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January 2021

Marion Edition - Monthly

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KNEE PAIN TREATMENTS

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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

If you suffer from varicose and spider veins, you are not alone.

WHAT ARE VARICOSE VEINS?

Although veins and arteries are both part of the circulatory system, they work in very different ways from each other.

WHAT CAUSES VARICOSE VEINS?

Some predisposing factors include aging, standing occupations, and leg injury or trauma.

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are: "Do veins require treatment?" and "What treatment is best?"

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

Technological advances in evaluation and treatment methods allow spider and varicose veins to be treated more effectively and safely than ever before.



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Spotting Lung Cancer Sooner

The beginning of a new year is the perfect time to draw attention to lung cancer, the leading cause of cancer death in America, accounting for 24% of cancer deaths. What is particularly troubling about this statistic is that caught early, lung cancer may be highly treatable. The best way to catch lung cancer early is through regular lung cancer screening.

Once symptoms like chronic cough, wheezing or other problems appear, they signal the spread of cancer outside of the lungs, when it is often impossible to treat. That's why it's important to get screened while you feel healthy and are symptom-free. The recommended screening for lung cancer is Low Dose Computed Tomography, or LDCT. This painless, noninvasive CT scan uses a low dose of radiation to highlight detailed images of the lungs in just minutes, without the need for contrast dye. LDCT is capable of discovering nodules even when they are very tiny, and most easily treated.

LDCT vs. Chest X-ray

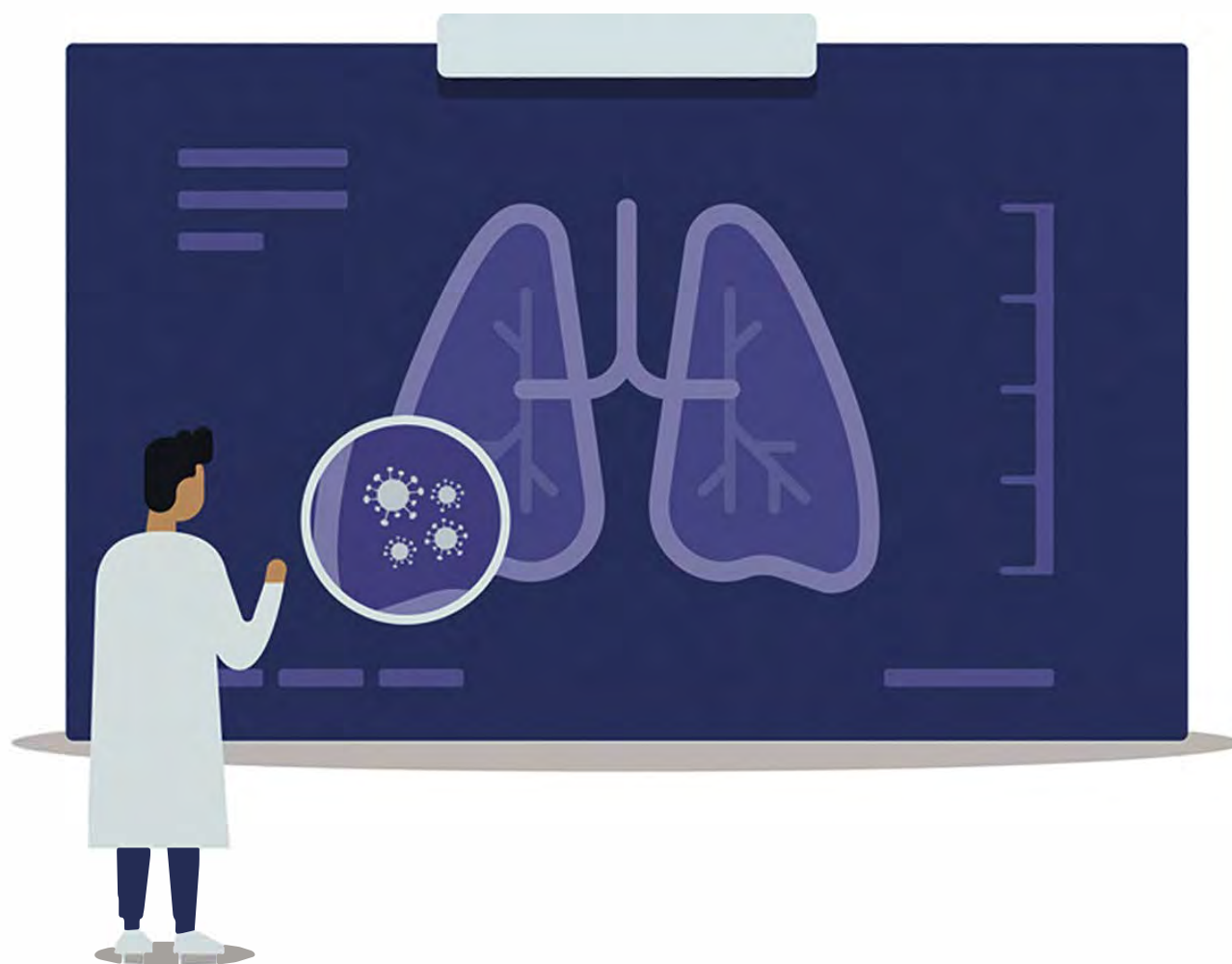
According to studies by the American Cancer Society and The National Lung Screening Trial, LDCT screening provides greater accuracy than chest x-ray, saving 20% more lives. For 1 in 5 patients diagnosed with lung cancer through routine screening, that's a vitally important difference. So, if you're in a higher risk group for lung cancer, LDCT is the clear choice, and the one more cancer and health organizations recommend.

Who Should Get LDCT Lung Cancer Screening?

Between 80-90% of lung cancer cases occur in current and former heavy smokers. The US Preventive Services Task Force recommends annual LDCT screening if you meet the following three criteria:

1. You are between 55 and 80 years old;
2. You have a history of heavy smoking; and
3. You currently smoke or quit within the past 15 years

What exactly is "heavy smoking"? Heavy smoking refers to a history of 30 or more "pack years," which is measured by how many packs you smoke (or smoked) per day multiplied by how many years you spent smoking. For example, if you smoked one pack a day for 30 years or two packs a day for 15 years, you have reached 30 pack years. Even



after you quit, you will remain in an elevated risk group until you have stopped for at least 15 years. So, while quitting is wonderful (and you have every reason to be proud of the accomplishment), you should remain vigilant until you have been smoke-free for 15 years.

Why RAO is the Right Choice for LDCT

Not all medical and radiological facilities have the right type of CT technology or the necessary experience in LDCT lung cancer screening to provide ultimate accuracy. RAO has a team of Board Certified specialists who are fellowshiptrained in diagnostic radiology. RAO is accredited in CT technologies and designated a Lung Cancer Screening Center by the American College of Radiology. Should your screening reveal something questionable, our doctors are prepared to arrange appropriate follow-up testing and direct consultation with your doctor for the highest standard of care.

