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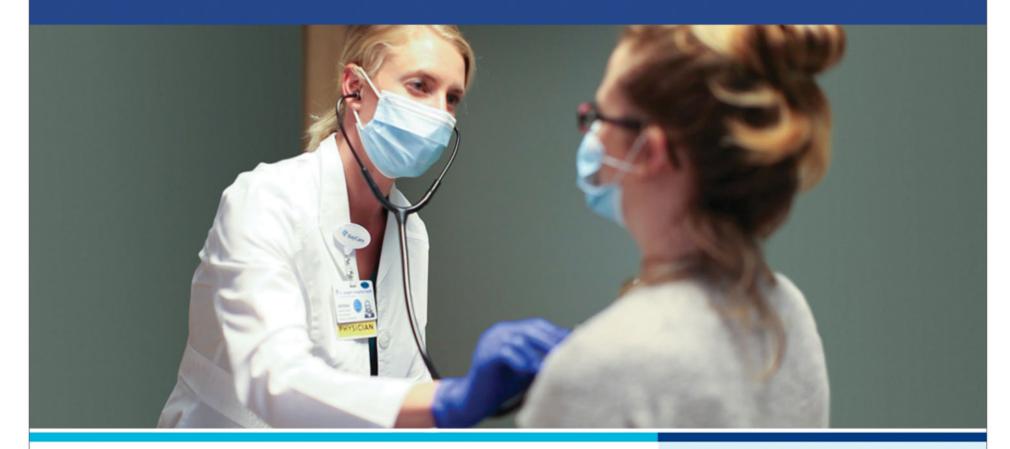
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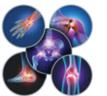
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## **Orthopaedic Health in the New Year**

By Eric James, MD

he start of a new year is always an exciting time. If you are considering making an improvement in your health goal for 2021, congratulations! Not only does exercise help us feel better, improve our cardiovascular fitness and help us maintain a healthy body weight, but it can also help with our orthopaedic health. Prevention of bone loss, improvement in muscle strength and improved coordination gained through exercise help ensure our bones and joints will support us when we need them!

#### Start Slowly

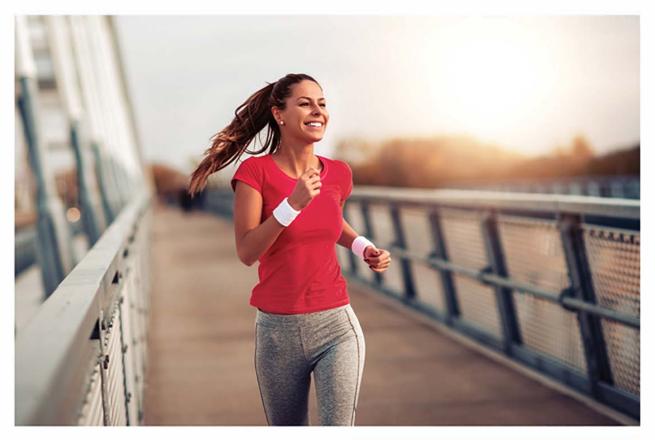
A new exercise program can be exciting but setting a reasonable schedule is important. If you take on too much, too soon, overuse injuries can occur. As you begin, aches and soreness are to be expected, but these should resolve within a couple of days. Adequate time to allow your muscles and joints to recover between workouts is important. As your fitness improves, the difficulty and frequency of your sessions can be increased. Keep in mind the importance of sleep as well to allow your body to recover.

#### Appropriate Shoewear

Well fitting, supportive shoes are important to avoiding injuries. A visit to your local running shoe store for a fitting can be very helpful. Generally, shoe fittings should be performed in the afternoon or evening when any foot or ankle swelling is at its greatest. Orthotics can be helpful for some people but seek assistance from your orthopaedic foot and ankle surgeon if you think you might need them.

#### Try it All

A well-rounded fitness program is key to achieving goals and avoiding injury. As you consider options in the new year, start with an activity that you find enjoyable. Maintaining interest will be much easier if you pick something fun for you. Involve your friends and family to help keep the positive changes going. Try multiple different activities so you can make improvements in your aerobic conditioning, flexibility and strength. We tend to think of the more common activities such as walking, biking, weightlifting and running but consider others such as swimming, rowing and yoga to add variety.



