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July 2020

South Tampa Edition - Monthly

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# COVID-19 Precautions for Children Going Back to School or Involved in Outside Activities

BayCare Medical Group Pediatrics

**W**ith all of the news pointing to a second wave of the Novel Coronavirus, we wanted to get insight from the medical community for children and their safety. We spoke to one of BayCare's physicians, Dr. Marsha Ramsay, a pediatrician about her advice for pediatric patients and their parents/caregivers throughout the community.

## Question #1—Face Coverings for Children

According to the Centers for Disease Control and Prevention, children two years and older should wear face coverings when they are in the community setting. What tips do you offer parents to help children want to wear masks and to keep them on?

**Dr. Ramsay:** Certainly, it's more difficult for the younger aged children from preschool to kindergarten to understand the need to wear face coverings. However, most children will model our behaviors as caregivers and parents or others who are close to them. I find it beneficial to offer mask choices if possible, such as color or graphics, to get the kids interested and excited about them.

All face coverings must be age-appropriate and sized correctly for children. I want to make it clear that they are not for children under the age of two, those that have trouble breathing, or those that would not be able to take it off.

## Question #2—Back to School Concerns

Dr. Ramsay, although we're not clear on whether or not kids will head back to the classroom in the fall, there is a level of concern for parents trying to keep their kids safe. When children head back to school or attend other activities such as scouts and sports, what advice do you provide parents to keep their children safe?



**Dr. Ramsay:** It's most essential for school settings to have kids spaced far enough away from each other, at least six feet. When that is not possible and kids are physically close, those are the most important times to wear face coverings.

We also don't want children's desks facing each other, and in the same light, we don't want children sitting around a table facing each other. Schools should modify classroom settings to maximize distancing and provide a safe and healthy environment.

If there is a line of children waiting, they should be appropriately spaced away from each other at a safe distance. Hand sanitizer, sanitizing wipes, soap, and paper towels should be readily available. Parents might want to send their children to school with their own supply as well.

We don't want children drinking out of the water fountain if possible. It's a better idea to send your child to school with an adequate supply of water in a thermos or bottle. Another way to limit cross-contamination is to have touch-free trash cans with foot pedals. Teaching your children proper hygiene is essential; for example, explaining why they shouldn't put their hands in their mouths or eyes and why keeping their hands clean is important.

I can't reiterate enough how important it is to stay home if you were recently around a sick person, or if you have symptoms of fever, cough, gastrointestinal disorder, or other COVID-19 related issues.

## Question #3—In-Office Protocols

What precautions are you taking in your office to keep staff and families safe?



**Dr. Ramsay:** Our office has implemented rigorous protocols to keep our patients safe. From heightened disinfection practices to new distancing guidelines, we are taking great lengths to make a healthy environment for our staff, the caregivers, parents, and their children. We require everyone in the office to wear masks including patients and parents.

We no longer have patients in the waiting room. Patients come in with only one caregiver or parent and are immediately taken to a room for evaluation. We also have separate well and sick visit times. We only see well patients for routine exams and vaccinations, etc. in the morning. The afternoon is set aside for ill patients.

We also highly recommend that sick patients be seen via telemedicine if and when possible.



**Dr. Marsha Ramsay, M.D.  
Board Certified Pediatrician**

Marsha Ramsay is a considerate and detail-oriented pediatrician serving the community of Tampa, Florida. Dr. Ramsay attended Florida State University, where she received her medical degree. Dr. Ramsay is a part of BayCare Medical Group. She is board certified by the American Board of Pediatrics. During her consultations, Dr. Ramsay fully explains patients' conditions and helps them choose an appropriate treatment plan. Dr. Ramsay is sensitive to the uniqueness of each patient's situation and adapts her consultations and treatment options appropriately to accommodate individual needs and concerns.



**About BayCare Medical Group**

BayCare Medical Group is Tampa Bay's leading multi-specialty group providing primary and specialty care throughout the Tampa Bay and west central Florida regions. As part of the BayCare Health System, these passionate and compassionate physicians extend the mission of BayCare to provide extraordinary care for every patient, every time, everywhere.

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# The Most Common Causes of Cartilage Loss

By Regenexx Tampa Bay, Regenerative Medicine

**W**e understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenexx Tampa Bay has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at 941-357-1773 in Sarasota and 813-544-3123 in Tampa. For Gold Coast Orthopedics in Aventura, FL, please call 786-855-4800.

Oftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

## The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint ("bone on bone") and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

## What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal



inflammatory fluid that breaks down tissue in the joint. Determining what's in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn't any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.

## Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it's actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally.

