

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

August 2020

South Tampa Edition - Monthly

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FREE  



**BEYOND
PHYSICAL
THERAPY:
SPECIALIZED SERVICES
TO ACHIEVE
OPTIMAL HEALTH**

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**NATIONAL
INSTITUTE OF
SPINE & PAIN**

SUNIL J. PANCHAL, M.D.

Board Certified Interventional Pain/ Minimally Invasive Spine Specialist

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Summer sniffles? Baffling bug bites? Epic ear ache? Get easy, convenient care at Walk-In Care provided by BayCare. Located at select Publix pharmacies, you can have a virtual visit with a board-certified doctor, pick up your prescription and shop for groceries all in one place. All Walk-In Care kiosks have blood pressure cuffs, thermometers and other smart devices that help the doctor give you a more accurate diagnosis.

Enhanced Safety at Walk-In Care Kiosks

BayCare and Publix have enhanced their safety processes and cleaning procedures based on guidelines from the Centers for Disease Control and Prevention (CDC):

- The kiosk, equipment, chairs, doors, counters and all surfaces are thoroughly cleaned and disinfected after each visit.
- All patients who use the kiosk are required to wear a mask. If they don't have one, the pharmacy staff will give them one.
- Hand sanitizer is available at various areas of the kiosk, including the waiting area.
- The pharmacy staff is required to wear a mask and gloves when interacting with patients and when disinfecting all equipment.



COVID-19 testing isn't available at Walk-In Care locations. If you think you may have symptoms of COVID-19, contact county health department or health care provider.

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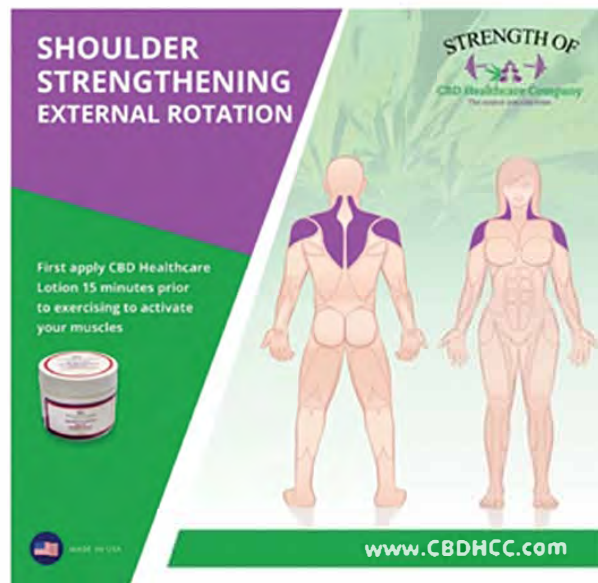
CBD Healthcare Company Tampa

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Activate - Recover - Regenerate - Rebuild

SHOULDER JOINT AND ROTATOR CUFF

Mobility, flexibility, and strength are key ingredients for wellness and peak performance – whether you're a competitive athlete or fitness and health advocate. Maintaining these requires knowledge, discipline, and the use of protocols that are becoming more widely known and adopted. Last month we discussed how professional grade CBD topicals enhance mobility, flexibility, and peak performance/strength. It accomplishes this by stimulating the endocannabinoid System (ECS) to promote homeostasis resolving inflammation, stimulating cell recovery, and accelerating healing naturally through improved delivery/restructuring of collagen. This enhances ACTIVATION, RECOVERY, REGENERATION, and REBUILDING of the skeletal-muscular system improving mobility, flexibility, function, and pain relief. We recommend this as a part of your regimen whether sports/fitness or wellness/rehabilitation oriented.



CBD Healthcare Company is working with several nationally recognized experts and in the process of launching an education and training component to our website to assist our customers in achieving their health, wellness, and protocol objectives. This month we have chosen mobility, flexibility, and strengthening the rotator cuff muscles of the shoulder.

Everyone should include rotator cuff exercises in their programs. The shoulder joint is the least stable joint in the body and needs to be strengthened for proper function. Training your rotator cuff has several benefits. Strengthening the muscles surrounding the shoulder joint creates more stability, enhances posture and will definitely make you look better and more sturdy.