If you are or were a heavy smoker and are considering getting screened for lung cancer, talk to your doctor about whether LDCT from RAO is right for you. We are committed to spotting problems sooner, while always staying focused on you.

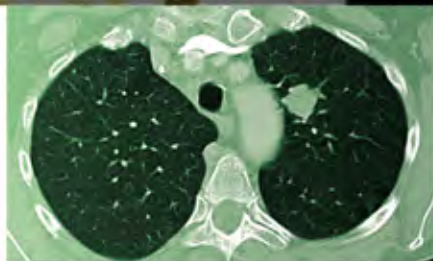


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LOW-DOSE COMPUTED TOMOGRAPHY (LDCT)

This patient's LDCT chest scan isolated a tiny 3.5cm cancer mass in the left lung, which was treated successfully with no spread of disease.

If you are or were a heavy smoker, talk to your doctor about quick, painless LDCT lung cancer screening. With more life-saving details than other tests, LDCT keeps a watchful eye on what matters most – you.



ARE YOU A CANDIDATE FOR LDCT?

For guidelines you can share with your doctor, visit www.raocala.com/services/low-dose-ct-screening. It's worth it.

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A FULL CIRCLE OF CARE CENTERED ON YOU.



Knee Pain Treatments: New FDA-Compliant Stem Cell Therapy Advancements Bring Hope and Relief For Knee Arthritis

By Regenexx Tampa Bay, Regenerative Medicine

Knee arthritis affects more Americans than any other joint disorder in the United States. By age 60, an estimated 10 percent of men and 13 percent of women have knee arthritis. Knee arthritis and chronic knee pain often mean that you have to avoid the activities you love (from hiking to dancing to chasing the grandchildren), relying on over-the-counter pain medications, toxic steroid injections, dangerous narcotics, knee arthroscopy, and knee replacement surgery. But new advancements in bone marrow derived stem cell therapy (that comes from the patient, not someone else) offer hope, healing, and pain relief for arthritis of the knee.

Symptoms and Treatments: How is Knee Arthritis Identified and Cured?

Arthritis of the knee, as with arthritis anywhere else in your body, is the result of chronic inflammation in your joints resulting in deterioration and degeneration of the structures in the knee. Common symptoms for knee arthritis include:

- Swelling and tenderness in your knee or knees, with swelling being more prominent after activity.
- Unstable knee. Over time, if left untreated, knee arthritis can create weakness and instability in your knee. This can cause your knee to lock up, freeze up, or even buckle when you put weight on it.
- Poor, limited range of motion in your knee when doing everyday activities, such as sitting, standing, and walking.

If your doctor diagnoses you with knee arthritis, he or she may recommend a combination of medical interventions and lifestyle modifications. These may include:

- Low-impact exercise/Physical Therapy
- Losing weight if you're overweight
- Acupuncture, natural topical creams, and ice packs

Common medical interventions often start with taking over-the-counter pain medications like aspirin, ibuprofen, and other nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs can temporarily help pain associated with arthritis but can lead to damage in the heart, kidneys, and GI tract over the long term and do not improve long-term pain. More serious medical approaches often graduate to:

- Prescription pain drugs
- Injections, such as corticosteroid injections to temporarily reduce pain
- Surgery

Are Corticosteroid Injections Helpful For Knee Arthritis?

Your doctor may recommend corticosteroid injections for knee arthritis. Corticosteroids are powerful anti-inflammatory agents that temporarily reduce inflammation in an arthritic joint. Unfortunately, corticosteroids are also toxic to cartilage and increase the rate of arthritic progression. In a recent 2020 study from The Bone and Joint Journal, patients with knee arthritis who underwent corticosteroid injections were compared to patients with similar levels of knee arthritis who did not have any steroid injections. The patients who were given steroid injections were more than 6 times as likely to undergo a knee replacement.

While helpful for knee pain in the short term, corticosteroid injections can actually worsen knee arthritis and pain over the long term.

Is Surgery the Right Answer For Knee Pain and Knee Arthritis?

Your doctor may recommend a knee replacement, which involves removing the damaged knee joint entirely and installing an artificial knee.

In fact, arthritis is the #1 reason for people to get knee replacement surgery or hip replacement surgery. However, most surgeons recommend joint replacement surgery be the last resort because:

- Knee replacements wear out and most will need to be replaced, which is an even bigger operation than the first
- There have been many "mechanical problems" and manufacturer recalls related to artificial joints
- The surgery itself can cause damage to your joints and bones and may entail a long recovery process
- An artificial joint that becomes infected is a very serious complication that can lead to another joint replacement and long term IV antibiotics in the best case or can lead to leg amputation in more serious cases.
- More than one-third of patients who have a knee replacement still have knee pain.
- Range of motion in the knee after the surgery is usually reduced significantly.

Thankfully, a growing body of research is revealing new, cutting-edge approaches to knee arthritis, with many men and women finding the relief they need through stem cell therapies.

Stem Cell Therapy and Knee Arthritis

The premise is simple, yet the science is groundbreaking. Your bone marrow and blood get drawn through a patented same-day protocol, and your stem cells processed by a specialized lab.

Then, your concentrated stem cells and natural growth factors are injected under precise image-guidance using sonographic and X-ray devices directly into multiple tissue structures in your affected knee (eg. cartilage, ligaments, tendons, bone, meniscus). This provides more stem cells to the injured, degenerated, and inflamed joint than your body would otherwise send to the area, resulting in significant improvements in your knee pain and knee function within just a few months.

Unfortunately, the world of stem cell treatments is often referred to by scientists as a "wild wild west." The efficacy of stem cell procedures for knee arthritis and chronic knee pain means many companies have rushed to market with various health claims and procedures. Alas, many (if not most) of what you'll find on the market — such as the use of exosomes or umbilical cord "stem cells" — isn't backed by real research and in fact, is illegal to use.

When choosing a stem cell therapy treatment for knee arthritis, it's critical that you look for a procedure that's truly backed by science, and specifically peer-reviewed randomized controlled medical trials and other clinical trials.

When reviewing the published research, the science is clear: The most advanced and effective stem cell therapy for knee arthritis is stem cells from your bone marrow concentrate (BMC) injected into the joint and sometimes into the bone.

In one study, BMC injections into the knee joint significantly reduced the need for knee replacement surgery. Another study tracked patients for 15 years and found that BMC injections into the bone also significantly reduced the need for knee replacement.

At Regenexx, this is the exact same procedure we employ in our clinics. These advancements in stem cell therapy and technology mean our Regenexx approach, overseen by expert technicians and clinicians who have been doing this for over a decade, is far more effective than the run-of-the-mill treatments offered by other providers.

If you suffer from knee arthritis and want to avoid costly and invasive knee replacement surgery, contact us today to learn how you can use these advancements in stem cell therapy to naturally and effectively target your knee health concerns.



James Leiber, D.O. | Ron Torrance II, D.O. | Ignatios Papas, D.O.



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Urinary Incontinence

Having an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.