#### Make a Plan

Begin with a goal that will be attainable and make it a priority. Perhaps you start with 20-30 minutes of moderate activity 3 times -a week and work up from there. Some guidelines suggest 150-300 minutes per week of moderate intensity activity to achieve substantial health benefits. Put it on a calendar and track your progress. Seeing the fruits of your labor can be very rewarding and motivating!

#### Be Knowledgeable

If you are looking for more information or advice on getting started or have questions about orthopaedic health, check out these websites.

American Academy of Orthopaedic Surgeons, OrthoInfo

https://orthoinfo.oaos.org/en/stoying-healthy/storting-anexercise-program/

American Orthopaedic Foot and Ankle Surgeons, FootCareMD https://footcaremd.arg/foot-ankle-health/adult-feet

**Best wishes for safe, happy and healthy 2021!** As always, remember to check with your physician prior to starting o new exercise program. Eric James, MD is a board certified orthopaedic surgeon with fellowship training in foot and ankle surgery. He provides operative and non-operative care for patients with sports related, traumatic and degenerative conditions of the extremities, specializing in the foot and ankle.

If you have orthopaedic or sports medicine questions or concerns, call for an appointment, **813-877-6748**. We have offices located in Lutz, Tampa and Riverview.



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

#### By Regenexx Tampa Bay, Regenerative Medicine

nee 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

Surgery

• Injections, such as corticosteroid injections to temporarily reduce pain

### 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.



RegenTampaBay.com 8600 Hidden River Parkway, Suite 700 Tampa, FL 33637

813-296-2614

## It's the New Year! This is the Right Time to Get Serious About Staying Active

### **Staying Active Increases Longevity and Overall Health**

any of us are more than thankful that it's 2021! With the New Year, many people are ready to make lasting changes. Exercise is essential for all ages, and it's not too late to get started.

#### **Exercise Benefits**

Exercising on a daily basis is best, but 3- 5 times per week is also favorable. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, improves nutrient absorption, and oxygen-rich blood flow, helps build strength and can increase weight loss or maintain a healthy weight. If you can work out at the maximum level, it's incredibly beneficial for cardiovascular health and many other conditions.

Exercise improves circulation, lowers blood pressure, helps elevate mood, increase stability, protects (and regenerates) bone health, raises HDL and lowers LDL cholesterol levels, burns body fat, increases muscle strength, and much more.

JAMA published a study in 2018 that found that those who do not exercise have an increased risk of premature death, outweighing diabetes, cardiovascular disease, and even cancer-related conditions. In addition to all of the primary health benefits, regular cardiovascular exercise is also known to increase brain-derived neurotrophic factor (BDNF), a protein that protects the brain and improves cognitive function. You should always talk to your physician about the right exercise plan for you.

#### **Enjoying Your Senior Years Comfortably**

If you are a senior, you might also want to consider a change in your living arrangements. It's the perfect time to explore the possibilities of leaving the yard work and home maintenance behind. Discover the opportunities that Aston Gardens has to offer.

Aston Gardens is one of the most highly sought after communities due to their dedication to senior needs, their commitment to enriching the lives of each resident and their families by providing personalized care, welcoming living spaces, and superior amenities within three distinct tiers, which include independent living, assisted living, and memory care facilities.



#### **Independent Living**

Independent living focuses on being as active, healthy and independent as you want to be, but never alone. Choose from one of our independent living apartment homes, or a luxury for-sale villa and enjoy the all-inclusive carefree, maintenance-free lifestyle at America's award-winning senior living community.

#### **Assisted Living**

Assisted living offers residents a lifestyle of personal attention and help with activities of daily living, including bathing, grooming, dressing, taking medications and eating properly. Our focus is on health and wellness, helping residents to be as independent as possible with a personalized care plan that includes engaging social activities for a healthy body, enlightened mind and renewed spirit. With beautifully appointed assisted living suites, assisted living at The Inn is easy with the Aston Gardens One Price Personalized Plan. There are no confusing care levels to think about and our residents pay one low price for services.