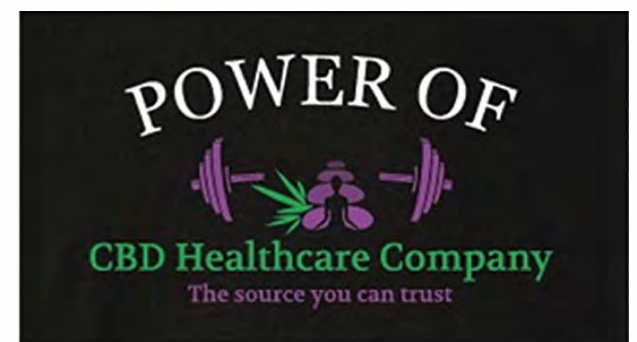
When there is a weakness in the rotator cuff muscles of the shoulder, movement patterns become altered, creating instability and often leading to injury. Performing these exercises will keep your shoulders strong and ready to perform for all of your activities.

A strong rotator cuff keeps the shoulder functioning properly, improving your golf swing, throwing a baseball, shooting a basketball or just reaching overhead during normal daily activities. A simple effective strengthening routine consists of six exercises that you can do at home, the gym, or the in the hotel room and require only a set of bands (see performbetter.com). When doing these, try to follow the following regimen when possible:

- ACTIVATE with CBD Herbal Muscle Lotion Maximum Strength 15 minutes before starting.
- Elevate temperature of the muscles before conditioning with low intensity aerobic exercise (i.e. stationary bike, elliptical, jog/run, jumping jacks)
- Perform a 30 second pre-stretch to overcome nervous system safeguards.
- Slowly stretch to increase your range of motion (do not bounce when you stretch)
- Two sets of 15 repetitions for each exercise three times per week:

- External Rotation to the Side
- Internal Rotation at the Side
- Cross Body Pull
- Diagonal Pattern Body Pull
- External Rotation 90 deg.
- Internal Rotation 90 deg.

Below is an example of the of external rotation exercise – among the others that can be found at CBDHealthcareCompany.com during this month as we launch our education and training.



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BayCare and Publix Offer Telehealth Service Inside Grocery Stores

Imagine if you could see a doctor and pick-up your medications while doing your grocery shopping? That's possible through Walk-In Care Provided by BayCare inside a Publix Supermarket near you.

Launched in 2017, Walk-In Care provided by BayCare is an innovative telehealth technology installed at select Publix Supermarkets across the Tampa Bay area. The organizations have opened 35 locations so far.

The telehealth kiosk features a private room in select Publix Pharmacies where shoppers can receive non-urgent medical care from medical providers using teleconferencing and medical diagnostic equipment.

The kiosk, which is interactive and user-friendly, allows patients to easily enter their symptoms and work with medical tools such as thermometers, stethoscopes, pulse oximeter, blood pressure cuffs and high definition cameras to help medical providers make an accurate diagnosis.

The Walk-In Care room remains open during Publix Pharmacy hours and is accessible on a walk-in basis and without prior appointment. The equipment is easy to use, but Publix Pharmacy support staff are available to assist shoppers if needed.

Safety at Walk-In Care Locations

To help protect shoppers, Publix Pharmacy staff and the community during the COVID-19 pandemic, BayCare and Publix have enhanced their standard safety processes and cleaning procedures based on safety guidelines from the Centers for Disease Control and Prevention (CDC). Some of those measures include:



- The kiosk, equipment and all surfaces including chairs, doors and counters are thoroughly cleaned and disinfected after each visit.
- Every shopper who uses the telehealth kiosks will be given a mask during each visit.
- Publix employees will wear a mask and gloves.
- Hand sanitizers will be available at various areas of the kiosk, including waiting area.

People who are experiencing symptoms of COVID-19 can get screened through BayCareAnywhere.

For more information about Walk-In Care Provided by BayCare, visit [BayCare.org/baycareanywhere/walk-in-care](https://www.baycare.org/baycareanywhere/walk-in-care).



Walk-In Care

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Is My Rotator Cuff Tear the Cause of My Shoulder Pain?

By: Regenexx Tampa Bay, Regenerative Medicine

What's causing your shoulder pain? Is it due to instability? Could it be a rotator cuff tear? A labral tear? Arthritis? Inflammation? Swelling? Bone edema? Tendinosis (tendon degeneration)? A pinched nerve? More and more studies continue to show that shoulder MRI results often cannot predict why the patient is experiencing pain.

