure your freezer and pantry are chock full of easy, on-the-go breakfast options. We love these make-ahead, freezable egg and sausage muffins from the Little Us blog ([littlebgcg.com](http://littlebgcg.com))!





*Egg Muffins*

**Ingredients**  
 5 Eggs  
 1/4 Cup Milk  
 2 Slices of any Cheese  
 Meat (optional)

**Directions**

1. Whisk 5 eggs and 1/4 cup of milk together.
2. Add two slices of cheese (grated or in small pieces) and diced meat to the egg mixture.
3. Salt and Pepper to taste.
4. Butter or Spray your muffin tin with a non-stick spray.
5. Evenly fill each muffin hole with the egg mixture.
6. Bake at 350 degrees for 20 minutes.
7. Freezing Instructions: Remove egg muffins from the muffin tin and let cool. Place in a freezer bag.
8. Reheating Instructions: 1-2 minutes in your microwave

**7. Establish a family calendar for all the afternoon and evening busyness.**

Whether you use an old-school paper calendar on the fridge or one of the slick apps designed for families on the go, get everybody's schedule in one place so that both parents can access it easily.

For some additional helps, our Back to School Printable Collection makes your life easier and the school year better!

The collection includes:

- 30 Day Back-to-School Challenge
- Back to School Talk: Conversation Starters
- Discuss it: Making Friends
- Bag Tags
- Lunchbox Notes – Get it at [imom.com](http://imom.com)!



**iMOM's  
 BACK-TO-SCHOOL  
 BUNDLE**

*Printable  
 Collection*

**30 Day Back-to-School  
 Challenge!**

In the crazy days of the back-to-school season, it is easy to feel overwhelmed. It is easy to get lost in your never-ending to-do list. Use our 30 Day Back-to-School Challenge as a day-by-day reminder to keep you on track, to keep you engaged, and also to keep you enjoying the little moments in your child's life.

1. Print off your back to school checklist.
2. Label your child's lunchbox and backpack with our printable bag tags.
3. Talk with your child about any first-day anxieties using our *Discuss It: Anxiety* printable.
4. Talk with your child about making friends using our *Discuss It: Making Friends* printable.
5. Help your child write down goals for the new school year.
6. Have a back to school feast.
7. Print out our *Back to School Conversation Starters* and ask one today.
8. Take a first-day-of-school photo. Print it and display it.
9. Put a surprise treat in your child's lunch.
10. Write your child a special lunchbox note.
11. Introduce yourself to your child's teacher.
12. Ask your child what they like about their new teacher.
13. Make a treat for your child's teacher, with your child.
14. Kiss your child good-bye in the morning and say, "I love you."
15. Ask your child what they learned today.
16. Sit down and have an after school snack with your child.
17. Prepare a "homework spot" for your child.
18. Pray for your child's success in school.
19. Put your child's after-school activities on your calendar.
20. Ask your child, "What was the best thing about school today?"
21. Tell your child your favorite memory from when you were in school.
22. Ask your child if they have made any new friends.
23. Host a play date for your child.
24. Find your child's school on Facebook and keep updated on school happenings.
25. Sit down and eat breakfast with your child.
24. Before your child gets out of the car say, "It's going to be a great day!"
27. Let your child pick the CD or radio station to listen to in the car on the way to school.
28. Play I Spy... on the way to school.
29. Contact your child's teacher and volunteer.
30. Pray with your child before bed.



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# AUGUST IS BREASTFEEDING AWARENESS MONTH

**A**ugust is Breastfeeding Awareness Month and August 1-7 is World Breastfeeding Week. This year's theme focuses on "Breastfeeding: Foundation of Life." The week helps raise awareness of the importance of breastfeeding for both babies and mothers. According to the American Academy of Pediatrics, breastfeeding is the standard for infant feeding. It provides essential nutrients and antibodies that boost an infant's immune system, providing protection from childhood illnesses. Babies who are not breastfed are more likely to develop common childhood illnesses like ear infections and diarrhea as well as chronic conditions such as type 2 diabetes, asthma and childhood obesity.

## **Breastfeeding is best for your baby for the following reasons:**

- Breast milk has the right amount of fat, sugar, water, protein, and minerals needed for a baby's growth and development. As your baby grows, your breast milk changes to adapt to the baby's changing nutritional needs.
- Breast milk is easier to digest than formula.
- Breast milk contains antibodies that protect infants from certain illnesses, such as ear infections, diarrhea, respiratory illnesses, and allergies. The longer your baby breastfeeds, the greater the health benefits.
- Breastfed infants have a lower risk of sudden infant death syndrome (SIDS).
- Breast milk can help reduce the risk of many of the short-term and long-term health problems that preterm babies face.

## **How does breastfeeding benefit mom?**

### **Breastfeeding is good for you for the following reasons:**

- Breastfeeding triggers the release of a hormone called oxytocin that causes the uterus to contract. This helps the uterus return to its normal size more quickly and may decrease the amount of bleeding you have after giving birth.

- Breastfeeding may make it easier to lose the weight you gained during pregnancy.

- Breastfeeding may reduce the risk of breast cancer and ovarian cancer.