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Advancedurologyinstitute.com

How to Get the Most Out of Your Surgery

Submitted By Reconstructive Orthopaedics of Central Florida

While surgery is often not the initial goal when seeking treatment for joint pain, it is sometimes the best resolution. Additionally, things like traumatic fractures, tears, and other injuries result in your physician ordering surgery to best address your pain, discomfort, or decreased functionality. Whether the surgery is orthopaedic in nature or is in some other realm of your health care journey, there are some steps you can take as a patient to help increase the likelihood of positive outcomes.

Every practice is different, but it remains that your healthcare providers chose their profession with the idea and hope that he or she could help people live their best lives. Having a patient who is on the same team and who wants to be proactively involved in healing and rehabilitation makes for a powerful force.

Remember that it is up to you to make the decisions for your body. Ask questions and include your Primary Care Physician in decisions you make, as well as talking to spouses, children, parents, or friends – lean on your circle because they know YOU and your life. You know your pain and limitations and you can discuss that with your physician for best understandings of what will and can happen to you with or without surgery. Then weigh your pros and cons so that you can make a decision YOU feel good about. Some trauma situations may reduce the time you have to make the decisions, but it is important to be committed to being informed.

Make sure you talk to your physician about realistic expectations for mobility after your procedure. Find out if and when you will be able to walk – will you need a cane, walker, or wheelchair? Will you be able to lift things or will you have limitations? Can you drive? Shower? Will you need to go to a rehabilitation facility for inpatient recovery or will you go home? If you go home will you need a nurse or a physical or occupational therapist to come to the house to help you? Will you go to a local physical therapy provider for exercises instead?

Your friends and family may very well be part of your circle of healing for after care. You may need help getting to doctors' appointments, physical therapy, the pharmacy, and more. You may need food for meals delivered or help with pets.



Your insurance, if you are using it for the surgery, is also part of your rehabilitation – many companies have certain providers from whom they want you to get your care – from labs, to wheelchairs, to physical therapy, to having a nurse come by the house. It's a good idea to find out what you might need ahead of time and then, before the surgery happens, call them and find out who the providers are for the services you will need so that you can select which vendor you will seek for the services you need. If you know ahead of time, you can let the staff at the surgeon's office know and, in general, they should be able to get orders to the provider you have selected before or near the time of your surgery so there are no gaps between surgery and discharge. This includes Home Health Care (nurses at home), inpatient recovery at a (rehabilitative facility), physical therapy, and more. In fact, if you choose your preferred inpatient recovery facility and you tell the surgeon and the hospital staff prior to surgery, many facilities will allow virtual tours of the facility prior to

admission so you know where you are going and can have an enhanced comfort level about your upcoming stay.

If your surgery is a planned surgery the hospital or surgical center will most likely have a preadmission appointment where some lab work is done, paperwork is reviewed, insurance is verified, and other information that only the facility where the surgery will be done can provide. For most facilities, the actual time of your surgery is not decided until late in the afternoon on the last business day before your surgery. This is because the day is not planned until all the surgeries are booked and then the directors and managers of the operating rooms look at all the cases and organize them in a fashion that is efficient and safe for physicians, patients, nurses, and all the other staff involved in ensuring your surgery is a success. It's similar to the guest seating at a wedding reception – once they see the total number of RSVPs, they can assign seats (times).

You will be asked to be NPO (nothing to eat or drink) the night before -we know that can be hard, but it is for your protection. Some prescriptions are not compatible with invasive surgery so you may also be asked to curb or stop certain medications for several days before your surgery – this is another important reason to share the names of all medications you take with your surgeon and the staff at the surgeon's office. Additionally, some medications may be prescribed to help manage your postoperative pain. These are short term tools and do not eliminate pain – the goal is to control the pain. It is also worth noting that the prescriptions will only be for a few days. Pain management after that time frame will be between you and your physician. Most offices ask that you allow for up to 2 business days for refills- whether for your regular medicine or surgery related pharmaceuticals it's always good to be aware of how many you have in a bottle, how many refills (if any) you have, and whether or not weekends or holidays are coming up that may hinder your ability to get a refill on something you deem as urgent.

One postoperative concern is DVT (Deep Vein Thrombosis) which is a blood clot located in a deep vein, usually a leg or an arm. Check for unexpected swelling, pain, tenderness, and/or redness of the

skin. Being over 55, having a major trauma, having cancer, family/personal history of blood clots, estrogen medications, and obesity all place you at greater risk for blood clots. If you have a personal history with DVT, you absolutely should discuss this with your surgeon prior to scheduling surgery.

While all surgeries are different, from an orthopaedic stance, the general postoperative guidelines for things to reach out to the office that happen while you are recovering include fevers over 101, increased redness, swelling, or pain in the incision area, a discharge with an offensive odor, re-opening of the incision that may or may not also have fresh bleeding, inability to tolerate pain even with medication, nausea, rash, or itching, you have fallen, or you have unexplained calf pain. If you have shortness of breath or chest pain you should call 911 instead of your doctor's office, especially if it is after hours. Minutes can make a difference.

For orthopaedic surgeries we try to schedule a postoperative follow up at about two weeks after your surgery. X-Rays may be done and, if you are in a rehabilitative facility, the X-Rays will be done there, and you and the facility's transportation service will bring the disc of the images to the appointment.

Hand washing is vitally important to keep the risk of secondary infections lower. You should know that smoking is not healthy on a good day but can drastically delay and in some cases prevent proper healing. Sutures and staples usually stay in for about two weeks. The incision should be kept clean and dry – do not use ointments like Neosporin or any other topical ointments – they are contraindicated for surgical wounds.

Lastly, most surgeries include what is often referred to as 'global care' which means that for 90 days after the date of your surgery you and your surgeon's office will work together to ensure your recovery. Things like X-Rays, lab work, injections, and castings or splints may have a cost associated with them, but the communication between you, the physician, and the physicians clinical and office staff are included in the cost of the surgery. Your post-operative visits during that time frame, for all basic post-operative care, have a zero-dollar charge. We are in this together. We are in the business of fixing and repairing – our goal is your best-case scenario.

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TMJ and Chronic Pain May Have More to do With Poor Sleep

By Dr. Thomas Harter

Do you ever find yourself clenching your jaw during the day, or do you wake up with a sore jaw and teeth in the morning? Grinding and clenching (bruxism) can cause periodontal disease, tension headaches, TMJ soreness, fractures, and broken or loose teeth.

Bruxism can be caused by stress, body pain or reduced airflow while sleeping, or a combination of this. Daytime bruxism can be caused by stress or pain in your body, while nighttime bruxism is generally brought-on by decreased airflow. Breathing is our body's top priority for health and survival. Any interruption of airflow immediately sends an alarm to the central nervous system to take action, and the jaw will either open, clench, or grind. The biting pressures during sleep can exceed the normal chewing pressures by as much as five times, causing damage to the teeth, bone, gums, jaw joints, and nerves. Over time the ability of the body to adapt is exceeded which leads to serious symptoms of TMJ disorder.