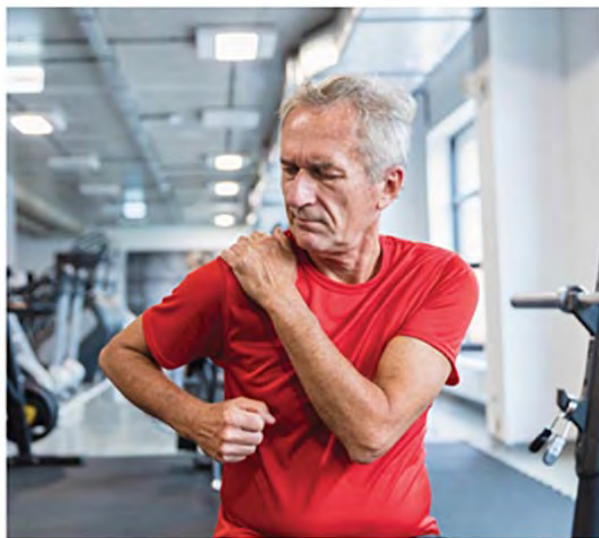
This is the case for various body areas including the lumbar spine, knee, and certainly shoulder. The MRI can provide a lot of good information, but it has been repeatedly shown not to substitute for a thorough history, exam and a diagnostic ultrasound by the physician. This takes time and focus.

Although most patients and providers will blame the rotator cuff tear as the cause of pain, it is never a given that a rotator cuff tear is actually the source of the pain. In fact, the studies we will cover in this article show that it is often inaccurate to assume that a rotator cuff tear is what is causing your shoulder pain despite what is seen on an MRI. Let's dive a bit deeper into rotator cuff tears, surgery, and determining the cause of your shoulder pain.

What is a Rotator Cuff Tear?

The rotator cuff is a complex series of muscles and tendons that surround the shoulder and help lift the arm and stabilize the shoulder joint. A rotator cuff tear is simply a tear in the tendon usually close to where it attaches to the bone. While some rotator cuff tears result from trauma, the vast majority happen from wear and tear as we age- this is referred to as a degenerative tear.

The most common cause of a rotator cuff tear is simply a slightly more demanding movement than usual. How might this happen? It has been known for a considerable amount of time that the rotator cuff does not have a great blood supply which makes it harder for the body to heal an injury in that area.



So, what is the problem? It is likely to be a lack of healthy progenitor cells and stem cells to repair the damage as it occurs over time, and at some point with little provocation, the unhealthy tissue simply fails and a tear occurs.

What Happens During Rotator Cuff Surgery?

Rotator cuff surgery involves cutting into the shoulder and stitching the tear back together. Recovery time from surgery can be lengthy and there is a good amount of research showing that this surgery is often ineffective for many types of rotator cuff tears. The tissue is often too weak to stay together with a stitch.

In larger tears, approximately 6 in 10 do not heal properly, even with surgery. For patients over 60, shoulder surgery recovery is even more difficult, with 1 in 3 rotator cuff tears not healing.

It is also notable that a good number of surgical patients never return to their full range of motion following surgery and pain can linger. Additionally, many studies show that shoulder pain prior to surgery actually has little to no correlation with the rotator cuff tear or the severity of the tear. So, what is causing the pain?

Shoulder Pain and Inflammation

One study performed in Japan analyzed joint fluid obtained from 38 patients before and after orthopedic rotator cuff surgery for various chemical messenger molecules (cytokines). These cytokines work for the immune system and call our immune cells into action when there is inflammation, infection, or trauma.

Imagine that our immune cells are like firefighters, always ready and waiting. The firefighters might be at the station cleaning trucks, training, or stocking their equipment, but when that alarm sounds, they jump into action and race to the fire. For us, that alarm is our cytokines, and when it sounds, our immune cells race straight to the inflammatory fire as our first responders.

Interestingly enough, the study that we referenced earlier concluded that larger rotator cuff tears were associated with less pain and that more pain was accurately predicted by more IL-8 (interleukin 8) in the joint fluid. IL-8 is an inflammatory cytokine or an alarm sounding when inflammation is present. The pain that was studied in this study was due to the inflammation and not the tear itself.

Another study states that "the prevalence of full-thickness rotator cuff tears increases with age [and] many patients are asymptomatic and may not require surgical repair." Even while there was pain present, the study concluded that physical therapy rather than surgery should be sufficient to address the symptoms in most cases.

Does Rotator Cuff Repair Surgery Fix Pain?

Unfortunately, the answer is no. One study proved this disappointing result that rotator cuff repair does not fix pain or function in the shoulder. This should be eyeopening for patients, whose primary goal for undergoing a rotator cuff repair is to reduce or eliminate their pain. There are countless studies showing that shoulder pain is often not due to the presence of

a rotator cuff tear. If a surgeon repairs a tear in your rotator cuff to eliminate your pain, but your tear is not the actual source of your pain, why was it necessary to have the surgery? It may be that the tear caused inflammation which thereby causes the pain. Sewing up the tear may not get rid of the inflammation.

