

CENTRAL FLORIDA'S

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MAGAZINE

June 2019

Polk/Brandon Edition – Monthly

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**CHECK WITH YOUR DOCTOR  
ABOUT YOUR NEED FOR  
A COLONOSCOPY**

**“DON'T JUST SPEND,  
INVEST IN SKIN CARE”**

**THE STRAWBERRY  
INCH-LOSS LASER:  
YOUR ANSWER TO  
LOSING INCHES**

**PREVENTION AND TREATMENT  
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**FINDING PAIN RELIEF,  
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## PAIN MEDICINE INCORPORATED

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walk out  
as a friend.



### Common Pain Issues treated

- Low Back Pain & Sciatica
- Neck And Shoulder Pain
- Headache
- Peripheral Laminectomy Syndrome
- Disc Herniation
- Myofascial Pain Syndrome
- Cancer Pain
- Complex Regional Pain Syndrome(RSD)
- Shingles & Post-Herpetic Neuralgia
- Work-Related Injuries
- Poor Blood Flow Related Pain
- Spinal Stenosis
- Stroke Related Pain
- Neuralgia
- Arm And Leg Pain

### Pain Treatments Offered

- Epidural Injections
- Facet Injections
- Nerve Sleeve Injections
- Discograms
- Percutaneous Disc Decompression
- Spinal Cord Stimulation
- Radio Frequency Neuroablation
- Pharmacological Evaluation & Therapy
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# Check With Your Doctor About Your Need for a Colonoscopy

## The Screening Age Has Been Lowered for Those At Risk

**G**etting a colonoscopy was something you usually didn't have to worry about until you turned 50, but the American Cancer Society has altered their recommendation for a first-time colon cancer screening to age 45 for those at risk of cancer.

The change was directly tied to the rising number of younger adults being diagnosed with colorectal cancers – including many with no family history of the disease. Colon cancer is the third most common form of cancer in the United States.

“There is the potential for false perceptions regarding the changing data on colon cancer,” said Shiva Seetahal, M.D., a bariatric and general surgeon with Heart of Florida Physician Group. “While mortality rates from colon cancer have been declining over the past 30 years, the number of new diagnoses is actually increasing. This is both good news and bad news – we are doing a better job of screening for and removing polyps before they become cancerous, while lifestyle and diet choices are driving up the risk and incidence of these cancers in general.”

While it is one of the most common forms of cancer, colon cancer is also highly preventable and treatable. Healthy diet and lifestyle choices, combined with proactive screening and prompt removal of any polyps, can dramatically reduce your risk of contracting this disease. Also, never ignore changes of any kind in your bowel habits – be prepared to share details with your physician, including frequency, consistency and any type of discomfort or dysfunction.

The new guidance includes very specific precautions for those at increased risk of colon cancer. For these patients, the physician may advise initial screening before age 45, being screened more often, and/or using specific screening methods to ensure polyps are found and removed early, before they can become cancerous.



*Dr. Shiva Seetahal, M.D.*

#### These risk factors include:

- A personal or family history of colorectal cancer, or of certain types of polyps
- A personal history of ulcerative colitis or Crohn's disease
- A history of radiation in the abdomen or pelvis, in treatment of previous cancer(s)
- A genetic and hereditary colorectal cancer syndrome, such as familial adenomatous polyposis (FAP) or Lynch syndrome

#### A SIMPLE PROCEDURE

A colonoscopy is performed using a long, thin, flexible tube, which is inserted through the rectum into the lower digestive tract, while the patient is sedated or asleep. The tube is equipped with a light and a tiny camera that transmits images of the patient's intestinal lining to a computer screen located at the bedside. This enhanced view allows the doctor to see inflamed tissue and any abnormal growths.

"The procedure is generally painless as the patient is given sedatives before the procedure," Dr. Seetahal said.

If polyps (growths) are found during the exam, they are quickly and painlessly removed at that time, and later tested in a laboratory for signs of cancer. Polyps are common in adults, and usually harmless. However, most colorectal cancer begins as a polyp, so removing polyps early is an effective prevention method. Your doctor can also take samples from abnormal-looking tissues – a biopsy – during the colonoscopy, so that any suspicious areas can be examined for signs of disease and treated, if necessary.

"The actual procedure does not take that long, generally about 15 minutes or so, depending on if any polyps are found," Dr. Seetahal said. "Once the procedure is completed, the patient goes to recovery and then will be released to go home. It is an outpatient procedure."

Because of the sedation, a patient will need to have someone with them to take them home, Dr. Seetahal said.

Your doctor can provide guidance about the right time to begin and the frequency of testing, but industry guidelines suggest that a repeat screening be conducted every 10 years for adults with normal risk.



#### RISK FACTORS

Your risk level for colon cancer varies according to your age, gender and ethnic background, as well as your overall health and lifestyle. **Factors that affect your risk level include:**

- Advancing age (over age 45)
- Male gender
- African American ethnic status
- A family or personal history of polyps (growths inside the rectum or colon), or colorectal cancer
- A high-fat diet
- Certain digestive diseases, diabetes, Crohn's disease, ulcerative colitis

Depending on your age, a colonoscopy screening may be a covered "wellness" test under your insurance plan – and most plans cover a colonoscopy completely as a follow-up test or diagnostic tool. Check with your insurance carrier to check your coverage for a colonoscopy.

Your primary care provider or gastroenterologist can write you an order for a colonoscopy. If you need help finding a primary care provider or gastroenterologist, please call **844-634-DOCS (3627)** or visit our web page at **HeartOfFloridaPhysicianGroup.com**.



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## Brandon Stem Cell Clinic

was created out of co-founder Leesa Polley and her family's pain. Leesa lived a very active lifestyle with her husband Chad and was extremely involved in her 7-year-old daughter's life and education. That all changed though more than two years ago when Leesa had an extreme flare up of Hashimoto's Disease. Her independence was taken from her when she began having severe joint pain, food sensitivities and worst of all – almost complete loss of energy. For over 18 months she was bedridden and could no longer perform even the simplest of tasks such as bathing herself, using the bathroom unassisted, or merely watching her daughter alone.

Following a chance discussion with a family friend, Leesa and her family made the decision to put their faith into stem cell therapy. She was shocked at the ease of the procedure, which utilized stem cells that were donated from umbilical cord blood from a live, healthy birth. Within five minutes of treatment and a Band-Aid later, she was on her way toward recovery. Within a matter of days she was able to leave her wheelchair for a walker. Today she happily walks around unassisted in her heels with a new lease on life!

**"I promised myself if I ever got the keys to my life back, I'd do everything in my power to help others heal too," says Leesa.**

Today, Brandon Stem Cell Clinic helps people heal from a wide array of diseases and injuries:

- Alternative to Joint Replacements:
- Knees, Hips, Shoulders, Wrists
- Rheumatoid Arthritis
- Rotator Cuff Tear
- Intramuscular Strains & Tears
- Lung Disease



Here is Leesa in 2017 having to use her walker.

### - Carpal Tunnel

Stem cells give rise to every cell and tissue in the body when a baby is conceived. These cells then remain within the body throughout a lifetime. Stem cells are the basic building blocks of human tissue and have the ability to repair, rebuild, and rejuvenate tissues in the body. When a disease or injury strikes, stem cells respond to specific signals and set about to facilitate the healing process by differentiating into specialized cells required for the body's repair. They release healing growth factors in response to a distress cell signal in an injured or pathologic area of the body.