Stem cells can help cartilage to regrow but it is inconsistent and minimal at this time (despite what you may have heard). They can, however, improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using stem cells in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving a stem cell injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.



**1. Obesity (Mechanical)**

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

**2. Obesity (Biochemical)**

Not only does obesity break down cartilage by wear and tear, but it also can cause changes in the patient's insulin-response system that can break down cartilage. This is referred to as "metabolic syndrome."

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

**3. Trauma**

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or stem cell injections.

**4. Joint Instability**

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and stem cells in our clinical experience can help reduce instability whether the ligament is loose or torn (partial or nonretracted). In more severe cases, surgery may be needed.

**5. Poor Nutrition**

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

**6. Medications**

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from "cortisone shots," NSAIDs, and other drugs when not essential.

**7. Lack of Exercise**

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.

**8. Poor Alignment and Biomechanics**

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

**9. Aging and Genetics**

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage.

While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and stem cells seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.

**Dr. James Leiber**

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).

He is a published author, presenter, and is currently the program director for the Interventional Orthopedic Foundation.

He lives in Sarasota, Florida with his wife and teenage daughter. Dr. Leiber travels regularly to Denver, to teach regenerative orthopedic techniques to fellow doctors, and to Grand Cayman, where he is also licensed to treat patients.

**The other physicians at Regenexx Tampa Bay are:**

**Ron Torrance II, D.O.** - Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



**Ignatios Papas, D.O.** - Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.

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# WORKING FROM HOME? EXERCISING AT HOME?

By Jason Waz, President of Competitive Edge Physical Therapy

## HOW PHYSICAL THERAPY TECHNOLOGY CAN PROMOTE OPTIMAL HEALTH

COVID 19 has changed the landscape of company policies, with “temporary” work solutions quickly becoming long-term solutions. Since March 2020, as high as 60% of the workforce has been switched to remote working, with an estimated 30-40% of employees moving toward a permanent remote set up by 2021. As many employers have shifted their employees to working remotely from their homes, physical therapists have seen an upward trend in patients reporting shoulder, neck and back pain due to compromised ergonomic set-ups at home. Remote working has also changed the environment for employees, adding family and scheduling stressors to an ever-changing work dynamic.

In addition, since closures due to COVID began, physical therapists have seen an increase in patients that have been altering their workout regimen due to mandated gym shut downs and lack of home equipment. Without the ability to exercise regularly, optimal health and immune function is compromised. New aches and pains coupled with additional stress can have a negative impact on overall health, making it more important than ever to establish a proactive plan for staying healthy and active.

### Utilizing Technology to Elevate Physical Therapy and Achieve Optimal Health

In a home workplace, employees have found themselves positioned in the most convenient seat, often without regards to proper ergonomics. This could mean sitting on a couch typing on a laptop, taking Zoom calls from the kitchen counter, or slouched looking at a small screen—making the body sustain abnormal postures that lead to pain. The human head typically weighs about 10 pounds, but when tilted downward even slightly and held there, the weight on the cervical spine increases exponentially. The same applies for slumped sitting positions causing increased pressure on lumbar spine discs and straining supporting back musculature. While our bodies can “get away



with” these postures for short periods, compounded over the hours of daily remote working has lead employees to turn to physical therapy for help to support their new work environment.

The active community has also found themselves without a structured gym environment to exercise and benefit from the positive health effects of physical activity. A market research study performed in April 2020 indicated a 307% increase in weight equipment sales, as people have adapted their workout regimens to their homes. However, for many of those that were unable to create home gyms, they have found themselves with limited options as gyms have closed and been slow to reopen due to COVID concerns. The countless positive effects of regular physical activity have been well documented, and now more than ever the benefits specific to the immune-boosting benefit of movement are paramount. Physical therapy interventions are key to maintaining muscle strength and function during this time, thereby promoting optimal health and immune system function.



Over the past two decades, the team at Competitive Edge Physical Therapy (CEP) has worked to set themselves apart from the typical run-of-the-mill physical therapy practice, focusing on applying specialized techniques and groundbreaking technology to gain industry-leading results with patients. CEP is now using this technology to assess, diagnose and treat physical impairments as well as promote optimal health in the ever-changing environment our community is now faced with. These specialized treatments include:

### Heart Rate Variability (HRV) Diagnostics

Constant change—in environment, family dynamics, work capacity—during this time is a key contributor to an increase in stress. CEP has integrated heart rate variability (HRV) technology to achieve a baseline of a client’s physical state. This non-invasive, 5 minute procedure paints a picture of the body’s wellness and recovery capacity by gaining feedback from electrical activity of the heart. Through analysis of this critical information, physical therapists can determine if a person is in a “fight or flight” dominant state due to physical or emotional stressors. Armed with that information, CEP is then able to develop individualized plans to improve health status and increase functional capacity.