Why not use Cortisone or Anti-inflammatories to get rid of Inflammation?

The problem is that cortisone gets rid of inflammation at a cost. The tissue gets even weaker and unhealthier. The local stem cells are damaged or killed leaving the tissue in worse condition than it already was in. If someone receives a cortisone injection within a year of a rotator cuff repair, it is more likely to fail and need a revision.

In regards to NSAIDS, aside from the myriad of systemic problems they can cause (gastrointestinal bleeding, kidney damage, stroke and heart attack to name a few), they also have been shown to inhibit tendon healing and in Regenexx's laboratory, they have been shown to negatively impact stem cells.

The Best Alternative

If the reason that the rotator cuff fails in the first place is a lack of local stem cells, doesn't it make logical sense that replacing those cells is critical to get the structure as healthy as possible?

What if you could avoid rotator cuff surgery and have a much quicker recovery? Well, for about 70-80% of rotator cuff tears, you can. We have pioneered a procedure to do just that over the last 14 years that includes an ultra-precise injection of your own stem cells under image guidance using a patented protocol.

Rotator cuff tears are one of the most commonly treated conditions at Regenexx Tampa Bay, and we consistently see successful outcomes in these patients. With that said, while most tears will heal with just a precise injection, there are a few massive tears that are unlikely to be helped without surgery. Keep in mind that even after surgery to repair a massively damaged rotator cuff, stem cell injections may assist in the healing and improvement of the tissue. For example, one study showed that using stem cells after surgery reduced the retear rate by half.

The Regenexx procedure addresses more than just the rotator cuff tear. Precise injections of the surrounding ligaments improve stability, injections of the



other nontorn rotator cuff tendons and biceps tendons improve their strength and function, injections of the labral tissue, when there is evidence of damage, strengthens that tissue and injections of the joint and cartilage can improve any arthritis that is present.

In some cases, when there is edema (swelling) in the bone itself seen on MRI (which represents small microfractures), injections will help heal the bone. There may even be a component of a pinched nerve in the neck that is contributing to the pain and accelerated degeneration of the tissue in the shoulder. In these cases, platelet lysate injections around the nerve (epidurals) can help as well.

Following the procedure, skilled physical therapy will likely be recommended. For our patients in the Tampa Bay region, we recommend physical therapy at our Tampa location with EXOS. As you can see, this is a comprehensive plan to get you back to the activities you love to do.

Whether you've had surgery to repair your rotator cuff or not, Regenexx may be able to help you with your shoulder pain. Contact us today to find out how.

ABOUT US



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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Hyperbaric Oxygen Therapy for Overall Wellness

Undersea Oxygen Clinic

In normal blood flow within our bodies there is about 21% oxygen in the air that we breathe, and our lungs transfer this oxygen to our red blood cells (via hemoglobin). When there is a restriction in blood flow due to surgery, illness, injury, or old age the red blood cells or localized swelling (inflammation) blocks the blood vessel which become unable to transfer oxygen to the cells on the other side of the blockage. This causes swelling and starves the area of oxygen (hypoxia); when this occurs, the tissue begins to break down and die.

Hyperbaric Oxygen Therapy (HBOT) super-saturates oxygen into the body's tissues which promotes increased capillary growth, increases white blood cell activity (which assists body in fighting infection), promotes tissue strength & development (by increasing collagen production), speeds healing, reduces pain and swelling, helps inhibit toxins, reduces the size of gas bubbles, and has synergistic effects with certain antibiotics. (1) HBOT also mobilizes the body's circulating stem cells and it has been shown that single 2-hour exposure to HBOT at 2 ATA doubles circulating CD34+ progenitor stem cells. These stem cells are basic human cells targeted to salvage and restore damaged structures within the body. Additionally, at approximately 20-hours of HBOT; circulating CD34+ are cells increased by 800%. (2)

Pain is a stumbling block for most on their path to wellness. While there is no definitive cure for random body pain or many other types of pain, there is a growing body of evidence that HBOT has a positive effect on various pain conditions. (3) In a study on headaches and migraines researchers saw trends towards reduction in hours of headache for the HBOT group. (4) Additionally, another study on Fibromyalgia Syndrome (FMS) provides evidence that HBOT can improve the symptoms and life quality of FMS patients. Moreover, it shows that HBOT can induce neuroplasticity and significantly rectify abnormal brain activity in pain related areas of FMS patients. (5) Finally, a study on Complex Regional Pain Syndrome (CRPS) stated that HBOT is



an effective and well tolerated method of decreasing pain and swelling (edema) and increasing the range of motion in CRPS. The study's preliminary experience indicates that HBOT may be a valuable alternative to other methods for treating CRPS. (6) Pain is something many individuals have chosen to live with and impacts wellness greatly. There is hope in HBOT for those suffering from pain.