## **How long should I breastfeed my baby?**

Exclusive breastfeeding is recommended for the first 6 months of a baby's life. Breastfeeding should continue up to the baby's first birthday as new foods are introduced.

## **What kinds of foods should I eat while breastfeeding?**

*The following tips will help you meet the nutritional goals needed for breastfeeding:*

Your body needs about 450–500 extra calories a day to make breast milk for your baby. If your weight is in the normal range, you need about 2,500 total calories per day.

- Eat fish and seafood 2–3 times a week, but avoid eating fish with high mercury levels. Do not eat shark, swordfish, king mackerel, or tilefish, and limit albacore tuna to 6 ounces a week.

- Your health care professional may recommend that you continue to take your prenatal multivitamin supplement while you are breastfeeding.

- Drink plenty of fluids, and drink more if your urine is dark yellow.

## **Can I drink caffeine while breastfeeding?**

Drinking caffeine in moderate amounts (200 mg a day) most likely will not affect your baby. Newborns and preterm infants are more sensitive to caffeine's effects. You may want to consume a lower amount of caffeine in the first few days after your baby is born or if your infant is preterm.

## **Can I drink alcohol while breastfeeding?**

If you want to have an occasional alcoholic drink, wait at least 2 hours after a single drink to breastfeed. The alcohol will leave your milk as it leaves your bloodstream—there is no need to express and discard your milk. Drinking more than two drinks per day on a regular basis may be harmful to your baby and may cause drowsiness, weakness, and abnormal weight gain.



## **How do I know if a medication is safe to take while breastfeeding?**

Most medications are safe to take while breastfeeding. Although medications can be passed to your baby in breast milk, levels are usually much lower than the level in your bloodstream. The latest information about medications and their effects on breastfed babies can be found at LactMed, a database of scientific information, at [www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](http://www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm). If you are breastfeeding and need to take a prescription medication to manage a health condition, discuss this with your health care team and the health care professional caring for your baby.

## **Why is it important to avoid smoking and drug use while breastfeeding?**

- Secondhand smoke from cigarettes is harmful to infants and children. It increases the risk of allergies, asthma, and SIDS. Smoking can decrease your milk supply and can make it harder for the baby to gain weight. Be sure not to smoke around the baby.

- Using illegal drugs, such as cocaine, heroin, and methamphetamines, and taking prescription drugs for nonmedical reasons can harm your baby if you use them while breastfeeding. And although marijuana is now legal in several states, its use is discouraged during breastfeeding. If you need help stopping drug use, talk with your obstetrician, lactation consultant, or other health care professional.

*Source:*  
American College of Obstetricians and Gynecologists  
([www.acog.org](http://www.acog.org))  
<http://www.health.state.mn.us>



# NUTRITIOUS MEALS FOR BUSY SCHOOL NIGHTS

**W**hen school is back in session, the real test for parents is not in the classroom, but in the kitchen. Between breakfast, lunch and dinner – not to mention snacks – meal planning seems endless and daunting.

With convenient options like canned ingredients on-hand, parents can have the makings of a wholesome homemade meal right at their fingertips.

Canned foods not only help cut down on prep time in the kitchen, but also deliver nutritional benefits. In fact, kids and adults who use six or more canned foods per week are more likely to have diets higher in 17 essential nutrients, according to a study published in "Nutrients." Plus, cans provide year-round access to seasonal fruits and vegetables, and keep food fresh and flavorful without the need for preservatives and additives.

From on-the-go breakfasts like Vegetable Frittata Minis to hearty dinners like this Beef and Vegetable Soup and everything in-between, a well-stocked pantry – or your "cantry" – full of canned proteins, fruits, vegetables and soups can help busy parents get through the week with creative meals they can feel good about serving their families.

For more information about the nutritional benefits of cooking with canned foods and to find flavorful recipes for the back-to-school season, visit [CansGetYouCooking.com](http://CansGetYouCooking.com).



## Tuna Sliders with Green Chilies

Recipe courtesy of Cans Get You Cooking  
Servings: 12

- 1 can (5-ounce) tuna, packed in water, drained and flaked
- 1 can (4.25-ounce) chopped green chilies
- 1/4 cup diced celery
- 1/4 cup diced red onion
- 1/4 cup reduced-fat mayonnaise
- 2 tablespoons chopped fresh cilantro or parsley
- 6 slider rolls, split lettuce leaves

In large bowl, combine tuna, green chilies, celery, red onion, mayonnaise and chopped cilantro; toss to mix well.

Top bottom half of each roll with lettuce leaves; top with some tuna mixture and top half of roll.



## Beef and Vegetable Soup

Recipe courtesy of Cans Get You Cooking  
Servings: 6

- 1 tablespoon vegetable oil
- 1 pound lean ground beef
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 can (14 1/2 ounces) low-sodium beef broth
- 1 can (14 1/2 ounces) sliced carrots, drained
- 1 can (14 1/2 ounces) cut green beans
- 1 can (14 1/2 ounces) stewed tomatoes
- 1 teaspoon dried basil
- 1 cup cooked egg noodles

In 4-quart saucepan over medium-high heat, in hot oil, cook ground beef until well browned on all sides, stirring frequently. With slotted spoon, remove beef to bowl.