Common symptoms of TMJ are popping or clicking of the jaw and pain, including tension headaches and migraines. It's common for individuals to suffer from TMJ for many years before getting treatment. The earlier you get treated, the better, but it's never too late. There are multiple treatment options that can be custom tailored to your specific needs.

The Primary Issue Contributing to TMJ

In the absence of an acute injury to the head or facial area, we believe the primary cause of these problems is frequently related to insufficient oxygen while sleeping i.e. an unidentified sleep breathing disorder, sleep apnea or obstructive sleep apnea (OSA). Everyone assumes they are breathing and getting enough oxygen during sleep; few recognize that nighttime teeth grinding, and clenching (bruxing) is an unconscious effort to prevent suffocation. This repeated action all night long, over extended periods of time, wears down the skeletal structure and the joints resulting in TMJ pain, headaches, musculoskeletal pain, TMJ dysfunctions and facial neuralgias.

What are the Side Effects and Complications Associated with Obstructive Sleep Apnea?

- High blood pressure
- Depression
- Cardiovascular disorders
- Behavioral issues
- Chronic disease
- Stroke
- Diabetes
- Brain health impairment



How Mouth Breathing Causes TMJ

Our bodies are physiologically designed for nose breathing. When we're breathing through our nose, all the developmental forces are balanced. Unfortunately, many of us breathed through our mouth when sleeping as children and teens, which unbalanced the forces of development, leading to tooth and jaw deformations that contribute to TMJ/TMD.

Our Bodies are Designed to Heal

The solution to curing chronic pain and TMJ is finding the origin of the problem. There are many contributors to this condition and an overall examination will help determine the primary sources so we can correct them. Chronic pain disrupts sleep and lack of sleep causes more pain, continuing the cycle. Nutrition and inflammatory foods must be considered as a contributor, just as poorly functioning parts of the body and a stressful environment that we live and work in.

When striving for your personal maximum potential, it all comes down to addressing these three areas: chemical/nutritional, mechanical/physical and emotional/spiritual. By addressing just one of these areas, you will see relief in the other two. Addressing all three will restore you to the maximum medical improvement potential. If you are looking for the maximum medical improvement, then you must do all you can to correct the factors that cause your condition. At TMJ & Sleep Therapy Centre of North Central Florida, Dr. Thomas Harter, DMD, will find solutions that give you control and to minimize the use of medications. He believes your body is an incredible machine that is designed to heal if we minimize the barriers standing in the way.

Dr. Thomas Harter

Dr. Harter is highly focused on providing the latest in non-invasive treatment protocols for treating children and adults for sleep disordered breathing, sleep apnea(ADHD/ADD in children) TMJ disorders, Chronic pain and headaches. He continually attends educational programs to learn the best techniques to deliver treatments that solve the problem by getting to the core issue at hand. He is a member of the TMJ & Sleep Therapy Centre International, Academy of Physiological Medicine & Dentistry, and the American Academy of Craniofacial Pain.

Practice Areas

- Dentistry
- Orofacial Pain Dentistry
- Sleep Medicine Dentistry

Dr. Thomas Harter is passionate about treating TMJ, sleep therapy and chronic pain conditions. Having experienced all three conditions himself, he has now dedicated his life and career to helping his patients overcome them.

You Don't have to mask your pain with pain medications that can be hazardous on your organs and health. There are real solutions that work and treating these conditions can help to alleviate other comorbidities.

Contact TMJ Sleep Therapy Centre & Dentistry today at (352) 203-4493.



**TMJ Sleep
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& Dentistry**

Dr. Thomas Harter, DMD

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www.tmjsleepflorida.com



You Are Only As Healthy As Your Cells

Recharge Your Cells with PEMF (Pulsed ElectroMagnetic Field) Therapy

By Sheryl Hensel

Most fluids in the body are electrolytes, which are ions (charged particles) dissolved in liquids. Therefore, it's easy to compare the human body to a large battery that generates electricity and needs to be charged from time to time.

Did you know the body consists of approximately 75 trillion + cells? They all understand each other and function via electromagnetic impulses.

Each cell is a sophisticated miniature power plant by itself. Therefore, all we truly are is ENERGY. Whenever one of these power plants shut down, trouble begins. Once a cell has lost 60% of its energy, it stops working and uses the remaining energy to survive. Immediately, healthy cells are taking over to do the job. This has an impact on our health.

Illness begins when more and more cells are affected by energy loss, and this often results in being prescribed medication from a doctor. Medication all too often covers up symptoms but doesn't cure the problem. There is a time and place where medicine is life-saving, but it won't recharge a weakened cell. It also won't resolve the root cause of the disease that is setting in. The energy-deprived cell does not crave a chemical; it simply needs to regain lost energy. It's good to know that cells can be "recharged" to health by exposing them to pulsed electromagnetic fields (PEMF) and that functions that were lost can recover.



PEMF has been proven to enhance circulation, improve blood supply, increase oxygen usage, improve hand-eye coordination, aids in quicker bone and wound healing, absorb nutrients, improve ATP production, and detoxify to the cellular level.

The Biology of Energy

In biology, energy is often stored by cells in biomolecules, like carbohydrates (sugars) and lipids. The energy is released when these molecules have been oxidized during cellular respiration. The energy released from them when they are oxidized during cellular respiration is carried and transported by an energy-carrier molecule called ATP.

Research and Findings, You Can Trust

You may not know that Nikola Tesla discovered PEMF technology over 100 years ago, and NASA holds the patent. They used PEMF therapy to maintain the astronaut's health when they left earth's frequency, Schumann's Resonance. This technology has been around for a long time, and the company we work with has found a way to utilize that technology for home-usage.

Wellness Achievers works with a 25+-year-old company that has manufactured a device that helps your body get oxygen into the cells. We have a team of LifeStyle Consultants around the country but have made The Villages our home base. We do weekly presentations and training classes, so our customers have a complete understanding of how to best use the system. It is also possible to have a presentation in your home with friends and neighbors. The mat is also beneficial for your four legged friend from horses to dogs to cats. They love PEMF healing.

What makes Wellness Achievers stand out is our impeccable customer service. We pride ourselves in not only making sure you have the easiest setup experience but also get the best usage from your unit. You may find other companies and devices online, but they won't give you the personalized service that Wellness Achievers will provide.

Our goal is to:

- * Help you move towards optimal health
- * Alleviate shoulder, back, knee, sciatic pain
- * Get you out participating in the activities you have worked so hard to have the free time to do
- * Increase your stamina and quicken your recovery time
- * Spend your quality time playing with your grandchildren and loved ones
- * Help you live a longer life with less pain and medication

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Wellness Achievers

*For more information, or to have your own personal
presentation, leave a message for*

Sheryl @ 949-220-4900.

Someone will get back to you within 24 hours.





Want A Sleeker Smoother Sculpted Body for The New Year and Beyond?