As we age, we have what is referred to as "residual self-image". We continuously overhear people saying "I am no longer what I once was". A study on sports medicine shows that HBOT has been shown to be promising for tissue remodeling after injury and for recovery of fatigue. (7) A Yugoslavian study demonstrated that HBOT prior to treadmill running to exhaustion increased peak running velocity and the maximum amount of oxygen you can utilize during exercise (VO₂max) when measured 30 minutes and 3 hours after treatment. (8) It is also said that increased oxygen delivery to the tissue with HBOT may prevent tissue damage by decreasing the tissue lactic acid level and helping maintain the primary energy carrier in all living organisms on earth (ATP) level. This may help prevent tissue damage in ischemic wounds and reperfusion injuries. (9) Increasing evidence suggests that treatment with HBOT enhances recover from soft tissue injuries, specifically the types of injuries seen most often in sports medicine. (8) These are just a few scholarly articles which show promise for hyperbarics. Many more exist. If you are looking for a better return to athletics and faster recovery, hyperbarics is a possible solution for you.

Overall wellness is a process of being aware of and making choices towards being healthy and fulfilled in life. Wellness is more than just being free from illness. The World Health Organization says wellness is "...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." HBOT can help many people suffering and on the path to wellness achieve their goals. At the Undersea Oxygen HBOT Clinic on Westshore Blvd, we want to mention that results can vary and with healthcare and no promises for a "magical cure" of any ailment can be made. However, the overwhelming scientific and physiologic consequences of HBOT are undeniable and proven as a matter of physics and science. HBOT is an effective, ethical, medically safe treatment available for general wellness with minimal side effects.

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- Safety for our patients is number one priority
- Thoroughly sanitized after each session
- We follow all CDC and safety guidelines
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A PATIENT'S STORY WITH CHRONIC HEAD PAIN: How Persistence and The Right Doctor Can Lead to Solutions



Dr. Sunil Panchal is known by peers, colleagues and patients to be on the cutting-edge of groundbreaking treatments and therapeutics for pain management, including radiofrequency ablation procedures, stem cells with exosomes, and spinal cord stimulation, to name a few. He has incorporated other alternative healing methods into his management of pain including a high-quality CBD supplement available only through healthcare providers called VERSÉA.

Over 116 million people suffer from various types of chronic pain disorders. One of Dr. Panchal's patients, Wayne, has a rare nerve condition in the lower cranial nerves that cause excruciating pain in the back of his head and has also left him with major hearing loss in his right ear. Subsequently, he also suffers from Dural inflammation, which causes pressure and pain in his head as well.

After years of suffering, Wayne found Dr. Panchal, and they have tried several therapies that have worked, but recently, Wayne decided to try VERSÉA. We spoke to him to find out more about his story.

WAYNE: For nearly a decade, I'd been suffering from debilitating pain in the back of my head that was worse at night when I tried to lie down. I saw multiple doctors and specialists at USF. I went through CT scans, MRIs, brain tissue biopsies, and various procedures that never worked. Unfortunately, one of the head neurologists at USF told me that I should retire and take full disability at the age of 61 because they had no other options to help me.

I'm a busy guy. I like to be outside, working, enjoying nature and fishing with my grandkids. I didn't want to live a life in pain that kept me locked away in agony. I've broken bones, had surgeries, and have experienced real discomfort in my life, but this head pain is excruciating and causes blurry vision among other things. I was at the point where brushing my teeth was much too painful. I would cry out in torture, and I'm a macho-kind-of-guy, so it's been a really tough road for me trying to deal with these agonizing issues.



A friend told me about Dr. Panchal, so I went to see him and try an alternative route to fixing my pain.

We first tried radiofrequency, which works because it cauterizes the nerve ending, but they grow back, so once they'd start to regenerate, my pain would come back pretty severely. Dr. Panchal also implanted a pain pump that administers morphine. That worked well, but we had to keep increasing the dosage.

A few months ago, I noticed that Dr. Panchal had a new CBD product called VERSÉA. I've been interested in CBD oil in the past, but never tried it because I didn't think it would really work in my case. Dr. Panchal and I discussed it, and we decided to add it to my treatment protocol.