Now here is Leesa in late 2018 walking in heels without a walker.

*Today she happily struts around unassisted in her heels with a new lease on life!*

The stem cells used by Brandon Stem Cell Clinic are taken from donated umbilical cord blood and go through a rigorous screening process before being used in treatments. For more information, and upcoming webinars & seminars near you visit their website at [www.BrandonStemCellClinic.com](http://www.BrandonStemCellClinic.com).



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# The Strawberry Inch-Loss Laser: **YOUR ANSWER TO LOSING INCHES**

## WHAT IS THE STRAWBERRY INCH-LOSS LASER?

The Strawberry Inch-Loss treatment is a non-invasive, painless way to reduce fat and inches. This amazing treatment was discovered by chance in England. Researchers were testing these low-level lasers for chronic pain. Surprisingly, they noticed that all of the participants in the study were losing inches wherever the belt was placed. Needless to say, they focused their research on how this device works to reduce inches.



### HOW DOES IT WORK?

The laser paddles are attached to a stretchy velcro belt and placed on the areas where you desire to slim down. The low-level lasers penetrate through the skin to reach the fat at a depth of 9-13mm, which is the same as a stack of 9-13 dimes. The lasers penetrate the fat cell wall resulting in tiny holes in the surface. This allows for the contents of the fat cell to leak out, which is water, glycerol and fatty acids. The lymphatic system mobilizes this fluid to the blood stream, then all of the products are broken down in the liver and excreted by the kidneys.



### DOES IT HURT?

This treatment is absolutely painless. The laser belt warms up during your treatment and feels like a heating pad. Most clients read or fall asleep during the treatment. It truly is comfortable.

### HOW SOON WILL I SEE RESULTS?

Results differ for each client. Most people see noticeable results after 3 or 4 sessions. Measurements and photos are taken, if desired, to track your progress. This treatment is not a solution, it is a tool to be added to a healthy lifestyle. Our clients who are already on their self-improvement journey love adding the strawberry to boost their results. The beauty of this treatment is that you can pick where you want to focus on...arms, bra fat, belly, thighs...your choice.



### IS IT PERMANENT?

Clients must realize that all methods of fat loss are affected by calorie intake and energy expenditure. Gastric bypass, lap bands, etc are all temporary unless you are practicing a healthy lifestyle. The results obtained by the strawberry are permanent so long as you maintain the results.

### HOW MUCH DOES IT COST?

Each session is \$200 or you can purchase a series of 8 for \$1400, which gives you one free treatment. During each treatment you can pick three areas to treat, yes.... three! So you can treat any combination of areas for one low price! Treatments are spaced at least 2 days apart, so you can have the treatment up to 3 times per week.

### WHY IS THIS BETTER THAN COOL SCULPTING?

The Strawberry Inch-Loss Laser treatment costs significantly less than Cool Sculpting. Another benefit of the Strawberry treatment is that you can treat 3 areas per treatment, rather than just one. Cool Sculpting can also be very uncomfortable, even painful during the treatment and even weeks after. The Strawberry treatment is so comfortable and relaxing, you will hardly believe that you can lose inches while relaxing or taking a nap!



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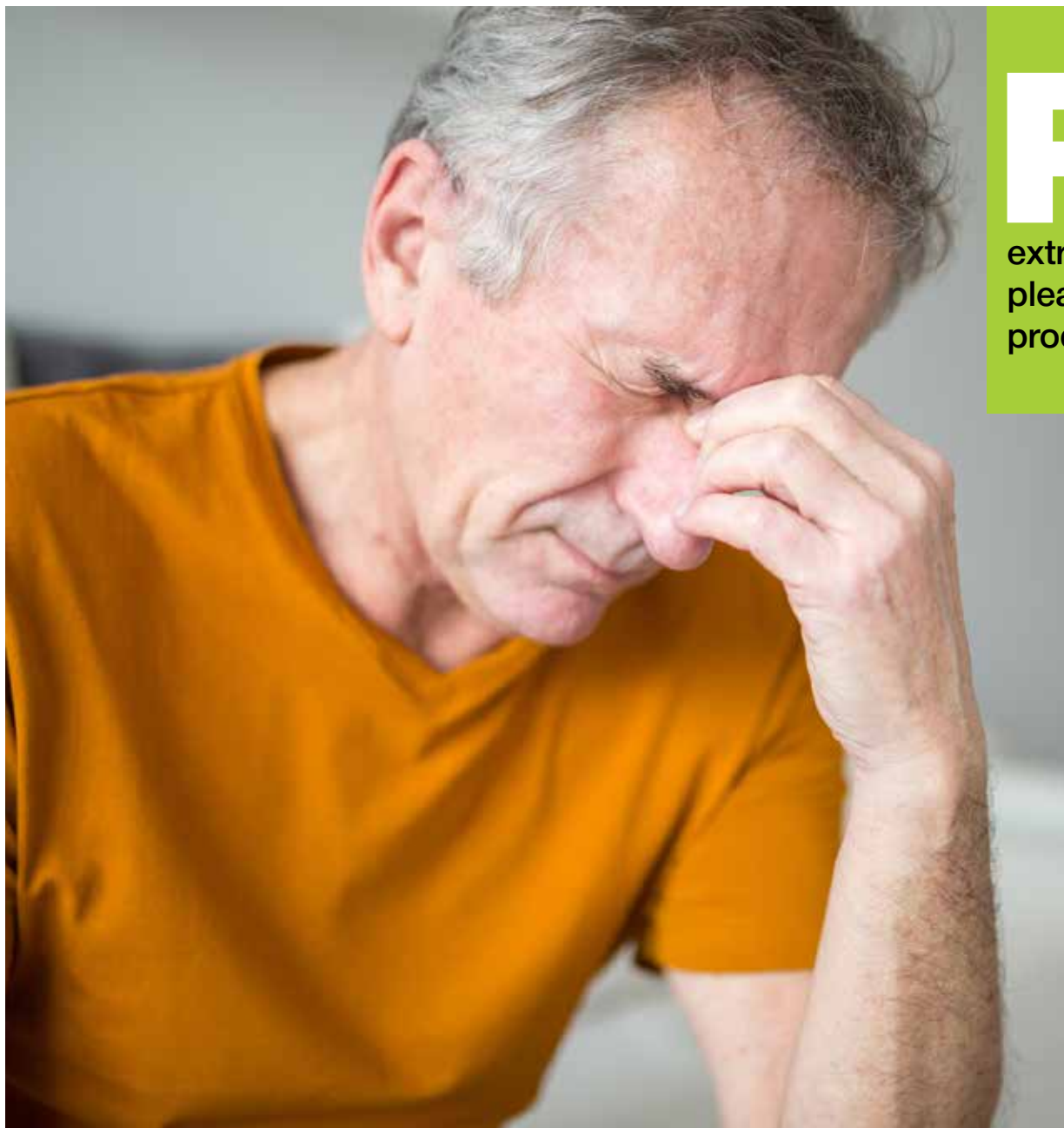
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# Pain Management and Relief

## Improving Quality of Life & Happiness



**P**ain is the first and foremost symptom of all ailments and it completely overwhelms life and makes basic daily living extremely difficult let alone pursuit of pleasure, quality family time or being productive at work

When pain becomes chronic, agonizing and debilitating it becomes a full day of work in itself. It steals, your pleasure, your family, your life and finally yourself from you. It can cause individuals to lose out on all the important events, on their morning, their evening, days, weeks, months and years of life.