In drippings remaining in saucepan over medium heat, cook onion and garlic until tender-crisp.

Add beef broth, carrots, green beans, stewed tomatoes, basil and ground beef; over high heat, heat to boiling. Reduce heat to low; cover and simmer 10-15 minutes to blend flavors, stirring occasionally. Stir in cooked egg noodles.



## Vegetable Frittata Minis

Recipe courtesy of Cans Get You Cooking  
Servings: 36

- Nonstick cooking spray
- 8 large eggs
- 1/2 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried basil
- 1 can (8 ounces) mixed vegetables, drained
- 1/4 cup grated Parmesan cheese

Heat oven to 375 F. Spray mini muffin tins with nonstick cooking spray.

In large bowl, beat eggs, milk, salt, pepper and basil to blend well. Stir in mixed vegetables and Parmesan cheese.

Fill prepared pans with egg mixture. Bake until egg mixture puffs and is just set in center, about 8-10 minutes.

With rubber spatula, loosen frittatas from muffin cups and slide onto platter.



## Gluten-Free Pumpkin and Chocolate Chip Bread

Recipe courtesy of Cans Get You Cooking  
Servings: 20 (2 loaves)

- 4 cups oat flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- pinch of salt
- 1 cup (2 sticks) butter, softened
- 2 cups granulated sugar
- 4 large eggs
- 2 teaspoons vanilla extract
- 1 can (15 ounces) pumpkin
- 2 cups chopped walnuts
- 1 cup bittersweet chocolate chips
- 1/2 cup confectioners' sugar
- 1 tablespoon milk

Heat oven to 350 F. Grease two 8-by-4-inch loaf pans. In large bowl, combine oat flour, baking soda, cinnamon, nutmeg and salt.

In large bowl using mixer, beat butter and sugar until light and fluffy. Beat in eggs one at a time. Add vanilla, oat flour mixture and pumpkin; beat until just blended. Stir in walnuts and chocolate chips. Spoon mixture into prepared pans.

Bake 50-55 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan. Cool completely.

In small bowl, stir confectioners' sugar and milk until smooth. Drizzle mixture over pumpkin bread.

Source: Cans Get You Cooking





# Are Immunizations to Blame for Poor Health?

SUZANNE MARGOLIS – GRAY, M.ED., LMT, CT

**L**ike most people, as a nation, we have come to believe that being vaccinated means that you will be immune to certain diseases and disorders; however, this couldn't be further from the truth. This "falsehood" is heavily preached by the CDC and the direct to consumer marketing campaigns, which is paid for by the pharmaceutical companies and touted by the media (with their monetary gain being the primary motivator, of course).

What you won't hear much about through the advertising and television communication organizations is the fact that the majority of individuals that have received immunizations, very often are the ones that are the sickest. From autoimmune disease, autism, neurological maladies, viral infections, contagions and various cancers, vaccinations do not mean that you are immune to syndromes and illness.

Certain communities have relatively rejected the vaccination phenomenon for decades and decided not to put their children at risk. For example, the Amish and Mennonite communities have mostly avoided immunizations. What are the results of this? Well, they have little to no incidences of Alzheimer's disease, dementia, allergies, autism, and cancers, to name a few.

## Why are more and more people becoming apprehensive about vaccinations?

Certain byproducts are rampant in vaccines. Chemicals like mercury, formaldehyde, aluminum, MSG, and petroleum, cause a plethora of adverse reactions like inflammations, chronic illness, cancer, neurodegenerative effects, and much more.

We are susceptible to chemicals and toxins on a daily basis through our food intake, personal care products, the environment, and water, but the significant difference between these and the injection of these chemicals through vaccinations is the way the body distributes the toxins. For instance, the stomach acts as a filter, which eliminates some of the dangers of mercury and other chemicals, but when it is injected, it's immediately and potently distributed into the bloodstream.



## What can you do if you've been vaccinated and are wary of toxic build-up complications?

Fortunately, there are advanced techniques to help you detoxify your body safely and efficiently while bolstering your immune system and repairing damaged cells. At **ReNew Life Wellness, INC.**, we have several options to help you get rid of the chemicals and toxins like colon hydrotherapy, specific detoxes, whole life coaching and nutritional cell assessment/education.. With nutritional cell assessment/education, you learn about 42 anomalies like yeast (candida overgrowth), heavy toxins, digestive issues, inflammation markers, parasites, degenerative damage, & adrenal fatigue. ReNew Life Wellness Inc., can help you address these issues holistically. After the first visit, there is a follow up with an in-depth look at live blood cells to assess how the program is working for you and how the health of the body, has improved like iron deficiencies, yeast overgrowth, inflammation markers, uric acid build-up, toxins & carcinogen load plus more.

If you have any of these inflammatory markers or disorders, we will give you a step-by-step guide and guidelines to remove the toxins, and to regain healthy tissue.

At **ReNew Life Wellness Center**, we are committed to providing you with top-notch service, as well as information so you can make your own health choices. We understand that everyone is different and will customize a plan just for you. Contact us today at 813.871.3200.