### NEUBIE Electrical Stimulation

Improper muscle activation and changes in motor nerve stimulation guided by our body’s nervous system contributes to chronic aches and pains. In a modified desk sitting environment, low back pain is the main complaint due to de-activation of the gluteus maximus muscle, tensioning of the hip flexors, and flexed posture at lumbar spine. In addition to low back pain, shoulder and neck pain



develops when working long hours in a suboptimal space, as muscle tension and fatigue increases in the neck and shoulder. CEP serves as the flagship physical therapy facility incorporating the NEUBIE device into treatment practice, allowing physical therapists to assess the root cause of muscle dysfunction and correct the nerve signaling pathways. The NEUBIE can also be used to optimize muscle strength—ideal for those that are unable to exercise at the gym to strengthen during this time.

#### Pulsed Electromagnetic Field (PEMF) Treatment

For those patients that are feeling increased stress juggling a full time work schedule in addition to childcare and family dynamics, Pulsed Electromagnetic Field (PEMF) therapy can help the body to decrease the negative effects of chronic stress. PEMF is an energy modality used to stimulate cells with the goal of enhancing overall wellness. Increased environmental exposure to damaging frequencies (cellular signaling, Wi-Fi, blue light, etc) while working from home due to increased time spent on electronic devices coupled with stress and lack of restorative rest translates to a sub-optimal state of wellness. By exposing the

body to low frequency, short bursts of electromagnetic energy through PEMF therapy, the cell charges are restored, making it easier for the body to attain its optimal health status. This translates to an increased ability to switch from the “fight-or-flight” system to a more curative state in our nervous system.

#### Posture Screen

Forward head posture and slumped seating position while working at a makeshift work station contributes to overload of supporting muscles. Sustained bad posture creates an imbalance in the length of muscles by shortening at one area and overlengthening of the opposing muscle group. Through use of the Posture Screen application, CEP is able to obtain a 4 view assessment of an individual’s standing posture to accurately measure angles and postural displacements that contribute to neck and back pain. This also provides comparative data to measure improvements over time. Visual and numerical data increases the patient’s ability to self-assess and self-correct posture while working at home.

#### Telehealth Virtual Assessment

In response to COVID 19, CEP began offering telehealth treatment sessions to our clients. We have expanded this capacity to include workplace assessments in a patient’s home— providing virtual video assessment on maximizing home ergonomics, modifications to work spaces, and individualized feedback to decrease strain while working in a home environment.

By combining new technology with the most up-to-date physical therapy practices, CEP is pushing the boundaries of conventional health care to help patients reach their wellness goals. CEP’s mission is to promote optimal health across the lifespan, utilizing proven technology to achieve results.

*To schedule your session with a physical therapist, contact CEP at 813-849-0150*



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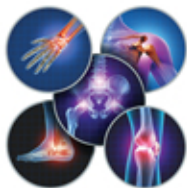
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# Hyperbaric Oxygen Therapy as an Adjunct to Plastic Surgery

Undersea Oxygen Clinic

**H**yperbaric oxygen Therapy (HBOT) involves inspiration of pure oxygen at greater pressures than normal. For the past 20 years, administration of HBOT and its potential benefits in management of diseases have been more clarified. HBO for the first-line treatment of several conditions and a superb helping (adjunct) therapy for many medical conditions. In the early 1960s, HBOT was widely used in a variety of medical indications. (1) Numerous studies have revealed how well HBOT works.

HBOT has been shown to be an effective method for treating complex wounds as well as burns and now is being researched to improve the results of wounds and burns caused by elective surgeries. The way HBOT stimulates response is by helping your body create collagen (the building blocks of cells and organs), reduces pain, reduction of swelling, hyperoxygenation (super oxygenating cells) as well as angiogenesis (the development of new blood vessels). HBOT increases the ability of your own blood to upload, carry, and deliver oxygen to tissues. Wounds treated with HBOT therapy are improved and have more rapid wound healing. Wound healing is a primary interest area for patients as well as the collective health care industry so much so that physicians modify surgical techniques, pharmaceutical companies spend millions of dollars on research and development, and some patients use anecdotal home remedies in their care to facilitate a more rapid recovery. A better, more effective solution exists with HBOT.