The statistics are overwhelming. Three out of every ten Americans are suffering from chronic pain, thus millions of individuals suffer from chronic pain. Since pain and it's management is still an enigma and seeking relief from it a taboo, most individuals suffering from chronic pain fail to get diagnosed, managed, and relief. Physicians trained in the field of pain management are few and far between. The field is flooded with unskilled and inexperienced medical care individuals.

Dr. Khan, a local physician in practice in Lakeland for the last twenty-two years specializes in pain management and has established an expertise in diagnosing, managing, and relieving pain.



## Common Pain Issues diagnosed & treated

- Low Back Pain & Sciatica
- Neck And Shoulder Pain
- Headache
- Peripheral Laminectomy Syndrome
- Disc Herniation
- Myofascial Pain Syndrome
- Cancer Pain
- Complex Regional Pain Syndrome(RSD)
- Shingles & Post-Herpetic Neuralgia
- Work-Related Injuries
- Poor Blood Flow Related Pain
- Spinal Stenosis
- Stroke Related Pain
- Neuralgia
- Arm And Leg Pain

## Pain Treatments Offered

- Epidural Injections
- Facet Injections
- Nerve Sleeve Injections
- Discograms
- Percutaneous Disc Decompression
- Spinal Cord Stimulation
- Radio Frequency Neuroablation
- Pharmacological Evaluation & Therapy
- Neuropathic Pain Medications
- Opiate “Pain Killers” (selected patients)
- Anti-inflammatory drugs
- Intrathecal Pump



## About Dr. Khan



**Dr. Khan** is an Anesthesiologist specializing in pain management. He established his interventional practice in the Lakeland area in 1997.

Dr. Khan completed his surgical training at the Medical College of Ohio, Surgical & Anesthesiology at Stonybrook New York, Acute & Chronic Interventional Pain Management Fellowship at New York Medical College, and Critical Care Fellowship at USF.

He is Board Certified in Anesthesia, Critical Care, and Pain Management.

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# PREVENTION AND TREATMENT OF SHOULDER INJURIES IN WEIGHT TRAINING

By Anthony Pribila, PT, DSc, CMPT, CMP, CEAS



**T**he shoulder is the most mobile joint in the body and frequently prone to injury during weight training. Unfortunately, the shoulder's incredible mobility is sacrificed for stability, making injury a possibility. Shoulder injuries frequently result from sports that involve excessive sudden resistance and repetitive overhead motion, such as swimming, tennis, baseball, and weightlifting. With the rise in popularity of intense cross-fit style workouts, shoulder injuries are becoming more prevalent. Injuries can even occur during everyday activities such painting, cleaning, hanging curtains, and gardening.

## **WARNING SIGNS OF A SHOULDER INJURY**

If you start experiencing shoulder problems, answer these questions:

- Are you experiencing shoulder pain?
- Are you feeling shoulder stiffness? Is this limiting mobility?
- Does it feel like your shoulder could pop or slide out of the socket?
- Are you experiencing shoulder weakness causing limitations with daily activities?

If you answered "yes" to any one of these questions, you should consult your physician and physical therapist for an examination.





### NO PAIN ALL GAIN

When it comes to avoiding shoulder injuries in weight training, it's all about executing movement with proper biomechanics and not sacrificing form for weight. This can overstress the shoulder and result in rupture of ligaments, tendons, labral tears and injury to the shoulder capsule.

Although rotator cuff injuries can happen with any exercise, they most commonly occur during dips, a clean and press, bench pressing and overhead (military) pressing. Not that you should completely omit these lifts, but just make sure your form is on target, such as keeping your elbows at an angle in front of your body instead of directly out to the sides when you're pressing. Going too wide will allow you to press more weight but add additional stress to your rotator cuff. The common report I often hear is how the individual lost control during an exercise due to fatigue resulting in sacrificed form causing compensation and stress to the rotator cuff causing a tear. We also recommend our client's avoid behind the neck pressing and lat pulldowns due to stress on the A/C (acromioclavicular) joint. Close grip upright rows and side laterals with a thumbs down position are other exercises that can lead to a sudden or gradual injury. We often recommend client's focus more on dumbbell work and even try a neutral grip with any overhead pressing motion.

### DETERMINING DYSFUNCTION

A sports medicine doctor or physical therapist is your best bet for evaluation of shoulder issues once they occur. When looking to prevent shoulder injuries a physical therapist skilled in sport medicine

and movement screening should be your first choice. A functional movement screen (FMS) or selective functional movement assessment (SFMA) is a great examination for those looking to minimize potential injury, recover faster and prevent re-injury. Movement screenings are a comprehensive break down of the movement dysfunction which can be treated accordingly. At Therapeutic Rehab Specialists we often perform these screenings on adults and children participating in sports pre-season and even recommend a 1-2x a year check up for injury prevention.

A full examination consists of evaluating range of motion, strength, posture, palpation of tissue for pain and trigger points, biomechanics, spinal function, neurological screening and special testing for tissue compromise. During examination it is crucial to evaluate the scapulothoracic region for proper mechanics. After all, this joint is responsible for up to 1/3 of overhead arm elevation. The scapulothoracic joint is not a true anatomic joint but an area composed of the acromioclavicular and sternoclavicular joint articulations. In countless patients with shoulder injuries we often find neuromuscular or joint dysfunction related to movement of the scapulothoracic joint and/or dysfunction of the thoracic spine, rib (costo-sternal, costovertebral) and A/C and S/C joints.

### A PLAN OF ACTION

While weightlifters often train the large muscle groups such as the deltoids, pecs, upper traps and lats, they often overlook smaller support muscles such as internal/external rotator cuff muscles, mid and lower traps, rhomboids, levator

scapula, serratus anterior and pec minor. While it is best to rest after an injury to decrease acute inflammation and pain, the next step is to regain range of motion and joint mobility and then start strengthening weakened areas. This can be done through minimizing painful exercises and making modifications to an exercise routine through altering positioning, decreasing weight on exercises and even changing to static contraction exercises while recovering.

A skilled physical therapist will evaluate your shoulder, free up stiff joints, improve mobility, improve your strength and modify your exercise program and bring back neuromuscular balance into your life. Therapeutic Rehab Specialist's therapists are certified in movement screening and manual therapy. Call us today at (813) 876-8771 whether you already sustained a shoulder injury requiring physical therapy care or are looking to prevent injury by completing a physical performance evaluation.



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I'm going to be bold and bet you my lunch money that you have heard numerous times in your life that the skin is a VERY important organ regarding health, wellbeing and beauty. If you haven't, welcome to planet earth! My point is, considering that the skin care industry represents a \$532 billion global market (Zion Market Research on Cosmetic Industry 2017), it's not a wonder that you get all kinds of skin care advertising on a daily basis.