You're supposed to take a full dropper of the liquid, but I only used a few drops and after only 45 minutes my pain subsided significantly. That was three months ago. I still only use a few drops, not the whole dropper, and I take it in the morning and evening. I have about 80% pain relief with this product. It's been incredible!

My neighbors see me, I'm working outside from 8:30 am to 5:30 pm, and I'm working on my camper, doing yard work, fixing things, and when it gets late, I sit outside and read under my oak tree. The heat used to make my pain so much worse, and I'd have to come inside and try to rest, but with this product, I've seen real change—Something I didn't think was possible.

Wayne is 69 years old now, and when we spoke with him, he had just returned from a camping trip and had been outside cleaning the camper in 90 degree weather. Since adding VERSÉA, he now uses the minimal dose of morphine at 0.18 mg/day. He is definitely enjoying his life with much less pain and is a beacon of hope for many who are suffering with chronic pain.

How CBD (Cannabidiol) works for Chronic Pain

CBD oil is a viable alternative for many patients wanting the healing properties of cannabis and its potent antiviral and anti-inflammatory effects without the strict regulations of medical marijuana.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabidiol. The structure of CBD interacts directly with our cell's receptors. We have an inherent, natural endocannabinoid system that 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 pain, mood, sleeping, immunity, pleasure, memory and much more.

Cannabidiol can be quite effective for many conditions that are difficult to treat; some of these include fibromyalgia, irritable bowel syndrome, migraine headaches, seizures, and neuropathic pain, to name a few. Medical-grade CBD should certainly be a consideration for those suffering from chronic pain.

HOWEVER, NOT ALL CBD IS CREATED EQUAL:

VERSÉA was selected after careful review of multiple CBD products and identifying several strengths and advantages. This product was manufactured and packaged in a GMP facility conforming to FDA guidelines, which gives greater confidence in regard to purity. There is also a greater range of clinical dosage strengths, which allows greater flexibility to meet the needs of patients. Manufacturing techniques resulting in greater absorption are another significant advantage, and include a unique hydrophilic broad-spectrum formulation, encompassed by a proprietary nanotechnology to promote absorption, as well as coated capsules that promote greater absorption than standard capsules or gel caps. In addition it has unique IP on gel melt for buccal delivery. Also, the product is organic, Non-GMO, and cultivated and manufactured in the USA.

To find out how you can include VERSÉA in a comprehensive treatment plan, please schedule an appointment with Dr. Panchal for an evaluation.

Dr. Panchal is offering this unique code for Health & Wellness Magazine readers:

ESTC

Please order your VERSÉA products using code ESTC at <https://verseashop.com>.

At The National Institute of Spine and 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, 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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How Fulfilled Are You?

Many 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!

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BEYOND PHYSICAL THERAPY: SPECIALIZED SERVICES TO ACHIEVE OPTIMAL HEALTH

By Jason Waz, President of Competitive Edge Physical Therapy

Physical therapy does not solely encompass recovery from an injury; instead, it focuses on enabling a person's body to function at its optimal level and to maintain energy balance within the system as a whole. In the absence of energy balance, individual systems break down and "wear and tear" becomes more prevalent. This can present itself in many forms: chronic fatigue, diffuse pain, difficulty sleeping, low energy levels, mental fatigue, gastrointestinal issues, etc. Our nervous system serves as the "control center" for each of our body functions, from each organ to every muscle. By optimizing the neurological system, we are able to counteract the negative inputs it receives by everyday stressors and produce lasting changes in how the body functions as a whole. In addition, by promoting function at the cellular level, we can "recharge the batteries" and increase energy stores.

Optimal health is a continuum: if function is impaired at one level, it affects the rest of the body. CEP has been able to partner with physicians, internal medicine practitioners, nutrition consultants and regenerative medicine specialists in the Tampa community to provide the missing piece to a wellness regimen by use of advanced health technology to maximize the body's available resources. CEP offers the latest in recovery science and "bio-tech" to expand the scope of physical therapy practice beyond injury rehabilitation into the realm of achieving optimal health and wellness for all clients.

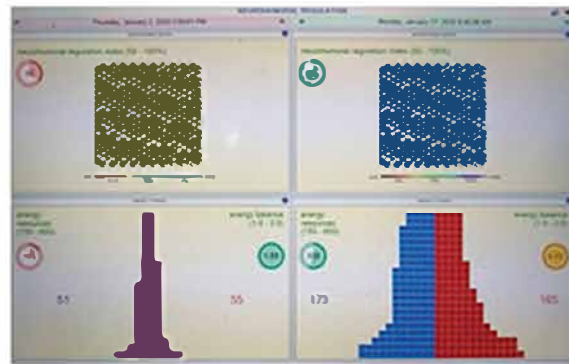
CEP's advanced modalities harness emerging technology and expand on research designed to improve health at the cellular level. These unique interventions include pulsed electromagnetic field treatment (PEMF), neuro biological electrical stimulation (NEUBIE), and heart rate variability diagnostics (HRV).