Complex wounds are challenging to manage, with many associated problems. The main problems appear to include having to deal with underlying diseases such as diabetes, vascular problems, history of radiation therapy, low oxygen and wound infection. Low oxygen content in cells affects tissue metabolism and reduces PH, which prohibit wound healing. In a previous study it was shown that low oxygen around the edge of a wound was associated with a 39 folds increased risk of early healing failure. (2) Another study (3) concluded that tissue



oxygen shortage was directly related to wound failure rate. Lack of oxygen can lead to many chronic wounds. HBOT increases oxygenation of tissues and supports wound healing. Clinical outcome seems to improve after HBO treatments, even though traditional wound treatments had been unsuccessful.

At the Undersea Oxygen Clinic Hyperbaric Center (located on Westshore Blvd in Tampa) we have established a protocol that has patients oxygenate a few times before a surgery and then several times afterwards to maximize healing. We have partnered with local area surgeons to facilitate better healing for their clients. One such symbiotic relationship exists between us and the Tampa Eye Clinic. Dr. Scheiner is board certified in Ophthalmology and performs facial plastic surgery.

*"I have a practice in Laser Eyelid and Facial Plastic surgery and we have used lasers to help improve post sun damage in our patient for many years. The healing after the treatment usually takes 10-14 days. We were introduced to Hyperbaric Oxygen as an option to help speed healing from our laser treatments and have seen impressive results. The Hyperbaric Oxygen has sped up healing 30-40% after our laser treatments. The Undersea Oxygen Clinic has been wonderful in working with our patients and I feel very comfortable having my surgery patients work with such a caring and expert group."* Adam J. Scheiner, M.D.



While the lasers are used to burn the skin and improve the overall look of the patients (as evidenced by the photos), the pre and post HBOT prepares the skin for the work and speeds healing time significantly. Another study showed that HBOT offers patients a statistically significant, perioperative therapy that decreased bruising in patients undergoing face-lift by 35%. (4)

HBOT is effective, ethical and safe procedure. Its use for pre and post-surgical care has very promising results.

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To find out more about HBOT and Undersea Oxygen Clinic, please call 813-533-7093 or visit [Underseaoxygenclinic.com](http://Underseaoxygenclinic.com).



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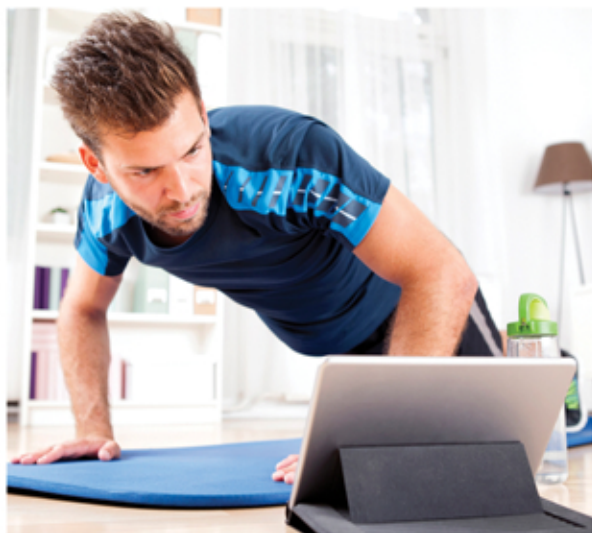
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# Pure Strength and Movement is Dedicated to Keeping You in Elite form Pre and Post Exercise with 6 Basic Cues



Exercise is critical for overall health, but if you are exercising in bad form, meaning your posture is poor, you extend your stomach or your neck is protruding, you can actually do your physical body much more harm than good. For those that try to work out on their own or watch the plethora of some "not-so-skilled" YouTube Influencers, beware that you might be gearing yourself up for major injury.

At *Pure South Tampa*, their expert, certified, fitness professionals use multiple modalities to keep you safe and in peak form, and there are 6 basic cues that they stand by as well. These are:

1. Your head position must be in proper alignment to make sure that the head and neck is back against the backline, reaching towards the ceiling, not jutting forward or in misalignment.
2. Shoulders must be down and back as if a drop of water could slide down your shoulder, straight down the center of your spine.
3. Abs must always be engaged when exercising and they also should be engaged throughout the day. The only time they should be totally relaxed is while you're eating and sleeping.
4. The rib cage must be down and not sticking out, which arches the back and spine in misalignment.
5. Glutes must be engaged.

Due to **COVID-19** and FL Governor DeSantis mandate, we are closed starting March 17th, 2020 until the mandate is lifted. In the meantime, all coaching has been moved to online virtual coaching.

**Sign up for Virtual Classes via their app PureSouthTampa.**

6. The final cue is to keep yourself grounded to the floor at all times, whether it is through the hands or feet depending on exercise. Even with ballistic movements or jumping, you still want to have the proper weight and return to the feet with bent legs (not locked) to prevent injury.