Uzoma Nwaubani, MD, FACOG, FFPMRS

If you're stressing about the amount of weight you've gained over the past few months, you're not alone! Many people have been cooking, baking, drinking, and lounging around a lot more than usual. You can blame it on your Netflix binging, being confined, seeing too many tantalizing lasagna recipes on Pinterest, but the bottom line is, it's time for a life-style overhaul. You know it can't really continue without causing long-term problems. So, how do you put an end to the madness? Dr. Nwaubani of NUWA WORLD (Nwaubani Urogynecology & Women's Academy) has three important tips to help you get back on track and also to look and feel your best.

#1 First, it's essential to start to eat healthy again and in smarter quantities. Think smaller, balanced meals, not all you eat buffet-style portions. Also incorporate more vegetables, fruit and lean protein like fish or chicken. Once you make overall health your focus, sticking to a more nutritious diet is easier.

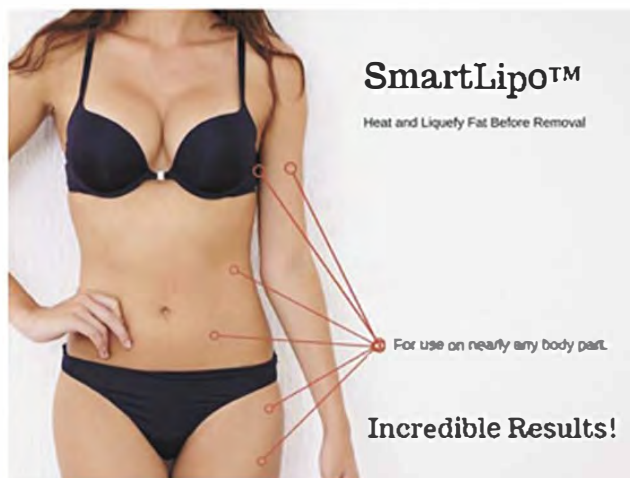
#2 Secondly, exercise is critical for the body and brain to maintain its healthiest state. So, even if you can only get in a few brisk walks each week, that's great. For more refreshing workouts, try exercising in the pool—any type of movement is an excellent start.

#3 Thirdly, there are now advanced treatments that do not require anesthesia or cutting. One highly-regarded non-invasive procedure that specialists and patients are commending is SmartLipo.

If you've ever thought about getting liposuction, but don't want to undergo the associated risks of surgery and side effects, SmartLipo can provide smoother thighs, a flatter stomach, and tighter arms. SmartLipo is a safe and effective way to get those results without the risks.

SmartLipo

SmartLipo is a non-surgical, in-office procedure that requires no general anesthesia required, and there is little to no downtime. SmartLipo is a safe, fast, and effective way to remove fat. Additionally, the excess fat can safely be used to sculpt other areas of your face and body. The fat is removed from undesirable areas such as the abdomen and can be transferred to other more desirable areas to plump, reduce the appearance of wrinkles, and sculpt.



SmartLipo Advantages:

- Non-Invasive
- Sculpting
- Removes Fat Cells Permanently
- Stimulates Collagen Production
- Tightening Effect
- Local Anesthesia (Injection Only)
- In-Office Procedure
- Cellulite Reduction.
- Smoother Appearance

How does the Smartlipo work?

Smartlipo is designed exclusively to perform laser-assisted lipolysis, commonly referred to as laser liposuction. A tiny, thin tube containing the Smartlipo laser fiber is inserted in targeted fatty areas through a small incision. The laser fiber delivers thermal energy directly to fat cells and disrupts the fatty tissue, allowing the fat to be easily removed through gentle suction. The tissue around the area tightens through coagulation, contributing to an overall smoother shape.

What areas can be treated with the Smartlipo?

Smartlipo delivers precision and versatility with wavelengths that are ideal for smaller and larger fat deposits, fibrous areas, or areas that need secondary liposuction.

What should a patient expect after a treatment?

Patients may experience some light bruising and swelling and will be required to wear a compression garment to help with the healing process and support the area treated. In most cases, patients are able to resume normal daily activities within a day or two.

NUWA WORLD

Uzoma K. Nwaubani, MD

Urogynecology & Medical Spa & Laser Center

Along with the highest quality urogynecological care, NUWA World offers exceptional skin tightening solutions like SmartLipo®, TempSure® and Icon®. These are popular with good reason; they can beautify your complexion in quick and convenient in-office treatments. At NUWA WORLD in Wildwood, Florida, the attentive aesthetic specialists provide facial and body laser treatments to address your cosmetic problems.

Dr. Nwaubani states, "The passion for the preservation of femininity and female sexuality has never been stronger than now, and as I look back to the last 18 years, I am both exhilarated and completely awed by the advances and strides the sub-specialty has made. I am really humbled to be a part of it all."

I treat all my patients the way I love to be treated, or, even more so, the way I'd love my mother or sister to be treated: like a woman, a very special woman. The impact I am able to make to enhance the quality of the lives of these women is PRICELESS."

For more information Urogynecological issues, or to treat yourself to the best in advanced modern cosmetic skin tightening and skin enhancement and call NUWA WORLD or schedule an appointment online.

Source:

<https://www.cynosure.com/product/smartlipo-triplex/>



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5 Ways a Move to Senior Living Can Increase Well-Being

The choice to move to senior living can be difficult and emotionally charged. Most people understandably prefer to stay at home as long as possible. But, what I have learned through the years is that many folks who could benefit from a senior living community wait too long before making the decision. In fact, I have heard many residents say they wish they had made the move sooner. Here are the top 5 ways that a move to senior living can improve health and well-being.

- **Safety and Security.** The first and perhaps one of the most common reasons for seeking senior living is safety and security. And indeed, that is a big benefit. But there are others, some of which may be unanticipated.

- **Social contact.** Many older adults who are living alone have too little socialization. Almost all of us have heard the research on the importance of having daily social contact. Seniors who live in isolation are at greater risk for a number of health conditions and even of dying. But, I think few people realize how much better they will feel both physically and emotionally when adequate social contact is restored. Like a wilted plant that is given water, many seniors blossom as a result of living with others in a community setting.

- **Improved nutrition.** Poor nutrition is associated with social isolation. Eating is a social time for most of us. When a person lives alone, there can be a lack of motivation to eat and to prepare balanced, nutritious meals. Many older folks who live alone exist on packaged prepared foods that lack good nutrition. Living in a place where nutritious food is readily available and is enjoyed in the company of others makes a big contribution to well-being.

- **Finding new purpose.** Many older adults have experienced a loss of purpose, whether because of declining health or changing roles in life. Loss of purpose is one of the things that some people believe to be an expectation of growing older. Nothing could be further from the truth. Many older people who move into a community setting are surprised by the new purpose they find.



Research studies have shown that those who have a higher sense of purpose have lower rates of dementia and other chronic health conditions.

- **Better access to health care services.** Almost all senior living communities have some level of health care services. These can include a wellness nurse, visiting physician and/or nurse practitioner, therapy services, and daily wellness checks. This can mean that any changes in health will be noticed and addresses sooner, hopefully avoiding a serious problem and/or a hospital visit.