#### SHINE® Memory Care

SHINE® Memory Care offers a private special needs neighborhood for residents with memory care related issues. Residents needing Alzheimer's care and other dementia care receive the very best attention and services in a supportive, compassion-ate and secure setting. Based on each individual's needs and capabilities, the professionals at Aston Gardens At Tampa Bay create a personalized plan to help our residents live life as fulfilling as possible, in a secure and comfortable environment.

#### The Difference

Want to know why so many people choose to live at Aston Gardens? It's the resort-style life, the caring staff, friendly community, and attention to detail that makes Aston Gardens surpass expectations.

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- Private Dining Room
- Elegant Terraces and Outdoor Entertaining Spaces
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- Lounge
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- And so much more

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Aston Gardens is a luxury senior living community offering the best combinations of active-adult lifestyles and personalized care services. Wake up inspired each morning with a wealth of amenities, activities, and support at your doorstep. Explore the stylish Grande Clubhouse and indulge in our unique lifestyle services: Sensations Dining, Celebrations Activities and Dimensions Wellness. Let our dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Here you will find compassionate people engaged in enriching the lives of seniors, ensuring their needs are taken care of every day. Aston Gardens At Tampa Bay offers the best value in affordable, carefree, senior living. Everything we do is focused on providing you the very best in senior living. It's all right here!

#### See why so many people want to call Aston Gardens their home!



Call 813-343-4673 today or visit astongardens.com

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## Gulfside Hospice Volunteers: How Giving Back is Good for Your Health

or some Gulfside Hospice volunteers, it's about repaying the kindness and compassion shown to them during their own hospice experience. But for all of the volunteers, it's about helping others while adding something meaningful and rewarding to their own lives.

Debbie, Gulfside Hospice volunteer, says "I was part of the hospice experience with both my mother and more recently, my husband. I was so touched by the care and amazing kindness they both received as patients that I have been driven to give back. I feel blessed to have the opportunity to do so as a volunteer."

#### Volunteering doesn't just impact others. It's good for you, too.

Giving back b volunteering is not just good for those served by non-profit organizations – it's also beneficial for the giver too! Studies show there are many wonderful health benefits associated with giving, including:

- Longer life
- Greater happiness
- Lower blood pressure
- Less depression
- Reduced stress levels
- Higher self-esteem

According to one study, people who were 55 and older who volunteered for two or more organizations were 44 percent less likely to die over a five-year period than those who didn't volunteer. Another study looked at the functional MRIs of subjects who gave to various charities and found that giving stimulates the brain and releases endorphins, creating what is known as the "helper's high."

#### The Roles of a Gulfside Hospice Volunteer

Volunteers play an integral role on the Gulfside Hospice care team, providing care and compassion to more than 600 patients every day. From administrative support to sitting with patients, the dedication of the volunteers goes a long way to ensure patients and families are cared for and their needs are met.



For patients and families, hospice volunteers are there to provide an extra level of comfort, extra time of companionship, and another ear to listen to the heartfelt stories. For the care team, volunteers are an extra pair of hands in the kitchen, another smile to greet customers at the Thrift Shoppes, and extra visitor to check in and chat with patients.

Victoria, a Gulfside Hospice volunteer, says "The staff are so wonderful that it carries over to the patients and families. It makes the whole volunteer experience so meaningful and gratifying."

### Sign up to volunteer, and start making a difference today!

The Gulfside Hospice volunteer department is always looking for new volunteers who want to make a difference in the lives of others and give back to their community. They work with anyone interested to find the best program or department that suits their abilities, skills and preferences. Volunteers can choose to support with patients and families in a variety of ways, or opt for opportunities outside of patient care that allow volunteers make a difference without working directly with patients.