It is not by accident that the skin care industry is such a profitable business, because it's true that the skin is a vital organ in matters of health and beauty. Your skin:

1. Regulates body temperature.
2. Prevents loss of essential body fluids, and penetration of toxic substances.
3. Protects the body from harmful effects of the sun and radiation.
4. Excretes toxic substances with sweat.
5. Is the prime sensory organ for touch, heat, cold, socio-sexual and emotional sensations.



*Deep cleansing and hydrating facial results.  
It is all about using the right skin care products  
and protocols*



*Dermaplaning facial results*





*Following the right skin care routine at home and reinforcing it is not an expense, but an investment in yourself*



*Skin care isn't a feminine matter. Males can benefit and enjoy from skin care at home and also from professional treatments*



*These are the right amounts of skin care products needed on a daily or weekly basis*

When it comes to skin and beauty, “beauty is skin deep” summarizes it pretty well. I have yet to find a single research study about beauty that doesn't list a healthy/flawless skin complexion as one of the major factors in the perception of beauty, many times even above facial symmetry.

Despite the general agreement about the importance and advantages of a healthy skin, there is an increased prevalence of skin illnesses and conditions due to factors like poor dietary choices, overexposure to some environmental agents and sun, unhealthy habits and lack of skin care routines. Yet regardless of the unlimited offer of skin care products, most people don't have a skin care regime at home. This lack may have a very simple explanation: there are so many skin products and treatments on the market, that most people feel overwhelmed and confused about what are the best choices. The commercial skin care marketing usually gives us the impression that a good skin care routine requires using dozens of products every day, almost like a full-time occupation. It gets worse when people invest considerable amounts of money purchasing over-the-counter skin-care lines that don't necessarily achieve their promised results, and sometimes trigger bad skin reactions. This leads the consumer to conclude that the skin care products are just a waste of money.

I'm not going to say you don't need to invest time, effort and resources for healthy and beautiful skin, or that you cannot make compromises. What I will tell you is that taking care of your skin is not as expensive, complex or laborious as it might seem. In fact it can, and should, be a very pleasant and relaxing experience that you can easily incorporate in your daily grooming routine and hygiene habits.

The essential structure of a good skin care regime implies cleansing, moisturizing and protecting the skin from sun damage. This means the daily use of small amounts of a few products, and it won't take more than 5-10 minutes every morning and night. Adding the practice of exfoliating and deep moisturizing amplifies the good results with a minimum of additional time invested. Exfoliating is something that only needs to be done 1-2 times per week. The use of masks and serums can also be done on a weekly basis, or every other night if you really want to pamper your skin.

The main thing to keep in mind is that the key to all skin care at home, besides discipline, is having the right products that are specifically designed for your skin type and condition. When purchasing clothes you don't just go to the store and grab the first garment that looks ok without considering size, material, color, right? Nor does it make sense either to use just any skin care product because its flashy advertising is everywhere, it works for a relative, a friend sells it, is on sale, etc.

The truth is, when you use the correct products, in the correct amounts, and the right order, you can truly achieve healthy and attractive skin. A well trained and experienced esthetician can easily determine what your skin needs, and the best skin care products and home routine for your skin. Then it's very important that you religiously stick to them. Your esthetician can also advise you about professional treatments that can jump start your skincare routine, or help you to take care of a particular condition. Keep in mind that professional skin care is generally affordable nowadays and is going to make it easier and faster to achieve your skin goals. It's also a very pleasant, relaxing and pampering experience. I am always happy to see my clients leaving my table with a smile and looking

so rested, relaxed and refreshed. And I am always surprised to find so many people who'd rather to spend crazy amounts of money on makeup than investing in skincare. Don't take me wrong, I love makeup as much as the next person, but I firmly believe that it should be used for enhancing your features rather than for concealing a damaged skin.

**One final question:** which do you think is less expensive and more pleasant, following a good skin care routine? Or paying for skin damage correcting treatments, or skin illness treatments?



I am a Colombian native, happy wife, and a proud mom. Former psychologist & educator. Currently a practicing Esthetician & PMU artist. I just love my new life and career in the USA providing Permanent Cosmetics and Skin Care Services!



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# Healthy Diets Support HEALTHY HEARING

By Kevin T Barlow, AuD

**T**reatment for hearing loss comes in many forms, including the well-known use of hearing aids. Now a wealth of information from recent studies has suggested that adding specific vitamins, minerals, and nutrients to patients' diets may head off the need for such devices later in life. Folic acid, a water-soluble B vitamin that aids in DNA synthesis and formation of healthy red blood cells, is one such vitamin that may also play an important role in preserving hearing health later in life.





According to a 2007 study published in the Annals of Internal Medicine, folic acid supplementation may slow age-related hearing loss in older adults. Scientists from Wageningen University conducted a double-blind study focused on participants with either healthy hearing or mild hearing loss, solely related to age. Over the course of the three-year study, half of the participants took a folic acid supplement of 800 micrograms per day, while the other half received a placebo. At the end of the three-year trial, the participants who had received folic acid had less low-frequency hearing loss than those who had received the placebo, suggesting that folic acid may play a role in slowing the progression of hearing loss.

This hypothesis is supported by additional studies, including research from the American Journal of Clinical Nutrition. The study was conducted on 55 healthy females between the ages of 60 and 71. The results found that women with sensorineural hearing loss caused by natural aging had significantly lower levels of vitamin B12 and folic acid than women with normal hearing, indicating that along with folic acid, vitamin B12 may play an important role in auditory health.

Folic acid and vitamin B12 aren't the only nutrients that have been found to help thwart hearing loss. While using protective devices such as earplugs is the only proven method of preventing noise-induced hearing loss (NIHL), studies have shown that taking a mixture of vitamins C, E, A, and magnesium can reduce the damage caused by excessive noise. According to a study published in



2007 by Free Radical Biology & Medicine, taking the vitamin mixture both prior to and after exposure to high levels of noise may significantly minimize the effects.

It is believed that the mixture's success is derived from the fact that the vitamins are antioxidants with the ability to fight free radicals. Free radicals (destructive molecules that begin to form in the ear before and after exposure to excessive noise) are thought to destroy the inner-ear hairs or sensory cells, damaging the inner ear and, thus, hearing.

With no single known cause for the pervasiveness of hearing loss in older adults, and no known cure, hearing loss prevention is crucial. Many of these vitamins and minerals are found in the complementary foods and can easily be worked into a balanced diet supported by daily supplements. By integrating healthy food choices and well-balanced meal planning into daily life, hearing health will be supported and protected while overall health is improved.



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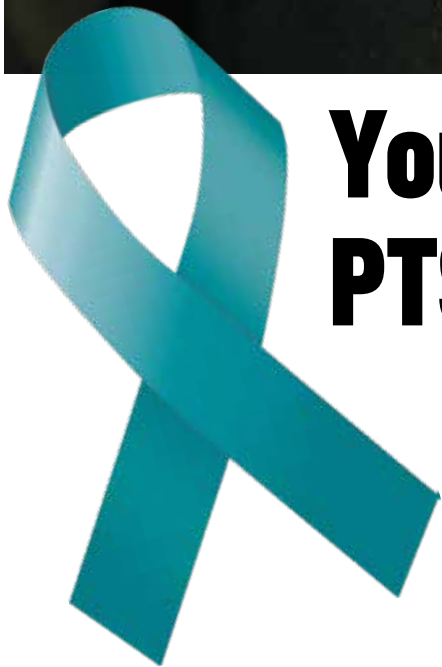
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## Your CBD Store Lakeland Recognizes PTSD Awareness Day on June 27<sup>th</sup>

**S**tress and anxiety are a normal part of life and usually short-lived, but for 40 million Americans, it's a daily battle. Whether it's anxiety due to biological, psychosocial, or post-traumatic stress disorder (PTSD), the treatment options usually include behavioral therapy, counseling, and various prescription medications that block or dull different areas of the brain.