So, if you or a loved one is considering a move to senior living, think about the many benefits that truly outweigh the difficulty of making such a move. Many people before you have done it and are thriving as a result.

For information about the options and services available at Pacifica, or to schedule an appointment for a tour, call 352-414-2507 today.


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Medical Marijuana for the Average American

Change in modern laws within the last 20 years has allowed marijuana to resurface and make waves in most states due to either full legalization or allowing it to be prescribed through medical means. Studies have come to fruition suggesting that access to marijuana has a direct inverse correlation to opioid usage and overdoses with the opioid overdose mortality rate between 1999 and 2010 being 21% lower than expected. Access to medical marijuana has also been linked to a drop in Medicare prescriptions for ailments such as chronic pain, anxiety, and depression. Anecdotally, many patients of ours are reducing or stopping their prescriptions that once held a grip on their day to day life. The answer for the age old question "How can one plant act as a blanket medicine for many illnesses?" is due to the wide variety of cannabinoids found throughout the plant. Cannabinoids are the compounds found within marijuana with a select few contributing to the psychoactive effects of the plant. THC and CBD are the most widely known and provide the majority of the relief with THC being the component known for the 'high' that also bestows analgesia, appetite stimulation, and sleep. While CBD is commonly known for its ability to help induce sleep and reduce inflammation.

These cannabinoids are the main two but there are still a huge list of others (and variations of the main two) such as CBN, CBG, CBC, and many more. New research is released everyday further cementing medical marijuana as a staple in our society, giving new life to a plant as old as history itself.

While medical marijuana may not be ideal for everybody, it has a solid track record of use over the last two millennia with modern scientific research to back it up thanks to a shift in legality. See if medical marijuana can benefit you by calling or visiting one of our offices today and we can start taking the steps to provide relief from whichever obstacles life has thrown your way.



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Do You Have Trigger Finger?

How an Occupational Certified Hand Therapist Can Help



Trigger finger is a simple name for a debilitating condition. It causes pain, stiffness, and a sensation of locking or catching when you bend and straighten your finger. It's somewhat akin to having a constant charley-horse in your hand.

Symptoms of trigger finger often start without a single injury. They may follow a period of heavy or extensive hand use, particularly pinching and grasping activities. With trigger finger, the flexor muscle contracts, and the finger is locked temporarily in a bent position on and off or long term.

Trigger Finger Symptoms¹

- A tender lump at the base of the finger on the palm side of the hand
- A catching, popping, or locking sensation with finger movement
- Pain when you bend or straighten the finger
- Stiffness and locking tend to be worse after periods of inactivity, such as when you wake up in the morning.
- In a severe case, the involved finger may become locked in a bent position¹

Source:
<https://orthoinfo.aaos.org/en/diseases-conditions/trigger-finger>

Treatment¹

- Resting your hand and avoiding activities that make it worse may be enough to resolve the problem.
- Wearing a custom or prefabricated & fitted splint at night to keep the affected finger or thumb in a straight position while you
- Gentle stretching exercises can help decrease stiffness and improve range of motion in the involved digit.
- The use of modalities like ultrasound, cold laser and interferential current electrical stimulation can greatly decrease inflammation, increase circulation to the area and decrease pain and triggering.
- Over-the-counter medications, such as acetaminophen and nonsteroidal anti-inflammatory drugs (NSAIDs), can help relieve pain and inflammation.
- Corticosteroid, or cortisone, is an anti-inflammatory agent that can be injected into the tendon sheath at the base of the trigger finger. A steroid injection may resolve the triggering over a period of one day to several weeks. If symptoms do not improve with time, a second injection may be given. If two injections do not help the problem, surgery may be considered.¹

Seeing an occupational hand therapist can alleviate and cure the trigger finger naturally through specific exercise, modalities and soft tissue mobilization. Hand therapy is normally prescribed after surgical trigger finger repair to speed up the recovery process and to allow the finger to heal and function optimally.

Hand therapy is used to help with numerous indications and conditions for the hand, wrist, elbow and shoulder. There is no better way to alleviate pain, increase range-of-motion and live a higher quality of life than through hand therapy.

Innovative Therapies Group offers certified hand therapy, massage, physical, occupational and speech therapy. They embrace alternative and eastern medicine philosophies and will help you explore new inventive ways to combat your pain or disorders.



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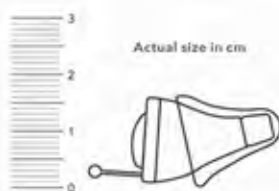
Finally, a hearing device so small, it's nearly invisible in the ear.



For decades, one of the primary reasons people wouldn't consider a hearing aid was size. Outdated technology resulted in devices that were too big, too clunky, and they made the wearer look 'too old.' So, unfortunately, people would forsake better hearing in favor of feeling better about their overall appearance. It wasn't vanity, it was simply human nature.

Hearing is believing.

The new Signia Silk X has changed the way people look at hearing aids (and the way people look at those wearing them). Advanced technology allows the Silk X to pack our most superior sound into the smallest of packages - almost completely invisible when it nestles comfortably in the ear. Now you can hear better and look your best.



A hearing aid that fits you. And your lifestyle.



The Signia Silk X takes advantage of design technology, too. With super soft silicone click sleeves, it's easy to instantly find the fit that's best for you. In fact, with Silk X you can walk out with an in-ear device the same day you purchase, without the two-week or more wait time of other devices. The sleeves are comfortable, so people won't notice your Silk X devices. In fact, you'll hardly even notice you're wearing them.

Why your hearing is so very important.

Better hearing allows us to better experience the world around us. To hear the soft giggles of a grandchild as you read a bedtime story. To marvel in the calls of all manner of birds as you walk through the park. Or the simple, joyful relaxation of watching TV with the sound down low.

For those with hearing loss, however, those simple joys aren't so simple anymore. Constantly nodding your head to avoid the embarrassment of having to ask someone to repeat themselves. Missing out on the little things that make life special. Yes, people with hearing loss know all too well that they're missing out on some of the best life has to offer.

Get back to hearing. And get back to life.

There's a new, better, smaller, and more technologically advanced way for you to once again enjoy the symphony of life. And it's so small, it's almost invisible once placed in your ear. But what they can't see belies what you can hear, once you wear your Signia Silk X device.

With a custom fit and technology that picks up sound inside your ear, Silk X is ideal for both everyday wear and for use with phone calls - even headphones.