### Current volunteer opportunities at Gulfside include:

• Visiting patients to offer companionship

- Offering respite care to give caregivers a needed break
- Assisting patients with basic daily tasks, such as grocery shopping or errands
- Partnering with the We Honor Veterans program that connects veteran volunteers with veteran patients
- Singing, playing music, and assisting with art projects with patients and families
- Making crafts, such as cards, blankets and other items to give to patients
- Providing administrative support, like answering phones, data entry and filing
- Assisting at the Gulfside Hospice Thrift Shoppes

Anyone interested in learning more about becoming a volunteer with Gulfside Hospice can contact the volunteer team at 727-845-5707 or visit www.Gulfside.org/volunteer-with-gulfside.



## The Antiaging Effects of Hyperbaric Oxygen

he process of aging is caused by cellular damage, exposure to environmental toxins, sun damage, alcohol and drug use, chemicals, lack of sleep, disease, and dietary habits. HBOT can help reverse degenerative aging by increasing oxygen consumption throughout the body and brain.

A new study suggests hyperbaric oxygen treatments (HBOT) can reverse and halt the aging process through telomeres and their effect on blood cells. By lengthening telomeres, optimal aging and antiaging effects take place fairly quickly.

During the study, 35 healthy adults over the age of 64 underwent 60 hyperbaric oxygen sessions over a period of 3 months. Blood was taken before, during, and after HBOT. Immune cells were extracted, analyzed, and compared. The findings were that telomeres grew longer. Usually, in aging, telomeres shrink, but in this case, they grew significantly.

Senescent cells are prevalent in the skin and adipose tissue, and they are non-dividing. Conversion of a dividing cell into a non-dividing senescent cell can take multiple weeks. Along with the increase in telomeres, the study also showed a significant increase in senescent cell turnover. These two findings indicate reversal in the aging process.

The Israeli research program that focuses on reversing aging published in a journal called, Aging.

Professor Efrati explained, "For many years our team has been engaged in hyperbaric research and therapy - treatments based on protocols of exposure to high-pressure oxygen at various concentrations inside a pressure chamber, Our achievements over the years included the improvement of brain functions damaged by age, stroke or brain injury.

"In the current study, we wished to examine the impact of HBOT on healthy and independent aging adults and to discover whether such treatments can slow down, stop or even reverse the normal aging process at the cellular level.

"Today, telomere shortening is considered the 'Holy Grail' of the biology of aging. Researchers around the world are trying to develop pharmacological and environmental interventions that enable telomere elongation. Our HBOT protocol was able to achieve this, proving that the aging process can, in fact, be reversed at the basic cellular-molecular level.



"Until now, interventions such as lifestyle modifications and intense exercise were shown to have some inhibiting effect on telomere shortening, But in our study, only three months of HBOT were able to elongate telomeres at rates far beyond any currently available interventions or lifestyle modifications. With this pioneering study, we have opened a door for further research on the cellular impact of HBOT and its potential for reversing the aging process."

#### Hyperbaric Oxygen Therapy (HBOT)

Hyperbaric oxygen therapy is a medical treatment that delivers 100% oxygen to a patient's pulmonary system while they are within a pressurized chamber.

#### References:

Yafit Hachmo, Amir Hadanny, Ramzia Abu Hamed, Malka Daniel-Kotovsky, Merav Catalogna, Gregory Fishlev, Erez Lang, NIr Polak, Keren Doenyas, Mony Friedman, Yonatan Zemel, Yair Bechor, ShalEfrati. Hyperbaric oxygen therapy increases telomere length and decreases immunosenescenee in isolated blood cells: a prospective trial. Aging, 2020; DOI: 10:18632/aging.202188

American Friends of Tel Aviv University. "Hyperbaric oxygen treatment: Clinical triał reverses two biological processes associated with aging in human cells." ScienceDaily. ScienceDaily, 20 November 2020. </www.sciencedaily.com/releases/2020/11/201120150728.htm>. This saturation of oxygen allows high-levels of life-sustaining oxygen to be delivered to thetissues and organs. This increase of the partial pressure of oxygen at the cellular level accelerates the healing processes and assists in the recovery from numerous indications.

Hyperbaric oxygen therapy is therapy is an FDA approved and lifesaving remedy for multiple conditions such as carbon monoxide poisoning and decompression sickness (the bends), and it has many off-label uses.