There are neurotransmitters throughout the entire body that send signals to the brain, alerting us instantaneously of real or perceived danger. Anxiety is made up of both psychological and physical symptoms. The psychological part creates the nervousness, fear and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea and shortness of breath.

### **PTSD**

With PTSD, many individuals have severe nightmares, flashbacks, hyper startle responses, and loss of interest, severe anxiety and are often suicidal. Numerous military veterans with PTSD have issues with employment, violence, and relationships. These veterans often have severe flashbacks. Many people who suffer from PTSD have difficulty sleeping, feel detached and estranged, which can lead to permanent disability.

The standard treatment options for anxiety and PTSD are antidepressant medications. Some of the most widely known drugs prescribed are Prozac, Lexapro, Zoloft, and Oxycontin. The classes of these medications play a role in how the neurotransmitters affect the mood by improving your state-of-mind and creating a more peaceful, cheerful spirit, by extinguishing the brain's transmitters. In some cases, these medications stop working, this is called treatment-resistant depression.





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Everyday an estimated 22 veterans  
take their own life.

### A NATIONAL PROBLEM

Pain, irritability, stress, and sleep issues are just a few of the challenges that accompany PTSD patients. Our veteran community has a higher risk of experiencing PTSD due to their service to our country. Traditional remedies to "treat PTSD" are not handled well by our military or medical communities. Some even include forcing patients into "prolonged exposure therapy" in which therapists have them relive past traumatic events over typically 15 90-minute sessions. This combined with the prescription of traditional opioid medication for pain has led to many addiction problems closely related to veterans with PTSD.

### A NATURAL SOLUTION

CBD is a natural remedy that has begun to get traction due to its ability to target the above symptoms. In lowering stress and improving sleep quality, patients can begin a path to success that is not dependent on opioids or other medications with harmful side effects. The military has only begun to welcome CBD because of its relation to cannabis; however, our Veterans Initiative 22 is on a mission to destigmatize CBD oil and PTSD overall through awareness, education, and fundraisers.

**BECAUSE WE CARE, TOO.**

### Alternative Remedies

Therapy and counseling are two the most important treatment options to alleviate PTSD, but along with these are meditation, stress management, social support, and certain herbal supplements to help ease anxiety.

### CBD (Cannabidiol)

CBD oil can also help with anxiety. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleeping, immunity, pleasure, memory and much more.

### The CBD Store Lakeland

At Your CBD Store, we believe in bringing the highest quality CBD products to market. We formulate our products with our customers' needs in mind, using other cannabinoids and terpenes, creating unique synergies that increase efficacy, target specific ailments, and increase the binding of CBD. We believe you the customer should see our product from soil to oil and should be seeing the best product on the market along that journey. By setting the standards in the CBD industry, Your CBD Store Lakeland is moving plant medicine to the 21st century.



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Article and Photograph  
by John Robins



# **ROBERTO MARTINEZ,** **CHIEF ADMINISTRATIVE OFFICER,** **RELIANCE MEDICAL CENTERS** **DISCUSSES WHAT HEALTHCARE SHOULD BE**



**R**oberto Martinez has been in the healthcare industry for more than 16 years, together with more than 15 years in other sectors. As the CAO of Reliance Medical Centers, he brings extensive knowledge and experience, particularly when it comes to knowing how to deliver a personalized, effective, quality, and customer-driven healthcare experience to seniors; what Reliance calls 'What healthcare should be'.

**Q: "When did you identify that there was a better way to deliver healthcare for seniors?"**

**A:** "First, I probably need to provide some contextual background. Prior to entering healthcare, I worked in several industries; technology, logistics, and retail, among others. Typically, that experience centered around launching or fixing companies. That background has proven highly useful while rethinking healthcare delivery.

From the start of my healthcare career, back in 2003, I was surprised by the lack of customer service frame of mind when compared to other service industries. A question I asked myself, "Why should I wait to see my doctor when a restaurant can sit me within 5 minutes of my reservation?" It is all logistics; dining table vs. exam room, length of consultation vs. duration of meal; each varies just the same also, technology, limited use of technology and data. Only now, healthcare is catching up to the rest of the world. It is a shift in frame of mind.

As I moved along in healthcare, I became even more aware of opportunities for improvement. I have been fortunate enough to have gained a look at most angles of healthcare, thus providing me an inside look at how the links within and between the participants work or don't work. In Senior roles, I have worked for hospital systems, insurance companies, medical schools, and primary care clinics.

So, to answer your question, on my first day of working in healthcare."

**Q: "How did you become involved with Reliance Medical Centers?"**

**A:** "A great story about destiny and Universe working to align the right people: my partner in Reliance, Dr. Romero and I have known each other since we were five years old. But we lost

touch for about 30 years. At our 25-year high school reunion, we connected again, and it was a perfect match. I had been looking for a great Doctor to partner with, and he had been looking for a business expert to partner with. After speaking back and forth for three years, we knew we both had the same vision and values of what we wanted to create. In 2017, we partnered and created Reliance Medical Centers."

**Q: "How has the introduction of the Care Focus Team, the Personal Medical Concierge, and the Wellness Club initiatives started to impact on Reliance Medical Centers patients?"**

**A:** "Even in their early stages of the roll-out, they are demonstrating excellent results in improving patient's health outcomes, satisfaction, peace of mind, and stabilization of chronic conditions. Half the battle is coordination; coordination and guidance of the patient, with other providers and with the health plan. The platform we put together works very hard at doing just that. On top of that is the holistic and non-traditional wellness components that enhance results, and takes into consideration a 360-degree view of the patient."

**Q: "What future initiatives are you working on, and how will they benefit patients?"**

**A:** "Our philosophy is about continuous improvement, rethinking how to best deliver on our promise. One initiative that is rolling out is home visits by support staff and healthcare professionals. We will send out a person to the home of patients discharged from hospital. Also, in this program are patients that require support at home, and to best evaluate and put a plan of action is for a home visit.

Another initiative is our collaboration with the local health system, Lakeland Regional Health (LRH). This is very exciting and unheard of. A large health system, working with a small

value based primary care provider, to develop best-in-class coordination of care methodologies, protocols, and interaction. We are well beyond talking about it; we are collaborating at the highest levels with LRH and truly reinventing how hospitals and health systems work together with PCPs.

These are just a couple of initiatives we are introducing, we have quite a few more ideas in the pipeline, which you will see roll-out from time to time as we move forward."

It became clear to me during my interview with Roberto that there would be no end to the introduction of new initiatives and practices at Reliance Medical Centers all driven by the desire to create the best health outcomes for patients and to remain a pioneer in delivering what healthcare should be.