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How to Cope

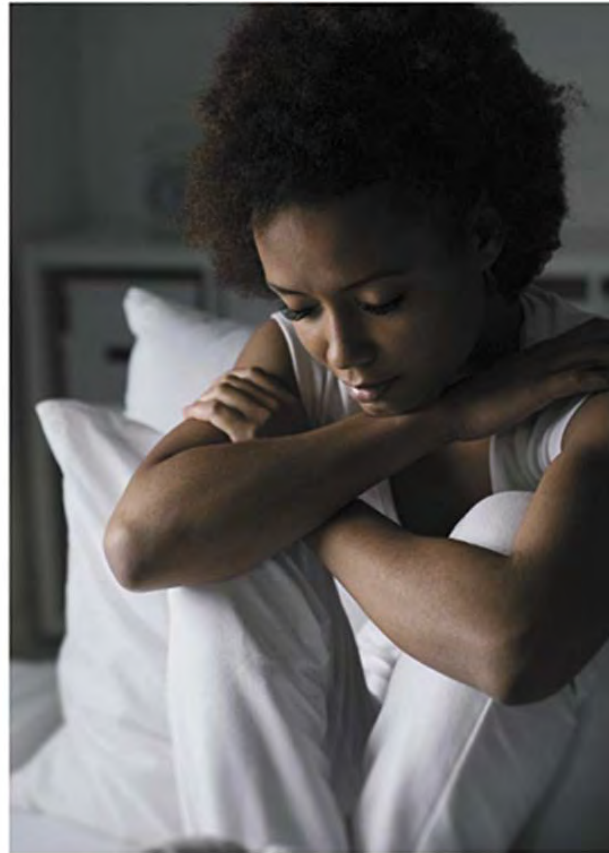
Since the beginning of the COVID-19 outbreak, the nation and the world has seen significant changes to daily living. While social distancing, quarantine and isolation help prevent the spread of infectious disease, these same practices may impact your mental health in a negative way.

Common reactions

Everybody reacts differently to stressful situations. In response to the COVID-19 pandemic, you may experience anxiety, worry or fear for your own health, job security or obtaining things you need like groceries. You may also experience frustration with the uncertainty about the future. Symptoms of depression may arise, such as feeling hopeless, lack of appetite and trouble sleeping. If you haven't been able to see your loved ones, go to work or have the daily interactions you once had, a feeling of loneliness may set in.

Taking care of yourself and others

First, talk about your feelings with people you trust. Being open about your anxiety is the first step to relieving it. You'll probably find that they're having similar feelings and supporting one another is good for everyone's emotional health. Next, find a routine that makes you feel good. Plan meals, eat at the regular times, maintain your sleep schedule, get fresh air and exercise, and practice good hygiene and self-care. During times of chaos or uncertainty, maintaining routines goes a long way toward helping you feel more in control of your life.



While it's important to stay informed, set boundaries around how much news and social media you consume each day. If you begin to feel overwhelmed, take a break. No matter what you're feeling, the most important thing to remember is that you are not alone. Whether it's a close friend, a family member or a caring professional, lean on others who can support you.

Source:
<https://www.floridablue.com/blog/how-to-cope-social-distancing>

Help is always available, and healing is always possible.

If you feel you need emotional support for yourself or for your family, call the New Directions Emotional Support hotline at 833-848-1764. This is a free and confidential 24/7 mental health helpline staffed by trained and caring professionals ready to guide you to the care you need.

Reduce stigma & save lives

Talking about your mental health struggles with others will not only help you get the care you need, but it can also begin to break down the stigma around mental health. Every year we see devastating rates of suicide in the U.S. that continue to climb. But with open and honest conversations about our struggles, we can make a real difference and save lives. To learn more about the warning signs and how to get help if you're experiencing depression or suicidal thoughts, visit ndbh.com/suicide or talk to your doctor. #StopSuicide

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COVID-19 Update & the QCARD

Each day, we learn new facts, figures, and protocols concerning COVID-19. Recently, we were informed by the FDA that they are investigating specific drugs and running expedited trials to see if they are effective at killing the virus. They are also running plasma testing from the blood of those that have recovered from COVID-19. At this point, we also know that the vaccine will take approximately 12 months to become available. As we navigate through the coronavirus pandemic over the next few months, disinfection and social distancing is the recommended preventative advice, and boosting the immune system is also beneficial. Healthier individuals are better able to fight the infection and make full recoveries. If you get sick, you need to be tested!

Quick Care's Answer for Those without Medical Insurance

If you don't have health insurance, things can get pricey rather quickly. Luckily the QCARD is an alternative to conventional health insurance giving you access to the Quick Care medical professionals with ease and affordability. The QCARD is a program based for self-pay patients or anyone without medical insurance. Quick Care Med always takes the lead in finding innovative ways to help their communities and their patient demographic. They implemented this program to offer a well-needed resolution for so many individuals and families.

Who can benefit from the QCARD program?

Almost anyone without medical insurance will find QCARD to be a valid answer to their healthcare needs. For example:

1. Headaches
2. Influenza or colds
3. Injuries or trauma
4. Asthma or allergy Issues
5. Twisted ankle
6. Your child has a bad cold or is colicky.
7. And the list goes on and on

*QCARD's copay is \$10 per visit. Average medical office visits can be hundreds of dollars!

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2. Patient pays \$1 a day plus a \$10 copay at time of service
3. Patient can be seen as many times in a month as they like for just the \$10 co-pay



Where can you use the QCARD?

Quick Care Med has 10 locations in Alachua, Citrus, Levy and Marion Counties. We have 3 offices in the Ocala area, plus other locations in Dunnellon, Beverly Hills, Crystal River, Homosassa, Inverness, Newberry and Williston.

Why get the QCARD now?

If you don't have insurance, then you should get the QCARD now. It is a good idea to have at least a basic healthcare plan to deal with life's unforeseen events. It will give you access to medical professionals when you need it the most.

QCARD is a great healthcare plan for the following:

- Those with no medical insurance
- Part timers
- Snowbirds
- Just off parents insurance
- Agricultural workers
- New to the area

If you have insurance and want to avoid high deductible, the QCARD is perfect for you. It is a great companion to high deductible insurance plans, as you can keep the insurance to cover only catastrophic events. You will save money by not having to pay the high deductible.

Quick Care Med
Walk-In Clinic & Urgent Care
844-797-8425
www.quickcaredmed.com

Quick Care Med Urgent Care

If your health needs are not emergent and in need of life-saving measures, the benefit of urgent care in comparison are numerous. To name a few, the wait time will be much shorter. For the most part, urgent care can see their patients within an hour. The cost is also much less with urgent care than it is with emergency room treatment. Quick Care Med urgent care provides you with the proper paperwork to follow up with your primary care physician or specialist, as urgent care takes initiatives to keep the line of communication open to make certain that your treatment is a top priority.

There are numerous reasons people go to urgent care, from sore throats, skin infections, school sports physicals, vaccinations, colds and flu, sprains, heat exhaustion, animal bites, dehydration, broken bones and much more. Before you go to the ER, consider if you could instead be treated at urgent care because of the numerous benefits to you and your loved ones.

Quick Care Med Walk-In Clinic & Urgent Care is a comprehensive urgent care clinic with multiple specialties to serve you. Quick Care Med has locations in Marion (Dunnellon and Ocala), Citrus (Crystal River, Inverness, Beverly Hills, and Homosassa), Levy (Williston), & Alachua (Newberry) counties, plus our newest location in Chiefland that provides immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

At Quick Care Med, they understand that illness and injuries can happen outside of the normal 9 to 5. That's why they provide Fast, Easy, and Affordable® urgent care with the convenience of extended hours, including weekends and holidays!