Hyperbaric Centers of Florida is a premier off-label hyperbaric treatment facility located in the Tampa Bay area. Their state-of-the-art hyperbaric clinic provides therapy to outpatients on a 7-day per week basis.

## 

#### www.hyperbariccentersofflorida.com

To find out more, or to schedule your appointment today, please call Hyperbaric Centers of Florida at 813-788-3969.

#### Currently, There Are 15 FDA Approved HBOT Conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss

HBOT is used "off-label" for various disease states and disorders and HBOT may be ordered by a physician for off-label indications. Hyperbaric Centers of Florida makes no claims as to the efficacy for any indications other than the fifteen approved by FDA.

#### **Common Off-Label Indications:**

- Autism
- Brain Injury
- Bell's Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

Hyperbaric Centers of Florida is a premier off-label Hyperbaric Treatment Facility. We serve all of North America as well as Caribbean, Latin & Central American Markets. The Hyperbaric Clinic is equipped with Real 3ATA Monoplace and Multiplace Hyperbaric Chamber Systems that are ASME, PVHO, National Board, NFPA, and FDA 510(K) cleared and compliant systems. We are treating all "Off-label" indications and several approved indications, as directed by a licensed physician and with written orders.

Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

With Hyperbaric Oxygen Therapy It is always more important to find a safe clinic with a fully trained knowledgeable staff rather than a close clinic. This is one reason people from all over the world travel to Hyperbaric Centers of Florida. We use Real ASME PVHO Chambers capable of 3 Atmospheres Absolute of pressure (29.4psi), Medical Grade oil-less / oil-free breathing air compressors, 100% Medical Grade Oxygen, Sea-Long Hoods, and 100% Cotton Scrubs. Hyperbaric Centers of Florida has a reputation of providing the safest and most comfortable treatments available.

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## Advanced Pain Management for Peripheral Neuropathy: What You Need to Know

BY DR. ROBERT LUPO, D.C.

hronic Pain affects hundreds of millions of Americans. Of those individuals, a staggering 20 million are suffering with peripheral neuropathy. Neuropathy is typically associated with diabetes, as it's common for nerve damage to have occurred in individuals with high glucose storage, but neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, alcoholism, cholesterol medication side effects, a build-up of toxins, and vascular disease.

Peripheral neuropathy happens when the small blood vessels, which supply blood and nutrients to the nerves become impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

## Symptoms of neuropathy most often include the following sensations:

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

The most common treatment for nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past several decades, quantum technologies have been studied and due to the effectiveness of these devices, next generation technology has paved the way for effective peripheral neuropathy treatment.

Dr. Robert Lupo is on the cutting edge of multiple technological advances to offer his patients the most effective, groundbreaking options without surgery or addictive drugs. That is why he chose to work directly with RST Sanexas, due to their incomparable results. Dr. Lupo explains, "This technology is remarkable as it's able to treat peripheral neuropathy on a cellular level to regenerate and repair damaged nerves. No matter if it's caused by diabetes, alcohol abuse, chemotherapy or other common conditions that lead to neuropathic disorders, the Sanexas technology is equally effective at treating the disorder."

#### **RST Sanexas: Is NOT a TENS unit device**

For three decades, our ardent, progressive research team members have been developing, refining, clinically testing, test-marketing and authoring scientific papers with its breakthrough electric cell signaling and quantum resonant specific induction (QSRI) technologies.

In 1995, RST-Sanexas medical devices were revamped to use quantum-based communications-level technology with both frequency modulation (FM), as well as the typical amplitude modulated (AM) electronic signals. To this day, amplitude modulation (AM) signals represents 99% of all marketed TENS type devices even though the human body operates exclusively by (FM) frequency modulated energy.

In 1996, after exhaustive clinical application data was received, a new electronic signal generating Patent was issued (UHdfg). The Patent covers this brand new advanced random, yet sequential AM/FM signal generation technique with spread spectrum frequency hopping technology.

RST-Sanexas technology is still fundamentally more advanced than any other electromedical device in use today.