Heart Rate Variability (HRV) Diagnostics

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 develop individualized plans to improve health status and increase functional



Pre (left) versus post (right) HRV readings following optimal health interventions



capacity during fitness activities. In addition to assessing wellness in the general population, HRV diagnostics has also been utilized to demonstrate positive outcomes of physical therapy interventions in patients recovering from injuries when re-scanned throughout the course of treatment.

NEUBIE Electrical Stimulation

CEP serves as the flagship physical therapy facility incorporating the NEUBIE device into optimal health practice. The NEUBIE is a groundbreaking electrical stimulation device that has been utilized by CEP in the post-injury recovery realm to optimize muscle strength/function and accelerate healing, but also can be utilized to re-establish balance in the nervous system. When HRV diagnostics indicate dominance of the "fight or flight" state, a master reset is performed on the NEUBIE to promote the "rest and digest" state that is critical for the body's wellness as a whole. In addition, research performed on direct current stimulation intervention demonstrates positive impact to lymph mobilization throughout the body, having a positive impact on the immune system function.

Pulsed Electromagnetic Field (PEMF) Treatment
Pulsed Electromagnetic Field (PEMF) is utilized in treatment plans by directing pulsed energy waves toward damaged or injured areas of a patient's body. Environmental exposure to damaging frequencies (cellular signaling, Wi-Fi, microwaves, etc), stress, and lack of restorative rest translates to a sub-optimal state of wellness. Through PEMF therapy, the cells of the body are "recharged", making it easier for the body to restore its health status. This modality decreases the nervous system "fight or flight" response, enhances restorative rest capacity, and increases energy stores at the cellular level.

How Can CEP's Optimal Health Services Help?

When focusing on a health and wellness regimen, clients seek out services across multiple disciplines. While some may need fitness coaching, others benefit from nutritional counseling or regenerative medicine specialties. CEP is equipped to provide an additional link to these services by optimizing the body systems to create a well-balanced whole. Examples of client benefits from CEP's specialized services include:

- Increasing immune system capacity
- Making strength/endurance gains with exercise regimen
- Improving restorative sleep capacity
- Enhancing nutritional support for cellular health
- Restoring balance in nervous system
- Boosting response of PRP/Stem Cell injections to injured areas
- Managing pain

CEP has defined itself as the premier physical therapy organization focusing on using state of the art biotechnology to achieve optimal health across the lifespan. Not only utilized for injury recovery, CEP gives all patients access to the most cutting edge and efficient methods available to meet healthcare and wellness goals.



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Independent Living at Aston Gardens: What a 9-Year Resident Wants You to Know

Have you ever thought about living in a senior community, one where you can enjoy the golden years in a lovely apartment or villa, experience the tranquil scenery and ample amenities, visit with friendly neighbors and relax in comfortable, safe surroundings?

Sometimes the tasks of maintaining a home, or the lack of social interaction can be challenging. If you want to live a maintenance-free lifestyle in a resort-like environment that is secure, convenient, and full of social activities all within a nature-rich landscape, long-term resident Mr. Johnson encourages you to check out Aston Gardens At Tampa Bay. Johnson is thrilled that he and his wife made the decision to move to Aston Gardens' Independent Living community 9 years ago, and today says it's the best-kept secret on earth.

Aston Gardens' Independent Living Features Include:

1. No maintenance
2. No more snow shoveling
3. No more yard work
4. Fine dining and chef-prepared meals
5. Convenience to shopping, the arts, sporting events, restaurants, pharmacies, medical care and much more
6. Safety and security of a gated community
7. Ongoing activities and events
8. Friendly staff and fantastic neighbors
9. Fabulous, resort-quality amenities



We recently asked Mr. Johnson to tell us what he loves most about the community, as well as how Aston Gardens and its dedicated team members are keeping residents happy and safe in these unprecedented times.

Mr. Johnson:

Throughout these unusual times with COVID-19, the staff has been effective at communicating and answering residents' questions and concerns. They've implemented various publications as well, such as weekly newsletters for the residents of our community.