**Reliance**  
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3655 Innovation Dr.

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Saturday: 9am – 1pm

Lab: 7am – 4pm

**Winter Haven**

111 Avenue A SE

Monday – Friday: 8am – 5pm

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**RelianceMedicalCenters.com**

# DO YOU HAVE ? FOOT PAIN ?

## IS IT PLANTAR FASCIITIS ?

**E**very year more than a million patients visit their doctor due to heel pain! The most common foot and heel discomfort is caused by a painful disorder known as plantar fasciitis.

### WHAT IS PLANTAR FASCIITIS?

The foot is comprised of many different bones, joints, tendons, and ligaments; these include the plantar fascia. The plantar fascia is a band of ligament tissue. It stretches from the heel of your foot to the middle, and it is responsible for reinforcing and supporting your arch. When this area becomes inflamed due to extreme tension on the ligament, pain erupts every time you take a step, and if left untreated, many people will even experience discomfort while at rest.

Because plantar fasciitis is one of the most common foot issues; one in ten people will experience it at some time in their life. Usually, the pain is concentrated in the heel area, and it is generally caused by small injuries that occur over an extended period of time. It's quite common for heel spurs, which are bony protrusions under the heel bone to coincide with plantar fasciitis.

There are many treatment options that you can do at home with the guidance of your podiatrist to try and alleviate the painful symptoms of plantar fasciitis. But, because of weight bearing, this area of the foot, in particular, is challenging to heal on its own. The key to getting your foot health back to normal and free from pain are to have medically based procedures provided by your podiatrist.

### EDUCATION

The 1st key to successful treatment is education. The patient must understand why they aren't getting better. We do our best to start there. So many soft tissue foot conditions such as plantar fasciitis are exacerbated or recreated with the first steps in the morning. That's usually because the incompletely repaired tissue re-tears when the foot is not yet warmed up and ready to bear body weight. Think about when you go to the gym. You usually don't and shouldn't start exercising without warming up and stretching first. The foot

is no different and needs to be treated as such. The body is able to do its greatest work while you're at rest. In order to improve you must preserve what your body has healed. This is accomplished through targeted deep tissue manipulation that must be performed before putting pressure on your feet in the morning and any time you've been off your feet for extended durations of time. So helping the patient understand this and other issues alike improves outcome.





### WHAT ARE MY TREATMENT OPTIONS?

Targeted stretching is very effective, simple and doesn't require medication, injection or surgery. Targeted stretching is instructed via video in our office. Seeing these special videos help the patient to understand exactly what they need to do and when. We usually will apply some type of strapping as well to affect better arch control and reduce tension to the plantar fascia. Most patients no matter how long they've had the problem will improve with these techniques.

When not sufficient, we immobilize with a walking boot. Complete resolution of pressure is good for just about every foot problem. Combining anti-inflammatory medication like Motrin, ibuprofen or other prescriptive meds is also helpful.

### LASER TREATMENT

Laser therapy is one of the top methods to reduce your pain and inflammation. Deep tissue laser therapy uses a process called photobiomodulation, which penetrates deep into the muscles tissues using photon energy. This therapy increases cellular metabolism while decreasing inflammation and pain.

### INJECTABLES

When more invasive care is necessary, injections are available. Injection therapy has traditionally been performed with cortisone but in recent years prolotherapy has become more popular. This is a technique adopted from sports medicine.

Prolotherapy actually stimulates chronically injured tissue like the plantar fascia to heal on its own. During the injection process micro injury is elicited using a special technique and solution. Ultrasound is often used to help guide needle placement. More than one may be necessary and they're usually separated by 6 weeks. Because microinjury is created to the area of pain, the body is then forced to fix the injection site and the plantar fasciitis. During the 1st two weeks after prolotherapy injections patients are not permitted to use anti-inflammatories so as not to counter act the benefits of the injection. In other words, you want it to get inflamed and maybe a little more painful.

Whereas cortisone eliminates inflammation and pain, it is at the same time reducing or slowly healing. When used correctly it can be of benefit but it must be used with caution. Have you ever heard of the running back that had his knee injected with cortisone at half time only to come back in



the 2nd half with a spectacular performance? Wow! Cortisone is a miracle right. Then 3 months later he needs his knee reconstructed. No one talks about how the cortisone was likely responsible. Lots of patients come running back looking for another injection stating the cortisone "stopped working". It never really worked. It only masked the symptoms until like the athlete the injury just got worse. The symptoms were masked by the effects of cortisone. I try to stay away from it if I can.

### STABILIZATION

Once the patient gets better and the plantar fascia repairs itself we recommend orthotics. Orthotics are inserts which help to control abnormal foot function. Abnormal foot function is how many foot problems develop. Think of braces on teeth. They keep everything aligned. So too do the orthotics or inserts custom fabricated for a patient. When fabricated correctly should provide better alignment reducing recurrence of plantar fasciitis. Unfortunately all the above may fail requiring surgery.

### SURGERY

As a last resort surgery is sometimes necessary for patients having failed conservative care. It's done arthroscopically through 1 or 2 small incisions. The surgery is very effective seeing almost %100 resolution of the problem. Patients are walking the same day in a walking boot and slowly over time see the painful condition resolve. Like a prolotherapy injection, it harnesses the body own inflammatory system.

### AT HOME CARE

It's important to be examined by an experienced podiatric professional if you're experiencing any foot pain.

Along with these treatment options, Mid Florida Foot, Ankle & Vein Clinic will provide you with personalized instructions on the necessary amount of rest, stretching exercises and home care to get you back to doing what you love.

Mid Florida Foot, Ankle & Vein Clinic provides pain-reducing, comprehensive, cutting-edge treatment. Their podiatrist, Dr. Gabriel Delgado, can treat all foot problems and even performs in-office surgeries. Rest assured you'll get patient-focused care from their highly skilled and compassionate staff.

To find out more, or to schedule your appointment, please contact Mid Florida Foot, Ankle & Vein Clinic today.