#### How Sanexas Technology Relieves Neuropathic Pain

Why does quantum technology hold so much promise for health care? Many cell processes take place at the nanoscale (the world of atoms and subatomic particles). At that scale, matter stops behaving according to the laws of classical physics and starts demonstrating the unique

properties of quantum mechanics. Quantum technology is set to revolutionize the way we think about health care, medical data and even our own biology.



Pain treatment modalities and instruments that operate on quantum theory use resonance to increase energy in and between cells. Molecular resonance is best understood with an analogy in the macroscopic world. When a piano tuner strikes a tuning fork next to the piano, the specific piano string will vibrate when it is correctly tuned to the same frequency. Similarly, cells resonate and transfer energy between molecules very rapidly.

### This procedure is covered by Medicare and most insurance carriers.

#### Dr. Lupo's Practice—An Integrated Approach

At Physical Medicine Center, Inc. you can expect a welcoming, friendly environment with a staff that genuinely cares about your progress. Their goal is your improved quality of life—that's why their comprehensive treatment plans are designed to help you reach your goals. If pain is holding you back, call today to learn more about their natural, non-surgical, non-drug options for pain relief.

#### Dr. Robert Lupo, D.C.

Dr. Robert Lupo is the clinic director at Physical Medicine Center located in north Tampa near the University of South Florida and New Tampa. Physical Medicine Center is a multidisciplinary medical center that offers Medical Care, Chiropractic Care, and Physical Therapy. Dr. Lupo attended Life University in Marietta Georgia and graduated with a Doctor of Chiropractic degree in 1985. Dr. Lupo has taken postgraduate education in chiropractic orthopedics, neurology, spinal disc injury care, and auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness, balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women and offers the nationally known Medifast weight system.

If you want drug-free alternative options for your health needs, look no further than the Physical Medicine Center in north Tampa. The Physical Medicine Center treats both male and female patients who desire alternative therapies to get to the root cause of their conditions. Call them today at 813-607-5095 to schedule your appointment.



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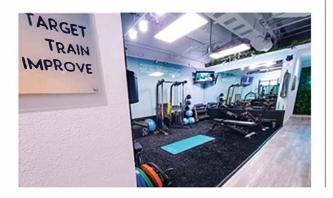
## **RevitalIV Tampa Brings Luxury Wellness** to the New Tampa Community

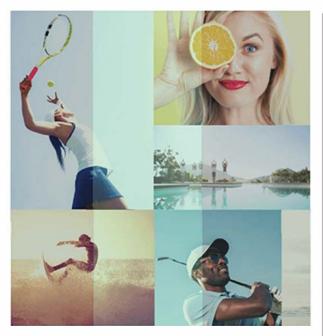
R evitallV Tampa is now open as the premier luxury health and wellness center in New Tampa, providing health and wellness, reimagined, to the community.

RevitalIV Tampa showcased their state-of-the-art IV Therapy, Fitness and Recovery services at their Grand Opening this past Saturday. Their IV Therapy formulas are unique to the individual's needs and are customizable with a variety of vitamins and minerals. With their team of specially trained nurses, they can find the best solution to aid in athletic performance, nutrient deficiencies, weight loss and boosting energy levels. All these treatments are administered by experienced, board-certified physicians and Registered Nurses, ensuring both safety and comfort.

IV Therapy is the fastest way to deliver nutrients to the body, as it bypasses the digestive system and goes straight into the bloodstream. When you consume vitamins and minerals orally, the acids within your stomach will break most of them down, leaving your body with less nutrients to use. RevitalIV Tampa's treatments are based on nutrient profiles that best suit your goals and health concerns. If you are looking for immunity support during this cold and flu season, look no further than the Recharge High Dose Vitamin C Treatment and the Resist Antiviral Treatment. These formulas are packed with Vitamin C, Zinc and a cold fighting blend that gives your body an extra layer of protection.

Along with immunity, IV Therapy can be beneficial in helping prevent and reverse signs of aging, such as dementia and memory loss when infused with NAD+ (nicotinamide adenine dinucleotide) which





promotes cellular healing and regeneration. This treatment targets genes that promote aging, inflammation, fat synthesis and storage, and blood sugar management issues.