*Pure South Tampa's* philosophy on fitness and their dedication to whole-body-wellness is the key to their client's satisfaction. Here, clients can benefit from a multifactorial program that can be tailored to their specific needs. What also sets *Pure South Tampa's* circuit training apart from the rest is that the classes are very limited to allow for a 'private training' experience and to avoid the overwhelming feeling of an overcrowded gym. There are also private one on one coaching classes available as well. It's not just about training; it's also about nutritional counseling, building a strong, trustworthy relationship with dedicated professionals to hold you accountable and to keep you motivated even through the tough, tempting times.

## Coco Dunham, Pure South Tampa's Fitness Professional

Coco began her career in fitness as a result of being injured at age 23. As part of her recovery, she hired an ACE certified personal trainer, which ignited her interest in the human body and movement. After meeting her husband and moving to Pittsburgh, Coco established her own successful personal training business in 1998. She continued building her business until she and her family moved to Tampa in 2014. Upon moving to

Tampa, Coco decided to focus on expanding her knowledge-base with additional certifications and also take a few years to raise their son. She is excited to share her experience and increased knowledge with clients in her new base at Pure South Tampa. Her core belief is that people should always put their own physical wellbeing on their to-do-list, perhaps, even first.

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**A** company with a long history of serving professional spa, chiropractic, therapeutic and massage practitioners around the world, is now serving its' customers with the most comprehensive CBD product line for skincare, skeletomuscular relief, and massage. Working with nationally recognized industry leaders our products are being rapidly integrated into protocols to ACTIVATE, RECOVER, REGENERATE, and REBUILD.

Whether it is facial, muscular, or joint related, CBD is the most complimentary treatment for protocols involving activation of the cells (skin, muscles, and joints) to resolve inflammation managing the process of collagen restructuring, healing, and relief. We are partnering with clinics throughout the United States integrating our topical products for protocols such: as Instrument Assisted Soft Tissue Manipulation (IASTM) or "scraping", percussion and deep tissue massage; pre-workout activation to stimulate the skeletomuscular system for peak performance and injury avoidance; post-workout to enhance recovery and rehabilitation for both athletes as well as folks with chronic issues; as part of or in between your facial treatments our products compliment facial protocols by resolving inflammation, puffiness, balancing sebaceous oil production, and enhancing the collagen production and restructuring to eliminate wrinkles improving skin elasticity.

Now professionals and at-home consumers are turning to CBD Healthcare Company as the trusted source for responsible ingredients, rigorous testing and effective concentrations of CBD.

CBD Healthcare Company products are available nationwide, but in the Tampa area, Walsh and Wellman say they're seeing increased sales of the company's muscle relief salves and lotions. In addition to CBD, our THC FREE broad spectrum products' include proven best-in-class treatment ingredients like MSM and Capsaicin are known to enhance muscle and joint recovery – widely being adopted pre-workout to ACTIVATE; or Hyaluronic Acid, Retinol, Enzyme CoQ10 for facial.



"We're seeing a lot of athletes including cross-fit, triathletes, bodybuilders, golfers, lacrosse, tennis, soccer and others using these products especially as the technology for athlete peak performance and recovery is moving into your homes, local gyms, and on-line training.

All of our facial and skeletomuscular topical products are derived from cloned industrial hemp using pharmaceutical FDA GMP approved processes to deliver professional grade high concentrations for stimulating the endocannabinoid system (ECS). The ECS is reported to promote homeostasis resolving inflammation enabling our cells to recover and heal naturally through improved delivery and restructuring of collagen. This results in providing better circulation and pain relief as well.

Walsh says CBD Healthcare Company's manufacturing process is traceable from the plant genetics to the finished, high-grade formulas. A QR code on each product accesses a third-party certificate of analysis for each product and lot number. A second certificate of analysis provides the full profile of hemp extract. Extracted from hemp grown in America with U.S. agricultural permits.

Some of the rapidly growing interest in CBD products for pain may be attributed to a recent press release from the Arthritis Foundation. Arthritis means "inflammation of the joints" and refers to any condition where joints in the body become aggravated by an immune response. The

CBD Healthcare Company's complete line of massage, muscle relief and skincare products can be found at <https://www.cbdhealthcarecompany.com/>, and is also distributed through Scrip Companies, via Massage Warehouse, ScripHessco and Bodywork-mall. Follow us on Instagram [cbdhealthcarecompany](#) or go to our website.

CBDHealthcareCompany.com also offers a dedicated Pro Shop for professionals to place orders at wholesale prices and learn more about CBD, ingredients, testing and formula application. In the next months we will adding a training and education segment where you will be able to go for examples of exercises and protocols to ACTIVATE, RECOVER, REGENERATE, and REHABILITATE/REBUILD as part of your daily wellness or athletic training regimen.