*Suzanne has been practicing massage and colon hydrotherapy in the Tampa Bay area for nearly 30 years. In the 1990's, Suzanne and Brenda Watson, her mentor, founded ReNew Life Wellness based upon Health begins from the Colon.*

*Suzanne's health challenges led her to colon hydrotherapy where it changed her life and career path. She discovered the importance gut health and its relationship to the rest of your overall health. If your colon is not functioning or clean, your health will be compromised. After all, you are in living your body 24/7 and it's the plumbing of your body.*

*Suzanne has a Masters degree in education and uses her knowledge and experience teaching colon therapy internationally and nationally. She has been a member of I-ACT and GPACT and a certified instructor. She has been teaching for 25 years. She served on the board of I-Act for 8 years.*

*Her experience is quite extensive. She works with holistic and traditional doctors. Suzanne was the first colon therapist in the gastroenterologist office, where she performed preps for colonoscopies and fecal transplants. She works with people of all ages.*

*Suzanne incorporates various modalities during her colon hydrotherapy sessions. Some of those modalities would include reflexology, acupuncture, aromatherapy, the various types of massage therapy and much more.*

*Suzanne's intention is to educate and empower her clients so that they can make intelligent decisions about their health. Suzanne recently studied with Dr. Darrell Wolfe and incorporates Wolfe Deep Tissue Technique.*



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**813.871.3200 OR 813.948.1006**  
**renewlifewellness.com**



# Genetic Testing: Is Medical Marijuana is Right for You?

**I**n recent years there has been a growing trend in the medical field that pinpoints exactly how your body metabolizes medications and if there are any possible adverse reactions to a drug. We now have tests that can even determine the efficacy of a drug and dosages based on your genetic makeup. These tests are known as pharmacogenomics (PGx for short), and with just a small blood or saliva sample, your perfect prescription is achieved. PGx is a DNA test, done via buccal swab, to determine how a patient metabolizes medications within various specialties. It addresses dosage guidance, interactions, and overall clinical guidance for precision medicine.

Our bodies have thousands of genes that are responsible for a multitude of specific DNA factors, genetic testing has proven to be highly effective for medications effectiveness. The good news is, that with all of the cutting edge advantages there are now genetic tests to safeguard medical marijuana's efficacy.

### The Advantages of Medical Marijuana

Our brain and nerve cells have cannabinoid receptors and our bodies naturally react to CBD and THC by merging directly with our cells. Our natural endocannabinoid system works synergistically with both CBD and THC, creating a multitude of beneficial reactions in the body, including unique healing abilities.

There are different levels of medical marijuana, some with higher THC, some with very low THC depending on the disease being treated. In Florida, medical marijuana is highly controlled and operates very efficiently under vigorous guidelines.

### Florida Marijuana Law's Qualifying Conditions

#### Include:

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition

### Patients can be considered for alternative disorders

- Anxiety
- Addison's Disease
- Fibromyalgia
- Migraines
- Radiculopathy
- Rheumatoid Arthritis
- Peripheral Neuropathy
- Depression
- Ulcerative Colitis
- Lyme Disease
- Osteoarthritis]
- Diabetes

You must visit a Physician that is licensed to recommend medical marijuana. To legally purchase and consume medical marijuana in Florida, a patient must have one of the specific qualifying medical conditions regulated by the government, or have a medical condition that is deemed as appropriate.

**866-417-2002**

[www.omnimedicalfl.com](http://www.omnimedicalfl.com)

To find out more, please call 866-417-2002, or visit their website at [OmniMedicalFL.com](http://OmniMedicalFL.com).

It's crucial for patients to seek out a highly qualified physician. The physicians at Omni Medical Services have spent a considerable amount of time researching and learning the ins and outs of using medical marijuana to treat disease states. Having the right doctor will make the difference as to whether or not your condition gets approved if it's not already on the list.

### Omni Offers Medical Marijuana Genetic Testing

Always on the forefront of the industry, now, Omni Medical Services is proud to offer their patients advanced genetic testing through CannaGX. Are you taking prescription medications and want to know about your alternatives? Omni can help facilitate your options and provide the genetic reassurance through your bodies specific metabolic factors. Breaking free from opioids, sleeping pills, and antianxiety medications are what many patients need. With Omni, you can rest assured that you are in the best hands.

Omni Medical Services is a premier provider of Medical Marijuana certifications in Florida. When you choose to receive your care through one of their clinics, you'll receive treatment from a highly trained, compassionate doctor that specializes in providing safe, affordable, and reliable access to those seeking a medical marijuana certification. Omni's goal is to be the standard of care for their patients. They maintain an active role in the management of medical staff provided to each of their clients. With licensed doctors, caregivers and administrative assistants that are knowledgeable and well versed in all Florida medical marijuana laws, they are ready to help you through the protocol and get you on your way to being approved and able to use medical marijuana and CBD legally.



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\*Medical documentation is required for an evaluation.