Entering the New Year, if you are looking to shed a few extra pounds or burn some fat, their Reduce weight loss treatment can help fast-track that process in a healthy and productive way. By getting a Reduce IV, your fat stores are mobilized and moved to the front of your energy reserves to be burnt first as you work out. Reduce contains Taurine and B Vitamins for energy, and L-Carnitine and M.I.C. for fat burning to give your body an effective and safe metabolic boost. For the fitness enthusiast, their Recalibrate treatment containing B Vitamins, Magnesium and Vitamin C helps ease muscle fatigue, restore electrolytes and even build immunity if working out in a busy gym.

The Florida sun can take a toll on the skin, which is why the Rejuvenate treatment is perfect for reducing dark marks, age spots and hyperpigmentation. The Glutathione and Vitamin C work together to create a maximum benefit for your skin by getting rid of free radicals and negative effects of oxidative stress. In addition to their categorized IV formulas, you are also able to add in vitamins and minerals at your request. This includes boosters like B-12 (also available in a shot), Glutathione, L Carnitine, Alpha Lipoic Acid and more.



Relax during your treatment in their private IV Therapy room, with a soothing waterfall, and adjustable lighting. Your 45-minute treatment will be administered in brand new leather recliners with a phone charging and Bluetooth capabilities, blankets and pillows (washed and sanitized before and after each use).

RevitallV Tampa is now open as Tampa's premier luxury wellness center. Their outlook on health approaches wellness from the inside out, with IV Therapy, Massage Therapy and Personal Coaching.

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## Isolation Is Killing Us. Literally. Connection is the Cure.

ong before COVID-19 we faced a health crisis. Few people talked about it, but it was right here – the loneliness epidemic. Now, the growing number of lonely, isolated seniors has become a crisis that we cannot ignore. Loneliness has physical consequences that can be devastating, especially for seniors. It eclipses obesity and even smoking for premature decline and even death. Mandatory social distancing means that so many more are feeling isolated, lonely, and scared.



While loneliness jeopardizes physical and mental health, connection is the cure. Research shows that friendships drastically reduce the mortality risks associated with isolation and loneliness. Reaching out might be difficult these days, but Seniors in Service can help with TelePals! TelePals offer regularly scheduled friendly calls that help reduce isolation so seniors can remain living independently, with dignity. TelePals get background checks and expert training. Participants are carefully matched based on interests, culture and skills, building enduring relationships that help them both. The heartwarming stories tell it best.

Angelina is 83-years-old and lives alone, with no support from family or friends. Her fixed income does not allow her access to technology, internet or even cable TV. For months now, the fear of COVID-19 has made her feel imprisoned in her own home. Imagine being elderly, alone and scared - cut off from the world during these unprecedented times. There's nobody to check up on her to make

sure she's eating. There's nobody to share her memories with. There's nobody to tell her there's someone who cares. The pastor at her church hears about TelePals and encourages his parishioners to enroll. Most are too proud to admit that they're struggling. But Angelina and Christine, who is also a senior, both volunteer to help. Soon they are chatting by phone regularly. Although they've never met, they discover they have a lot in common. It turns out that they both are retired teachers and both love reading the exact same books. When Christine learns about Angelina's diabetes, she starts asking about her diet and how often she's getting up to walk around her house. Angelina says having a new friend has changed her life. "She really cares...You got a treasure with her and now she is mine."

For Jim, TelePals offers a lifeline. As a veteran, he's conditioned to never ask for help. Doctor visits are one place he finds connection. In the waiting room, he sees a flyer stating: "You've Got a Friend!" An invitation to call Seniors in Service. Inexplicably, he makes the call: "I am 70 and I have nobody." TelePals offers socialization and wellness-checks through telephone reassurance. For some, it's the only conversation they have all day. Enrollment is easy by phone or www.TelePal-Now.org. Kevin, a retired businessman, enrolls to volunteer. As a veteran, he shares a special bond with others who've served our country. Kevin shares, "We share experiences from our past and daily lives...We get serious but also laugh a lot...It's the highlight of my day."