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# How Fulfilled Are You?

**M**any of us tend to think of ourselves as strong and resilient, able to rise to any challenge. As a result, there can be a stigma around those who seek help. But some changes can only be achieved with the help of others, and some of the most successful people in the world have coaches and mentors that help them break through strongholds.

If you find that there is something in your life, your career, or your relationships that need change, the path to change is not one you have to travel alone. Sometimes, it's critical to seek coaching methods and professionals to get out of the same routine and to be released from the same old way of thinking.

**If you are motivated to desire change, and you've made the decision to overcome obstacles that are holding you back, it's time to take action.**

At this stage, your commitment can begin to really be challenged. Friends, coworkers, and family may unintentionally sabotage your efforts. And sometimes, we can be our own worst enemy full of self-doubt and lack of motivation. Now is the time to use strategies for the preparation and action stages of making real change. This is best accomplished with a confidence and life coach like Nichole, who is IPEC certified.

Nichole has multiple Collegiate Degrees from Biological Sciences to a Juris Doctorate, while currently pursuing her M.S. in Clinical Psychology at Palo Alto University. She followed her truth and her desire to help others with the power of what she'd learned through her career to be truly successful in life. She became an IPEC Certified Coach and aligned her values with her calling.

She helps clients who are feeling unmotivated to accomplish their next big GOAL or are questioning their GREATNESS. During weekly sessions, she will help you discover what is blocking you and how you can shift that so you can feel amazing and live the life you were meant to!



**We caught up with Nichole to find out more about her program.**

**Q: What made you want to become a Confidence coach?**

**A:** During Law School, I worked at a few firms. I found myself to be stressed and unhappy in that atmosphere. I always live by the mantra that life is short, and every day should be exciting and fulfilling. If the days do not feel like this, it's time to analyze what is off alignment in your life. I did just that. After graduation, I decided to focus on what made me happy. The answer was helping people to feel great about themselves and decisions that they were making in life. This began my journey to becoming a Life Coach, focusing on Confidence.

**Q: How do you help executives or others reach their full potential and success point?**

**A:** I use many different techniques to help people reach their full potential and to feel "unstuck" Every client is different in terms of what they are looking to accomplish, so depending on their goal, I will tailor their sessions to that. Everyone already has the answer within them. I help guide them to pull those answers out. Generally, the core of people not feeling as if they have reached their full potential is a feeling of lacking something from within. I get laser focused on finding exactly what that is, and collaboratively we learn to move past that.

**Q: How do you use your confidence course to help people achieve more in life?**

**A:** I use my course as a seven series module to help boost self-esteem, starting with basic positive self-talk. According to the National Science Foundation, an average person has about 12,000 to 60,000 thoughts per day. Of those, 80% are NEGATIVE!!! It does not matter if you are a CEO, Rockstar, actress, teacher, or in sales, everyone experiences these thoughts. My course has been constructed to help combat these thoughts and realign your happiness and purpose to focus on living the most fulfilling life possible. Once my clients start to see themselves in a positive light, and champion themselves through the day, the results are limitless.

**Q: Who can you help?**

**A:** I can help anyone who is struggling with self-esteem, career, relationships, or finances. At the center of each struggle is a common core; not feeling worthy enough. This is all directly correlated with confidence. My program starts from within to heal what is broken or missing, all while being in safe, nonjudgmental space.

**Nichole's Success and Confidence Coaching Features:**

- Conquer Inner Blocks that Keep Holding you Back
- Increase Self-esteem and Self-acceptance
- Learn how to feel so good in your body, other opinions become irrelevant
- Weekly Accountability
- Learning to embrace your gifts and passions
- Accomplishing goals no matter how big or small they may be
- YOUR Success is my Bliss!

**ARE YOU READY TO LIVE YOUR BEST LIFE?**

Contact Nichole today at (813) 263-5777 or email her at [nichole@mycoachnichole.com](mailto:nichole@mycoachnichole.com).

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# HOW MEDICAL GRADE CBD CAN HELP WITH CHRONIC PAIN & MORE

**T**here are countless ongoing peer-reviewed studies on the medical outcomes of utilizing Cannabis as a drug therapy in patients that have cancer, multiple sclerosis, chronic pain, cognitive damage, rheumatoid arthritis, PTSD, epilepsy, ALS, Crohn's, Parkinson's, Lupus, and many other disorders. Medical grade CBD is also a viable alternative for many patients wanting the healing properties of cannabis and its potent antiviral and anti-inflammatory effects but derived from hemp.