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Tampa

**August 18th | 11am - 2pm**

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# Keeping Youth Athletes Safe in the **SUMMER HEAT**

**B**ack to school brings lots of sports practices right in the middle of the hottest part of the day. It's important for coaches, athletes and parents to be aware of how to prevent heat-related illness. To prevent heat illness (i.e. heat cramps, heat exhaustion, or heat stroke) or even heat stroke deaths during summer sports practices, consider the following important tips:

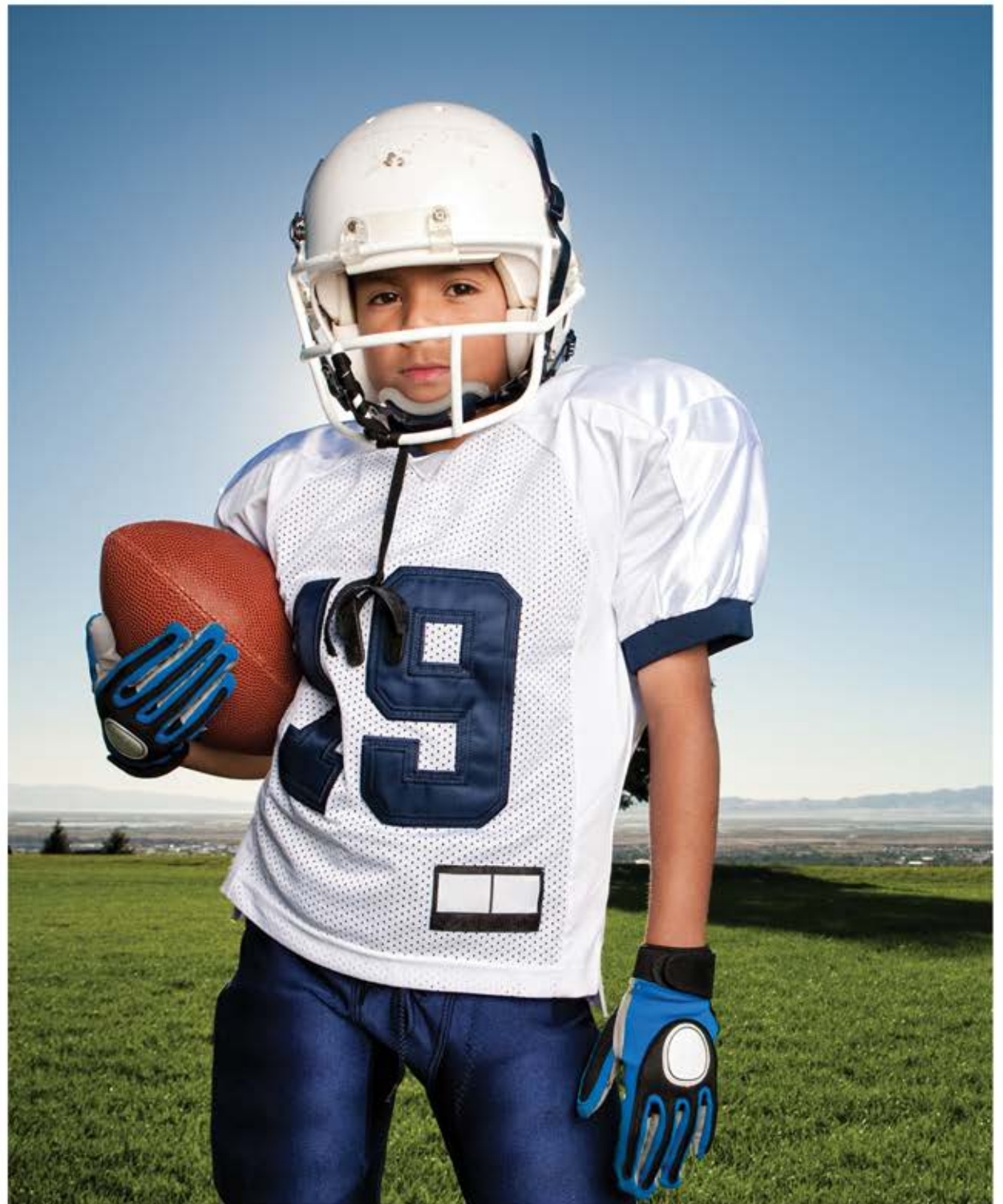
**1. Know the physical conditioning of the athlete:**

You should be aware of each athlete's physical condition prior to the start of practices. While some athletes may be in condition, others may not have exercised at all during the summer. This is an important factor when determining the intensity level of physical activity for athletes, especially in the heat.

**2. Acclimate to the heat:** Gradually introduce young athletes to the heat to prevent dehydration. Slowly increase the intensity, length of workouts and equipment used over the first 10 to 14 days. This helps train their bodies to drink more, increase blood volume, and sweat more. Sweating helps release heat from the body.

**3. Set proper practices times and duration:** Practices should be increased gradually to a maximum of three hours long (this is total length of practice, including warm-up and cool down periods), and should be conducted during cooler hours of the day. Avoid practice sessions during the hottest time of the day. Schedule the hardest workouts for early morning or late afternoon/evening.

**4. Wear proper clothing:** Lightweight, light-colored clothing is best. Ventilated shorts and t-shirts let heat dissipate. For sports that use heavy equipment and pads, let young athletes practice in lighter clothes for a week to acclimate their bodies. Then progress to full equipment.