Quick Care Offers The QCard—Affordable Healthcare for Just \$1 a Day, Ask us How or Visit us Online!

www.quickcaredmed.com

4 Locations in Ocala

3415 E. Silver Springs Blvd, Ocala, FL 34470
 (On Silver Springs Blvd. across from Publix)

8119 SW State Rd 200, Ocala, FL 3448
 (Just past Walgreens)

6341 N US 441, Ocala, FL 34475
 (Across from John Deer)

NEW LOCATION: Chiefland
 2205 N Young Blvd, Chiefland, FL 32626

Finding Hope in the New Year

Submitted by Hospice of Marion County

It's an understatement to say that 2020 is a year that everyone would like to forget ever happened. The global pandemic is something we would like to put behind us and get back to some sort of "normal" life.

However, we still grieve the many losses in our lives because, let's face it, as a community and nation, it's going to take some time to feel normal again due to lost jobs, lost family gatherings, sporting events, even your favorite restaurants could become, or maybe already have become statistics.

For many others, it will never be normal again due to the loss of loved ones in 2020. At Hospice of Marion County, we like to say we don't treat just the patient; we treat the whole family--before, during and after the death of a family member, friend or special someone.

During the course of an illness, it is very common for those who have received a terminal diagnosis to have spiritual concerns arise. Hospice patients often experience spiritual, religious or cultural needs which is why Hospice of Marion County recognizes the importance of spiritual care for patients and their families. We have on staff multiple chaplains who understand how one's beliefs and values can profoundly affect how they cope with illness as well as how we treat them.

For those that are spiritual, many cope by having hope of seeing their loved ones again once they also pass this life. Others have hope of healing from their loved one's loss by remembering the positive memories, choosing to celebrate the life they lived, rather than focusing only on the loss.



Religion and spirituality are not the same but are overlapping concepts. Some people see themselves as spiritual and do not formally endorse a religion. Our chaplain services are about supporting families however they feel – there is never any attempt to impose a particular faith or tradition, or to change a person's beliefs. Hospice chaplains' roles include:

- Respect and acknowledge the spiritual and cultural values and how it may impact the patient's overall care
- Interpret multi-faith and multi-cultural traditions and how they may impact the experience on hospice care
- Provide spiritual care through listening, understanding of a person in distress
- Assist patients and families with memorial services, life celebrations and burial services

- Availability to consult and collaborate with a person's personal clergy (if they wish) to provide support to the patient and/or family
- Respect patient/family confidentiality

Our chaplain services are available 24/7 for patients/families on our service by calling (352) 873-7400.

Additionally, the Monarch Center for Hope & Healing can help. Available at no charge to the community, The Monarch staff guides people in understanding that grief is a natural process and necessary to healing. The Monarch Center's phone lines are open Monday-Friday, 8:00 a.m.-5:00 p.m. Call (352) 873-7456 to speak with a counselor.

SICK NOW? SEEN NOW!®



From the common cold to a broken bone, Quick Care Med Walk-in and Urgent Care revolves around getting you back to feeling good!

Providing immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

Toll Free:
844-797-8425
3 Locations in the Ocala Area to serve you.

QUICK CARE MED
WALK-IN CLINIC & URGENT CARE
www.quickcaredmed.com

Feel better. Live better.



Families encounter many challenges on the road of life.

When advancing illness affects your family, hospice care may be the right choice... because when you feel better, you live better. And living well is what life is all about.

Hospice of Marion County • 3231 SW 34th Ave, Ocala, FL
352-873-7400 • www.hospiceofmarion.com

Need to Reduce Your Stress Level?

Personalized Meditation and Massage

Did you know that 40 Million people in the United States are suffering from stress, depression and anxiety? If you're one of them, leaving your disorder untreated can cause significant physical health disorders and diseases to develop, as well as cognitive decline.

Stress leads to other health disorders

From migraines to becoming physically ill, holding stress in can cause immediate disorders to long term dysfunction and conditions to take place. Talking to someone about how you feel can help to relieve stress significantly.

Stress causes Anxiety

Anxiety can break down the immune system leaving your body less able to fight even common viruses. These conditions also make the body physically sick overtime. Finding something that brings you joy this season will relieve stress almost immediately. Try deep breathing and laughter to lift your mood.

Stress leads to isolation

Studies show that being isolated can cause panic attacks, mood swings, depression, loss of memory and even hallucinations. Feeling isolated?

Call a friend or sign up for an online course in something you've always wanted to learn. Isolation and avoidance are common in people with anxiety. It's unhealthy for the body, mind and spirit to shut yourself away from the world. If you've got a friend that you can do something special with, or you can try volunteering or visiting a neighbor, which can lift the spirit immensely.

Reducing Stress and Anxiety

There are many ways to reduce stress like anti-anxiety drugs, but those are often addictive and have other adverse side effects. Countless people see great results with exercise, yoga, meditation or massage.

Meditation: Neuroscience studies show that regular meditation practice increases improves cellular health, reduces the rate of aging within cells, reduces grey matter deterioration, and increases BDNF (Essential brain-health protein), which neuroplasticity. When done correctly, it puts you in a deep state of calm. The issue many people have is learning how to properly meditate and they can become distracted by the internal worries of the mind or external noise.

Having a professional walk you through guided mediation is very beneficial and offer optimal results from your meditation sessions. You will feel refreshed and renewed and have a sense of calm.

Guided mediation also can help you change negative thoughts and bad habits of negative self-talk. When you change your thoughts, you change your life. Many clients experience deep, profound relaxation, peace, tension release and focus.

Massage: There have been numerous studies on the effectiveness of massage to reduce stress and anxiety. If you suffer from pain and tension, massage can release those points of pressure and help lengthen the muscle and calm the nerves (literally and figuratively).

Kit Pratt offers guided mediation and massage in the Sarasota and Ocala area. If you are in need of stress relief, don't put it off, now is the time to get your body, mind, and soul settles and balanced.

Call Kit Pratt at 352-304-1745



Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. "But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I'll give it to you if you'll follow me to my office." I eagerly finished my coffee, got into my car and hurried to his office. I don't believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, "His Daily Agreement with God." It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with even a little bit of faith touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space...here is an excerpt (it's about three pages long). I renamed it.



My Daily Agreement with God's Will for My Life

Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 – "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

20__ is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.

I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.

You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.

No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.

I don't have cares; I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.

Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.

Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.

I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.

Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,
Alex E. Anderson
Senior Associate Pastor at
Bayside Community Church

P.S. HAPPY NEW!! If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you. Just go to alexanderson.org

A photograph of an older couple embracing outdoors. The woman is smiling broadly, and the man is looking at her with a gentle smile. They are both wearing blue denim shirts. The background is a soft-focus landscape with a body of water and a cloudy sky.

112,500+

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Return to your active lifestyle without drugs, cortisone shots, or surgery.

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