The treatment for chronic disorders may require a higher dose mg of CBD for many conditions; in this case, it's imperative to work with a physician that is experienced with treating a patient's disorders with medical grade CBD.

## Recent studies have shown the following health benefits of CBD:

- Reduces inflammation
- Relaxes organs and tissues
- Relieves pain
- Alleviates Seizures
- Controls & eases muscle spasm
- Anti-nausea
- Anti-psychotic
- Anti-tumor factors
- Brightens skin
- Cancer cell death
- Cancer cell growth inhibitor
- Fights viral infections
- Improves sleep
- Reduces anxiety
- Reduces beta-amyloid plaque
- Reduces cognitive impairment
- Reduces Seizures/anticonvulsant

## How Medical Grade CBD works

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabis. The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with medical marijuana, 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.

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and THC, and the second is the altered version of the plant that has been through a hybrid process to lighten the THC (tetrahydrocannabinol) level.

CBD or cannabinoids can treat many different forms of diseases and disorders with no THC. THC is the mind-altering, euphoric component of marijuana that gives the "high" feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to little THC levels. CBD oil is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of THC combines with CBD in the marijuana plant.

Cannabis can be quite effective for many conditions that are difficult to treat using traditional pharmaceutical medications. Some of these include fibromyalgia, irritable bowel syndrome, migraine headaches, seizures, PTSD and neuropathic pain. Medical cannabis should certainly be a consideration for those suffering from chronic diseases, or just looking for a more balanced and comfortable life.

## BUT BEWARE—NOT ALL CBD IS CREATED EQUAL—QUALITY AND REGULATION MATTERS.

Verséa is a highly-regarded company in the hemp industry that is founded by professionals with vast healthcare and pharmaceutical experience. The most significant issue for physicians wanting to provide CBD is that Verséa's products are medical grade, and it's cultivated in the US. Verséa's products also have high potency and absorption rates due to their organic purity and that they are from naturally grown, non GMO plants.

## HOW VERSÉA CBD IS DIFFERENT.

### Why Verséa? Proprietary High Grade Products

The Verséa product line is clinically driven and scientifically differentiated through formulation processes and technology intended to improve functional attributes and performance of the product.

### Pharmaceutical Approach

While Verséa's commercial Farm Bill CBD is not a pharmaceutical product, Verséa is using pharmaceutical manufacturing and quality standards in the manufacture and control of their commercially available products. These standards include:

- Quality control systems
- Validated manufacturing processes and controls
- Conform to FDA/USDA & cGMP regulatory standards

### Proprietary Mechanisms of Action

- Unique & trade-secreted strains
- Defined action in targeted organ systems

## Differentiated Formulations

- Patented and trade-secreted technologies
- Utilize Hydrophilic formulation designed to promote bioavailability and absorption
- Unique attributes



**Dr. Sunil Panchal** is offering medical grade Verséa CBD for his patients. He has seen marked results from patients with chronic pain, fibromyalgia to migraine headaches.

**TO FIND OUT MORE AND TO RECEIVE A CODE TO ORDER VERSÉA ONLINE (IF APPROPRIATE), PLEASE SCHEDULE AN APPOINTMENT WITH DR. PANCHAL.**

At **The National Institute for Pain**, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries. They have many alternatives to help you with your personalized treatment needs. Please visit their website at [www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org), or call them at **(813) 264-PAIN (7246)**.

At the National Institute of Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches (2013)*. Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

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## Summer Camp at The Y: Putting Safety First

**S**ummer camp at the Y may feel and look a little different due to COVID-19 but Tampa Metropolitan Area YMCA Vice President of Operations Bart Cape assures parents “at the end of the summer and at the end of the week when your child comes home, we definitely know that they have had a great experience and it will be certainly something they will never forget.”

Bart says as a parent himself, he’s always thinking about safety and that’s no different at the Y. The safety of campers and staff is the Y’s top priority. “We’re always thinking about our children to make sure they’re in a positive, safe environment. We are prepared for that at the Y. We’ve got a lot of safety protocols we’ve put in place.”

- Before children and staff are checked in, their temperatures are taken. For the safety and well-being of others in camp, those running a temperature of 100.4+ degrees cannot attend.
- Staggered curb-side check-in.
- Lower ratio camp groups spread throughout the whole facility. Campers remain in their same groups throughout the week.
- Individual and spaced out activities to practice safe social distancing where possible when inside. Limited sharing of supplies.
- Ample access to hand washing and hand sanitizer stations, especially at check-in, before meals and after restroom use.
- Y staff intentionally teach and encourage good hand hygiene, respiratory etiquette and follow a strict sick child/staff policy.
- Significant disinfecting of supplies and activity areas throughout the day.