**5. Provide frequent fluid breaks:** One of the keys to preventing dehydration, heat exhaustion and heat strokes is to provide players cool down and fluid breaks in a shaded area at least every 20-30 minute, or more frequently, depending on heat and humidity.

**6. Know the weather conditions, and plan accordingly:** Provide shade and ice water bath. If the field has no shaded areas, put up a tent so players have a place to get out of the sun during their water breaks.

**7. Monitor athletes closely:** Watch athletes before, during, and after practice for any signs of dehydration or other problems.

**8. Rehydrate:** After all practices be sure to replace fluids lost.

**9. Have an Emergency Action Plan:** All staff should be trained on the signs and symptoms of heat illness and what to do during an emergency.

Source: [sportsafetyinternational.org](http://sportsafetyinternational.org)

## HEAT-RELATED ILLNESSES

### WHAT TO LOOK FOR

### WHAT TO DO

#### HEAT STROKE

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• High body temperature (103°F or higher)</li> <li>• Hot, red, dry, or damp skin</li> <li>• Fast, strong pulse</li> <li>• Headache</li> <li>• Dizziness</li> <li>• Nausea</li> <li>• Confusion</li> <li>• Losing consciousness (passing out)</li> </ul> | <ul style="list-style-type: none"> <li>• Call 911 right away-heat stroke is a medical emergency</li> <li>• Move the person to a cooler place</li> <li>• Help lower the person's temperature with cool cloths or a cool bath</li> <li>• Do not give the person anything to drink</li> </ul> |
|--|--|

#### HEAT EXHAUSTION

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Cold, pale, and clammy skin</li> <li>• Fast, weak pulse</li> <li>• Nausea or vomiting</li> <li>• Muscle cramps</li> <li>• Tiredness or weakness</li> <li>• Dizziness</li> <li>• Headache</li> <li>• Fainting (passing out)</li> </ul> | <ul style="list-style-type: none"> <li>• Move to a cool place</li> <li>• Loosen your clothes</li> <li>• Put cool, wet cloths on your body or take a cool bath</li> <li>• Sip water</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>• You are throwing up</li> <li>• Your symptoms get worse</li> <li>• Your symptoms last longer than 1 hour</li> </ul> |
|--|---|

#### HEAT CRAMPS

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Heavy sweating during intense exercise</li> <li>• Muscle pain or spasms</li> </ul> | <ul style="list-style-type: none"> <li>• Stop physical activity and move to a cool place</li> <li>• Drink water or a sports drink</li> <li>• Wait for cramps to go away before you do any more physical activity</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>• Cramps last longer than 1 hour</li> <li>• You're on a low-sodium diet</li> <li>• You have heart problems</li> </ul> |
|---|--|

#### SUNBURN

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Painful, red, and warm skin</li> <li>• Blisters on the skin</li> </ul> | <ul style="list-style-type: none"> <li>• Stay out of the sun until your sunburn heals</li> <li>• Put cool cloths on sunburned areas or take a cool bath</li> <li>• Put moisturizing lotion on sunburned areas</li> <li>• Do not break blisters</li> </ul> |
|---|---|

#### HEAT RASH

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li> </ul> | <ul style="list-style-type: none"> <li>• Stay in a cool, dry place</li> <li>• Keep the rash dry</li> <li>• Use powder (like baby powder) to soothe the rash</li> </ul> |
|--|--|







# IS A TRUST RIGHT FOR ME?



Zachary Grimland, Esq.

**F**or the most part, a trust, whether operable during life or after death is generally used to give its creator the ability to control the flow of a person's property to beneficiaries following death while attempting to minimize if not avoid estate taxes. In today's world, it might not make sense to have a trust instrument because of the \$5.0 million applicable exclusion (increased for inflation) for a single person or \$10.0 million for a married couple.

With the increase in the Federal Estate Tax exclusion, a trust instrument (like a Last Will and Testament) can provide assurance that a person's assets actually flow to the beneficiaries of their choice and in manner to protect a beneficiary from themselves. However, with every benefit that comes with a trust, there are also issues that need to be addressed that often times are forgotten. This article will cover why you might consider a trust instrument as well those situations where it might not make sense. The major issue covered by this article is controlling where assets go after a person's death and any tax implications that may need considering.

Assume that we are dealing with a married couple (Spouse1 and Spouse2). This is the second marriage for Spouse1 and Spouse2 and both spouses have children from former marriages. Let's also assume that the combined assets of the marriage are approximately \$500,000.00 excluding the value of the couples Florida homestead property. Both spouses want to be sure that their children by birth are each afforded a portion of their estate following Spouse1 and Spouse2's death. Because the marriage is in excess of 10 years, the assets have long since been co-mingled. Spouse1 is now terminally ill and wants to know how he or she can provide for his or her children regardless of Spouse2's needs.

A simple solution is to separate some of the couples' assets into accounts in the name of Spouse1 and his or her children's names with right of survivorship or pay on death. But this is fraught with possible consequences such as the account being exposed to the creditors of Spouse1 and his or her children as well as the possible withdrawal





by one of Spouse1's children without the knowledge of the others. Moreover, at Spouse1's death, Spouse2 may need those funds for his or her medical needs which won't be available if Spouse1's children withdraw the funds and divide it among themselves. Lastly, Spouse1's estate may be exposed to gift tax issues (although this is unlikely given the size of the estate in this example and today's current federal gift tax laws).