**Dr. Gabriel F Delgado FACFAS**

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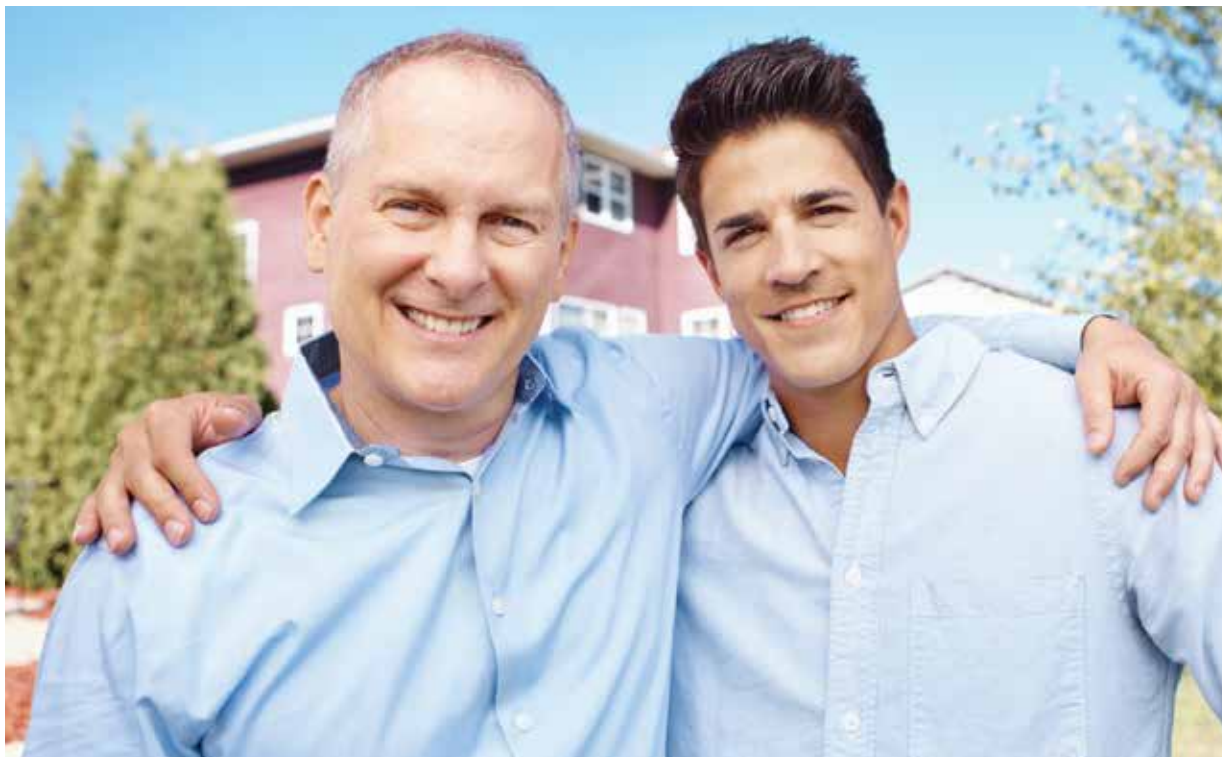
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# How to Avoid Your Father's “FOLLICULAR FATE”

By Alan J. Bauman, MD, ABHRS



A lot of the blame for hair loss gets directed at the mother's side of the family, but today, we know that hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two. This means one of the best indicators you have is your family album. Take a look—are your parents, siblings, aunts and uncles losing their hair? If so, you may also be at risk.

But don't worry, just because you may have inherited the hair loss gene, doesn't mean your follicles will be lost forever.

With Father's Day upon us, it's a good time to talk about how advanced techniques for hair follicle harvesting and transplantation differ from "your father's hair transplant." Unlike the artificial looking "hair plugs" of the past, these new techniques, combined with the artistic skills of the right surgeon, today's comfortable, less invasive hair transplants consistently produce undetectable, permanent, natural-looking results. If you are concerned that you have inherited your

father's tendency toward failing follicles, here is a look at some of the most advanced surgical technology that can help save you from settling for your dad's "follicular fate."

## **SMARTGRAFT FUE:**

SmartGraft is an FDA-cleared mechanical, minimally-invasive surgical hair transplant instrument that works like an extension of the surgeon's hand, allowing the removal of individual follicular units from the donor area located at the back of the patient's scalp which are then implanted into the bald areas. This means no scalpels, sutures, or staples for the patient in the donor area – leaving absolutely NO linear scar. SmartGraft also has an on-board graft collection and storage system that preserves grafts within a carefully controlled environment for optimal hair growth rates and quality.

## **ARTAS ROBOTIC-ASSISTED FUE SYSTEM:**

The FDA-cleared ARTAS robot is a state-of-the-art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using

the FUE technique. The robot's sophisticated micron-level precision allows patients to benefit from an unprecedented level of safety; accuracy, efficiency, and comfort during their hair transplant procedure. The system also features artificial intelligence and stereovision sensors to detect and analyze follicular units — calculating density, exit-angles, orientation, and location to then proceed with precision robotic graft harvesting based on algorithms programmed by the surgeon.

## **NEOGRAFT FUE:**

The original "game-changing" device for Follicular Unit Extraction is still in use today to help surgeons extract grafts from the Donor Area without leaving behind a tell-tale linear scar. Just be sure your surgeon is an experienced full-time hair restoration physician, not just someone who's added NeoGraft to a full menu of cosmetic services.

While these transplant procedures can provide patients with natural-looking results, it is still imperative to do your homework when researching a surgeon. One of the biggest problems with hair transplants is that many unqualified, inexperienced doctors offer this procedure and/or perform procedures infrequently. The risks for hair transplant patients include increased discomfort, surgical complications, infections, scarring, poor density and unnatural looking results. When looking for a hair transplant surgeon, make sure you consult with an experienced minimally-invasive hair restoration physician — someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and performs FUE hair transplantation on a daily basis.

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistry of the surgeon involved. Patients, therefore, should not choose their surgeon based on the tool they use, but more so on their experience and artistic ability. Do your research, ask questions, look at before-and-after pictures, and don't be afraid to ask for patient testimonials. To find a qualified hair restoration specialist, start by visiting the American Board of Hair Restoration Surgery (ABHRS), International Alliance of Hair Restoration Surgeons (IAHRS) or the International Society of Hair Restoration Surgery (ISHRS).





Male patient before and after FUE Hair Transplant by Dr. Alan Bauman



Male patient before and after FUE Hair Transplant by Dr. Alan Bauman

For more information on what kind of results you might achieve with an advanced FUE hair transplant, please visit [www.baumanmedical.com](http://www.baumanmedical.com) or call 561-220-3480.

### GENETICS AND HAIR LOSS

- There are now over 200 known DNA locations (genes and SNPs) that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two.
- Hair loss can start as soon as puberty ends, depending on your hereditary sensitivity to DHT (dihydrotestosterone).
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding – all of those put together will determine how quickly you see loss occur and how quickly it progresses.
- Because it is a recessive gene, hair loss can skip generations, skip siblings, etc.
- Many consumer DNA tests (e.g. 23andMe) include a prediction of whether you are likely to experience hereditary hair loss.

### About Dr. Alan J. Bauman



**Alan J. Bauman, MD, ABHRS, IAHRs**  
Hair Loss Expert

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated over 20,000 hair loss patients and performed over 8,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of "10 CEOs Transforming Healthcare in America" in Forbes.

His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more.

A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.



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# SLIP AND FALL TIPS

By Charles Etgen Certified Aging in place consultant

**F**alls are the second leading cause of accidents in the home and account for 8.9 million trips to the emergency room every year. Fortunately, most are preventable. With a few simple changes around the house, you can reduce your risk greatly. According to the National Safety Council there are lots of preventative measures that you can take to reduce your risk of becoming a statistic. Key problem areas include stairs and under lit, wet or cluttered areas.

## **1. KEEP THAT FLOOR CLEAN AND CLEAR.**

Clean up messes, spills and debris immediately. Clean up the things that naturally clutter the floor. Newspapers, books, shoes should all be put away. Reduce the clutter and you won't have to tap dance so much.

## **2. BANISH THE CORDS.**

Tie up those computer cords and television cords and modem cords and... All those cords can cause a nasty fall. Draw them together and tie them off.

## **3. NON-SKID AREA.**

Use throw rugs and a non-skid bottom in areas that can be slippery such as kitchens and bathrooms. Consider putting down a permanent non-skid surface that can't be removed.

## **4. LET THERE BE LIGHT.**

Upgrade the lower wattage bulbs to higher ones so you can see where you are stepping. Install night lights along whatever hallways or rooms you may use at night.