The extra precautions, which Y camp leaders and counselors have been trained on, follow the recommendations of the American Camp Association (ACA), Centers for Disease and Control Prevention (CDC) and other medical professionals. The Tampa Y staff are very experienced in keeping children and staff safe, especially during these uncertain times.

“We’ve got thousands of campers who’ve come to us in the summer. We have a lot of trust there and we’ve really been able to do that even more in the last ten weeks with our Youth Relief Care for essential workers, which has really prepared us well,” Bart says.

Bart says even with the new safety standards for summer camp, some things never change.

“We have kids who come on the very first day of camp and they are so apprehensive. They’re concerned, they’re nervous, they’re not sure who they’re going to meet. Some of them don’t want to get out of the car. Some of them are crying as they get out of the car because they don’t want to come, but,” says Bart, “at the end of that week we might have that child crying because he or she doesn’t want to go home. It happens literally every summer.”



Camp is offered at a dozen locations around Hillsborough and East Pasco counties, including at the Bob Sierra YMCA Youth & Family Center in the Carrollwood/Northdale area, New Tampa Family Y in New Tampa, East Pasco Family Y in Zephyrhills, and South Tampa Family Y in South Tampa.

**YMCA camps and staff are experienced and ready for a safe, exciting, fun-filled summer adventure. There are spots are still open and parents can register at [www.tampaymca.org/letscamp](http://www.tampaymca.org/letscamp).**





# BALANCING LIFE

By Rev. J. Keith Long

**D**o you live a balanced life? When your life seems to be running smoothly and everything is happening just like you suppose it should, you may not give much thought to what it means. When you seem to be at wits end, you may be thinking there must be a better way.

**Luke 10:27 reads:** He responded, "You must love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind, and love your neighbor as yourself.\*\*

Look closely at what this says. It says with your heart. The heart, the amazing muscle made to provide life giving blood to all of the body. Without the heart, the body cannot do its amazing things. Without blood, the brain will not function, the arms and legs will not move, the body cannot live. One of the best ways to honor God is with your heart, by using the gift of life, of the blood flowing through you to do good things, to say good things, and to be good, or sometimes people say righteous.

Your heart is maintained by exercise. As Americans we are prone to spend too much time in the car, in front of the Television, or at the computer. The heart as a muscle needs work to keep doing what it does at the optimum. The healthy heart provides for you the opportunity to love God with all of your strength. The muscles provide strength to move your legs, your arms, all the parts of you that hugs, carries, moves, speaks, and shares. Health professionals will say this: get moving. Movement maintains, lots of movement builds, but most important is the first step movement.

Love God with your mind. In other words, think. Wisdom and knowledge are two very different things. Wisdom for me is a daily process. Living each day learning something, gaining knowledge is mostly helpful, but I can honestly say some things I hold as knowledge are not always helpful. So, therefore, wisdom is about knowing the difference and what makes your life better becomes the very best wisdom. I skipped over "being" because for me it is the entire package. Your heart, your muscles, your mind, every part of you is combined as the temple for your soul. All of your being means everything about you. Jesus said in answer to the



question, "What must I do to have eternal life?" He said, "Do these things." Not some of them, all of them. Not part of the time or most of the time, but all of the time.

## Finding Balance is Key

Balance, the act of having enough, not too much, not too little, this is the key to most things, if not all things. I am really strong on spiritual practices, but I need to work on my physical practices. My emotions seem to be doing OK, my relationships are trending up. My visits to my healthcare providers including the dentist are in check. I am making better decisions about what I eat, when and how much. Thinking about these areas of my life and finding balance is an opportunity. Thinking about these things has shown me there is a better way. I thought I was happy and doing

OK, but consideration of these aspects has given me a way to be happier, to have more joy, even in the midst of crisis and stress, and everything else going on.

## Practice is Necessary

Like an athlete, for any sport they will practice and work at keeping their skills up to be their personal best. Like a piano player or any musician, even for a drummer, practice is necessary to maintain the talent. It seems that for all of us the same is true; we must have a routine of practice that keeps our mind, body and soul in its best condition. As you live, be encouraged that your God has given you abundance. How you use it, what you do with it, that is something not to be squandered, it is more precious than gold.

\*\*Bible Reference - Common English Bible



A photograph of an older couple embracing outdoors. The woman, with short grey hair, is smiling broadly and wearing a blue denim shirt. The man, with a grey beard, is also smiling and wearing a blue denim shirt over a red and blue plaid shirt. They are standing in front of a blurred background of dry grass and trees.

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