The other possible solution is to create a trust (either in Spouse1's Last Will and Testament or outright via a Revocable Trust). If Spouse1 (the ill spouse) re-titles a portion of the married couples joint assets into Spouse1's trust, those assets are possibly exposed to his or her creditors in the event of a catastrophic event not covered by insurance. The trust assets exposed to creditors will largely depend upon the type of asset re-titled in the name of Spouse1's trust.

Spouse1's trust could contain provisions that fund a separate trust ("Credit Shelter Trust" or "Marital Trust") which can provide income to Spouse2 for his or her life. At Spouse2's death, the remaining principal from the Credit Shelter Trust can be paid out to Spouse1's children. Should there be a need for additional funding to assist Spouse2 during his or her remaining life (e.g. health needs), the Trustee could provide those funds from remaining assets that Spouse1's children would eventually receive. Given the size of Spouse1's estate in this example no Federal or Florida estate tax would be due under the current laws. So far everything seems to be great.

But, suppose Spouse2 lives another 10 years and the value of assets that make up the Credit Shelter Trust grow 10 fold (from \$250,000.00 to \$2.5 million). Because the Credit Shelter Trust asset

had a basis increase at the death of Spouse1 to \$250,000.00, and such estate assets were not transferred outright to Spouse2, the children of Spouse1 will not get an additional step-up in basis when Spouse2 dies. When Spouse1's children eventually get the remaining principal balance from the Credit Shelter Trust, they will ultimately be responsible for the capital gain increase from \$250,000.00 to \$2.5 million upon the sale of those assets. Obviously not what was desired.

As an alternative, Spouse1's assets could be moved to a By-Pass Trust upon his or her death with an independent Trustee taking control of the distributions. Income generated by the By-Pass Trust along with principal could be paid out to Spouse2 at the discretion of the Trustee. At the death of Spouse2, the remaining assets placed in the By-Pass Trust will receive a step-up in basis when paid out to Spouse1's children. The only downside here is that the assets placed into Spouse2's By-Pass Trust will be included in his or her gross estate for purposes of Federal Estate Tax calculation. Given the size of this estate example and the current laws in effect, no estate tax would be triggered.

Other considerations should be taken into account when deciding the type of testamentary documents that are best for you. One of those considerations is the overall expense of purchasing a Last Will and Testament versus that of a Trust. In the author's opinion, if you have an estate where the gross assets are less than \$300,000.00, a trust instrument may not make sense, unless you want to be certain that your children (from a previous marriage) receive something following your death and you are willing to risk having your assets exposed to creditors while you and your spouse are living.

No doubt deciding whether a trust is right for you is not a simple exercise and your best option is to visit the attorney of your choice to discuss what you and your spouse want to accomplish upon death. Your attorney can discuss with you the changing estate laws and try to design a plan that will fit your desires and yet be flexible enough to remain valid in the event Congress changes the current I.R.S. income and estate laws. It could be the best investment of time you make.

Before joining Grimland Law, PLLC, Mr. Grimland practiced complex commercial and intellectual property litigation at an Am Law 200 law firm in Tampa. Mr. Grimland also held staff attorney positions in the Thirteenth Judicial Circuit Court of Florida, including for the Honorable Herbert Baumann, Jr. (Complex Business Litigation, General Civil, Division L); Honorable James M. Barton, II (General Civil, Division C and General Civil, Tobacco Division Y); Honorable Charles E. "Ed" Bergmann (General Civil, Division F); Honorable Sam D. Pendino (General Civil, Division A); Honorable James D. Arnold (General Civil, Division J); and Honorable Richard A. Neilsen (General Civil, Complex Business Litigation Division). From 2011 to 2013, Mr. Grimland served as an assistant to the co-chairs of the Thirteenth Judicial Circuit Professional Committee.

Mr. Grimland received his Bachelor of Arts from the University of Central Florida and his Juris Doctor, with honors, from Stetson University College of Law.

His firm practices law in the following areas: Business Law, Intellectual Property, Real Estate Law and Civil Litigation.

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# FOUR STRESS-BUSTERS FOR HOME SELLERS

**S**elling your home is an exciting endeavor and an important milestone in your life—not to mention potentially lucrative! However, it can also be stressful and nerve-wracking. Worrying over the sale of your home is natural and expected, but it doesn't have to get out of control. Here are some quick, easy ways you can maintain optimum mental health while dealing with negotiations, inspections, and appraisals.

## 1: Meditation

The practice of meditation can seem mystifying and arcane, but it's actually deceptively simple—and its cognitive benefits have been well known for centuries. All you need is a quiet space and a few minutes to yourself. Sit with your legs crossed, and focus on your breathing. Breathe into your diaphragm through your nose slowly and evenly for five to ten minutes to clear your mind, reduce feelings of anxiety, and get back at it refreshed.

## 2: Gentle Exercise and Cardio

Get rid of that excess nervous energy by engaging in some gentle, low-impact exercise. Even light exercise releases endorphins that make your brain happy and helps your body better adapt to stress. Exercising in a natural setting is even better, since outdoor vistas tend to create a meditative state of mind called involuntary attention in which our minds can wander but our senses are engaged in the present moment. When you're stressed, try some light yoga or go for a walk at your favorite spot.