Of course, we're more limited as to what we can do, and at the beginning stages of COVID, they made many provisions to accommodate us. Now that we are in phase 2, we have more flexibility.

For example, I'm involved in a men's roundtable. The meeting was stopped, but recently they made special arrangements for us to meet in a larger room, which allows us more space and social distancing, and we're all encouraged to wear a mask and practice good hygiene.

As far as outdoor activities, our grilling area, pool, hot tubs, and outdoor spaces are available and subject to our social distancing protocols. However, we still are able to enjoy time with friends, fellow residents and staff.

Initially, when COVID just started, the security guard at the gate entrance was monitoring and identifying essential workers and vendors. They were taking temperatures and only allowing specific people on the property with great caution and care.

If a resident wanted something like carpeting replaced, that was put on hold. Now we can safely have more things done, but it's all still accomplished under great care and consideration. There is always someone on duty to check the temperatures of residents, staff and vendors before they are allowed access to the grounds.

Our chef, Antoine, is an amazing culinary expert. We usually have beautiful sit-down meals in the dining room, but even through these strange times, we are still able to enjoy the chef-prepared meals, only in the comfort of our apartments. In saying that, the kitchen staff will make special changes or requests for residents, and everything is maintained at the highest level here.

As a safety precaution, some residents have been quarantined to their apartments or villas during COVID if they traveled, and the staff caters to them by leaving food and supplies at their doorstep and checking in on them for the two weeks that they must stay in their homes. The staff and management are always available, and they go above and beyond what's expected.

Just like around the world, things here have been restrictive, but the staff has done a great job keeping us safe.

H&W Magazine:

What attracted you to Aston Gardens?

Mr. Johnson:

Nine years ago, we fell in love with the floor plan of the apartment. Ours is three bedrooms, three bathrooms and a garage. We also have a lanai on the back overlooking the preserve and one on the front overlooking the lake.

The shared facilities like the clubhouse, gazebos, lakefront, etc., make it more like a resort-style campus. The staff, administration and management are wonderful and very service-oriented. They couldn't do a better job of taking care of everything we need. I think most people who decide to live in an independent senior community have better things to do with their time than maintain a house and yard. We now have the freedom to do what we love!

Aston Gardens reinvests in the community with upkeep, remodeling and maintaining various amenities. There is a running joke among residents that when you put a work order in at the clubhouse, many times before you get home, they are already there fixing a light bulb or changing an air filter or whatever you need. They take great pride in accommodating us.

There are not enough superlatives to describe the Director of Resident & Concierge Services, Marion Vasquez, and so many others who are a part of the team. Everyone is willing to roll up their sleeves and do whatever needs to be done.

There is a genuine kindness here at Aston Gardens that goes beyond measure, and that is especially true of Marion.

The staff here has a dedication for what they do, and the managers hire high-quality team members—many of whom have been here for years. For example, we've had the same housekeeper for the past nine years—she's like part of our family!

Aston Gardens is a wonderful place to call home, and I believe it is truly the best-kept secret on earth.

Senior Living Options at Our Tampa Bay Campus
In our beautifully appointed Tampa, Florida retirement community, we offer the following senior living options:



- **Independent Living** – Stay active through daily events, outings, and recreational opportunities while enjoying the peace of mind of having on-site staff

- **SHINE® Memory Care** – In our memory care program, residents will receive personalized attention and assistance with everyday living activities as needed

- **Senior Assisted Living** – Suitable for residents who need a little, extra assistance with daily tasks like medication management, personal grooming and household chores

Independent Living at Aston Gardens At Tampa Bay offers a lifestyle that's as active, healthy and free as you want to be, all without being alone. Choose from one of our Independent Living apartment homes or a luxury, for-sale villa and enjoy the all-inclusive, care-and maintenance-free lifestyle at America's award-winning senior living community, located between Tampa and Clearwater near Florida's beautiful Gulf coast.

Contact Aston Gardens At Tampa Bay at 813-993-1276 to learn more about our exemplary senior living programs.

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ADVANCED AND INDIVIDUALIZED CARE

Hydrating Your Soul

By Ross Johnson, Lead Pastor, Gathering Pointe Church

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

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

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

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



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

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

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

We miss community. We miss those quite moments in our Bible reading and prayer.

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

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

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1 in 26 people living in the United States will develop epilepsy during their lifetime. In fact, you probably know someone who has epilepsy today. If not, you know someone who will develop it in the future. It might be your daughter, your father, your grandchild, your best friend. It might even be you. Epilepsy can affect anyone with a brain and seizures can strike at any time, without warning or reason.

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