**5. KEEP A STURDY STEP-STOOL AROUND**  
in case you need to reach higher shelves. Better yet keep your most used items shoulder height.

**6. BATHROOM SAFETY.**

Most likely the worst room in the house is the bathroom. We have already discussed a few things you can do but what about the tub? That's a big step and for a lot of people a dangerous one. Consider these solutions: You can replace your tub with a walk-in shower or you can opt for a solution growing in popularity called The TubCut™. Here the existing tub is cut and a section is removed. Pieces are fit into place converting your tub into a walk-in shower and can be done in one day with no demolition. A Permanent Non skid surface on the floor of the tub and a few Safety Grab bars in the tub area as well as by the toilet these installations at the very least should be applied in the bathroom.

**Before**

**After**

**“You won’t have anymore trouble getting in and out of the bathtub with TubcuT®”**

“The TubCut™ is custom fitted to each tub and gives a finished look, is weight bearing and reversible,” said Paul Echavarria of Access Designs. “We have been installing TubCuts™ for decades and we have dealers throughout out the USA & Canada”

According to Echavarria, it changes people’s lives. “It just one less thing to worry about. It increases you margin of safety,” he said.



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**www.southfloridatubcut.com**



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# ARE YOU PASSIVE, REACTIVE OR PROACTIVE WITH REGARDS TO YOUR WELLNESS-HEALTH-WELLBEING?

**W**e humans, are creatures of habits. Habit get us into automatic ways of behavior and give us an illusion that we control the situation we are in, and a sense stability and security. Many people justify this tendency with a common sense view: “why change something that is working ok?”

Before we **recommend to be proactive with regards to the bond between your WELLNESS-HEALTH-WELLBEING, Let's first define these well-known concepts – so that we are on the same page:**

**Health** is our bio-physio-psychological state of our being. It is influenced by our genetic tendencies and the interaction with the environment. (inner body environment and the external one). We are usually alerted by negative healthy signs after an annual physical exam if the results are out of the averaged range.

**Wellness** are the conditions in the external world of physical and social conditions which influence how good we sleep, the variety of healthy food that is available, the space available to move our bodies, the ways we reduce mental, emotional and physical stress daily, and the atmosphere which enable us to take care of ourselves.

**Wellbeing** – are the inner conditions of balance and harmony of our mental, emotional and physical dimensions as we solve problems and conflicts, remove negative emotions and manifest joy and creativity.

**Though we like to be in “the zone of the known, stable, and expected” life is a constant change.**

If you wear imaginative quantum glasses and look inward, every time your eyes blink, your heart beats, or you breathe, millions of electrochemical processes take place. Emotions, thoughts, believes impact our physical body and vice versa – if we are in pain, stressed, or don't sleep well, or don't eat healthy food, these conditions drain our vitality and make us behave from survival mode (fight, fly, freeze). In such situations, we act with no patience, and our perception and decision making are off tune.

There is a dynamic interrelation between our health, wellness and wellbeing. Therefore, we need to be proactive in keeping a preventive balanced healthy life style and mange our life with attention and care.

## HOW DO YOU CARE OF YOUR 37.2 TRILLION CELLS?

Western culture teaches us to rely on experts. After all it makes sense. With all the accumulated research, science, technology, knowledge and data, we need to get the best proffesional advice in any field in our life, specially when it comes to our health. **The question is – are you passive, reactive or proactive.** Do you view the specialists as gurus or as advisors? Do you follow them with closed eyes or do you explore alternatives before taking a decision of how to move forward?

Many people ignore their inner organs until they ache as a way to remind you that they exist. “You suddenly realize you have a liver. Why didn't you take care of your liver in the first place”?

If your approach to life is holistic and integrative and your medical dr. doesn't support this approach, do you replace him /her?

## WELLNESS ON DEMAND, DEMAND WELLNESS

Wellness on Demand, Demand Wellness is a new proactive approach to take care of yourself.

Let's observe the second part first – **Demand Wellness** in every space you stay for many ours of you day. – at home, at school or at work, in public spaces and in health institutions. The owners/ leaders of space should provide:

1. Healthy food
2. Space to move your body freely
3. Conditions to reduce mental, emotional and physical stress daily
4. Space to take a nap
5. Conditions to manifest your personal creativity
6. Physical echo friendly environment of air circulation, high quality of water, plants and inspiring design of public and personal space
7. Social echo friendly atmosphere of positive communication and dialogue
8. Condition to improve performance and evolvment

**Wellness On Demand – is your role to proactively generate inner conditions of wellness in you.** Can you feel inner home in your bodymindspirit and filter out negativity and chaos? In fact, **Wellness on Demand is your wellbeing.** The core steps to maintain and sustain good wellbeing is reducing stress daily, moving your body, eating healthy food to nourish your cells, sleeping good quality sleep and manifest creativity to be inspired and joyful from within.

## OUTSOURCESING Wellness@Work

Many startups, small/medium businesses, entrepreneurs and solopreneurs or businesses such as lawyers and real-estate agencies don't priorities investing in their employees' wellness. Sometimes their motivation in creating a minimum program of fitness and diet simply derives from getting discount on health insurance.



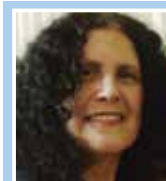
**The truth is that if leaders and managers create a culture of wellness at work, and invest in their employees, they will benefit from great natural support, loyalty and motivation and less days of absence.**

It's very simple – when you truly care for your employees – they feel at home at work and invest their attention, time and better performance.

If you don't know how to create wellness@work program, or you don't have a human resources manager, contact Avigail berg-Panitz – the writer. Avigail (MA in Holistic Health) partners with Dr Ken (Chiropractor) to offer workshops, tools and service of Wellness on Demand, Demand Wellness.

Parents, schools & health institutions, and other leaders, are welcome to contact us and explore how to increase life quality with our fresh wellness approach we call **7P: Proactive, Preventive, Personalized, Positive, Passionate, Persevering wellness-health-wellbeing Perception.**

Learn more: [www.avigaili.wix.com/8things4wellness](http://www.avigaili.wix.com/8things4wellness), [www.avigailwellness.com](http://www.avigailwellness.com)



Hello I'm Avigail Berg-Panitz – the owner of TheSoundwell vibro-therapy.

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Brent Myers

## You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

**PHYSICALLY.** Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

**EMOTIONALLY.** Sleep and stress have similar affects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

**MENTALLY.** Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

### *His Model*

"By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done." (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

### *His Command*

"Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your

work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy." (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the "top ten", most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).





# The new waiting room.

## Online check-in for urgent care is now available – so you can choose where you wait.

Being sick is hard enough. So we're making it a little easier to get well, with online check-in for Urgent Care. The next time you experience an illness or injury, visit our website, answer a few quick questions, and pick a time that's convenient for you. We'll save your spot in line, before you arrive. It's that easy. **Check in at [SaveMySpotOnline.com](http://SaveMySpotOnline.com)**



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Because our Urgent Care staffs must treat patients based on the severity of illness or injury, your time is not guaranteed. We will see you as close to your designated time as possible. If your symptoms worsen or you believe you are experiencing a life-threatening emergency, please call 911 or go to the nearest Emergency Department as soon as possible. • Heart of Florida Regional Medical Center is owned in part by physicians.