## 3: Visualization

A similar practice to meditation, visualization is known to elicit relaxation response in the body and mind. It's also very simple: make yourself comfortable in a quiet place, then imagine yourself relaxing in a peaceful scene of your choice. You can also focus on positive, goal-focused imagery like selling your home, or picturing yourself in your dream home.



**Anything less is second best!**

## 4: Potassium Consumption

Stressing out with no time to take a meditation or yoga break? Grab a banana. Bananas (as well as sweet potatoes, yogurt, and winter squash) are rich in potassium, a nutrient that helps your body regulate blood pressure and recover more quickly from stress. Incorporate potassium-containing foods in your meals throughout the selling process to help your body and mind cope.

Selling your home should be an exciting, happy time for you and your family. Keep your selling stress low by hiring a Showcase team member to make sure you get exactly what you want from the sale of your home. Let us deal with the hard stuff so you don't have to!

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Inventory is low, and buyers are combing the greater Tampa Bay Area for homes. Take advantage of the seller's market and get a head-start in the selling process with a free home evaluation! Contact me at 813-435-5411 to learn more about how your home will perform in today's market.



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### Joe LoCicero - Chief Executive Officer

Joe has been in marketing and sales since he graduated with a bachelor's degree in Business Management from the University of South Florida. He has successfully owned and managed several different business entities including; Owner/Branch manager of a mortgage company, Vice President of Negotiations for a successful law firm which specialized in short sale negotiations, and an Agency Manager for a top producing Allstate Agency. He brings a wealth of knowledge to the real estate industry from his previous business ventures.

Joe takes a very innovative approach when marketing a property and embraces technology. He realizes that every situation is different and will customize his marketing plan to meet his client's unique needs.



# Hydrating Your Soul

By Ross Johnson, Lead Pastor, Gathering Pointe Church

It was sometime during the summer of 2001. We had just moved our family from LaCrosse, WI where I served as a youth pastor for almost five years to Sellersville, PA to begin my Master of Divinity degree at Calvary Baptist Theological Seminary. I had about a month and a half of free time before my new job and classes started, so we decided to travel back to my home town of Council Bluffs, Iowa to see my parents. At that time, my father was running his small general contracting business and had several roofs to finish before the winter months began. So we went back to help him finish those roofs and make some extra money.

I had just turned 29 in June; obviously much younger than I am now...and in considerable better shape and condition (the last seventeen years haven't been kind!). Years before, I had worked with my dad for a few years roofing so I knew what I was getting into. If you have ever done that line of work, you know it is not the easiest job in the world and while I was in pretty good shape, I wasn't in "roofing" shape.

If my memory serves me correct, were finishing up our fourth roof in three and half weeks of work. It was getting later in the day, it was hot and humid with little to no breeze and I just wasn't feeling well. I told my dad that I wasn't feeling well and thought it might be a good idea for me to get off the roof for a while. Little did I know that when I climbed down off the ladder that day, I would no longer be able to help him finish; not just that roof, but the remaining roofs he had left.

The next thing I remember, my wife was helping me get out of my truck in front of my sister's house. I don't remember driving home and I had blacked out in the street with the truck still running. I have only two more memories of that day. I remember my brother in law helping me into a cold shower to help cool my core temperature and then I remember waking up in the hospital with all kinds of tubes, IV's plugged into me and ice packs placed all over my body. I was told that when I arrived at the hospital that my core body temp had reached closed to 107 degrees. I had suffered a severe exertional heat stroke due to strenuous activity in hot weather and dehydration. It was not a good situation and quite honestly, I was pretty scared.



Since that day, I have taken the topic of hydration much more serious. Dehydration is a serious issue that can creep up on you extremely quick and have life altering ramifications. The Mayo Clinic's website informs us that one of the causes of heat stroke is dehydration and can cause your brain or other vital organs to swell, possibly resulting in permanent damage and without prompt and adequate treatment, can lead to death.

As dangerous as physical dehydration can be...I want to close out our time in this article to discuss another type of dehydration – that of spiritual dehydration.

During the summer months it is quite natural for families to take time for travel and family vacations. It is part of life...one that we all look forward to. But as a pastor, I fear many of us take a spiritual vacation as well. It is easy in the midst of our traveling and time away to rehydrate our physical lives to neglect our spiritual lives and become spiritually dehydrated. We miss church. We miss community. We miss those quite moments in our Bible reading and prayer.

In Psalm 42:1-2, the Psalmist writes, "As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God." The Psalmist had a deep desire to have his spiritual thirst quenched by the things of God. He was in a rough spot in this period of his life and he knew it would be easy to become spiritually dehydrated and so he sought out the life giving streams that flow from the presence of God.

During the remaining weeks of summer be sure to stay hydrated; hydrate your body and hydrate your soul. Drink plenty of water. But perhaps more important, stay connected to our Heavenly Father and drink in His presence and blessings.



Gathering Pointe Church  
Meets Sundays at Imagine School  
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Land O Lakes, FL 34638

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