Intergenerational TelePals Chelsea and Rebecca initially wondered what they would talk about. A USF psychology student, Chelsea learned how isolation affects mental health. Now, with COVID-19, she's lonely herself. Discovering TelePals on USF's website, she volunteers. She's nervous at first but hearing about Rebecca's adventures when she was young is fun! Chelsea ensures Rebecca is social distancing and has everything she needs. She's poised to alert TelePals staff of any concerns. Their chats help them both, navigating this new reality, together.



The loneliness epidemic is killing our seniors. You have the power to make it better. Reach out and connect! Got an hour? Give an hour! Seniors in Service offers opportunities for TelePals to participate safely and remotely. Know someone who could benefit? Learn more by visiting www.seniorsinservice.org. Or follow us on www.facebook.com/seniorsinservice.

#### About Seniors in Service of Tampa Bay:

Seniors in Service provides solutions to community challenges by engaging volunteers aged 55+. Founded in 1984 as a non-profit 501(c)3, we help at-risk seniors, children, veterans and food-insecure individuals. Our volunteers also benefit from staying active and purposeful. We serve 5000+ individuals annually in Hillsborough, Pinellas and Pasco, engaging 500+ volunteers in collaboration with 150+ community partners. Independent audits show over 93% of each dollar goes to program services. For us, it's not just a tagline. We are *GEARED UP TO SERVE!* 



For more information, visit www.seniorsinservice.org

## Get The Most From Your Beauty Treatment Protocols and Regimens

common question people ask is what I should do between visits to my esthetician or dermatologist that are the most complimentary to achieving my beauty and skincare objectives. Some protocols used to restore and beautify the skin do so by inducing cellular trauma to stimulate the skin cells healing process increasing the production of collagen for restructuring and restoration of the skin's suppleness and elasticity reducing aging wrinkles while restoring its' radiance. Examples of these protocols are many - to include chemical peel, light/laser, or physical (i.e. needling) stimulation. This article will shed some light on how topicals containing higher concentrations of pure CBD (500mg/oz) are complimentary, can play a role in substantially improving and maintaining your results.

Our body has an internal mechanism for maintaining homeostasis (balance) called the Endo-Cannabinoid System (ECS). One of the purposes of this system is to recognize when something is out of balance and signal the body for healing and restoration. This system manages inflammation for the deployment of white blood cells and collagen restructuring for healing. A CBD topical regimen is complimentary to treatments such as those described above as the ECS system responds to the treatment protocol induced trauma and/or cellular stimulation.

Additionally, CBD receptors can be found in the skin that when CBD is applied topically many benefits. Some of these include a more powerful antioxidant response than vitamin E and C for repairing damaged skin (see https://www.projectcbd.org/medicine/cbd-preventative-medicine). Further, clinical evidence indicates that CBD controls oil production in the sebaceous glands, can promote faster healing of damaged skin, and maintains the skin's balance when exposed to emotional, environmental, or hormone induced stress. Proven to reduce acne and other common skin irritations. This when combined with "killer ingredients" such as retinol, Hyaluronic Acid, Coenzyme Q10 and others and our high concentration of 99.9% pure CBD in an all-natural botanical cream for deep penetration provide for amazing results.

The CBD Healthcare Company is one of a few offering a complete facial beauty and skin care product line (figure 1). From our Anti-Aging serum to our imported French Clay Mask everything you need for a daily regimen. Our team has been servicing high end resorts, cruise ships, massage, spa, and therapeutic professionals for over 30 years. Our formulator has worked with the most prestigious brands having post-doctoral degrees in the fields of pharmaceutical and cosmeceutical formulations from Université Louis-Pasteur with more than 20 years researching and developing leading skincare and facial formulations:



Facial Beautification Bundle



CBD Anti-Aging Cream (https://cbdhealthcarecompany.com/product/cbd-antiaging-concentrate-serum/) contains Coenzyme Q10 aids in collagen production and slows down the damage caused by photo-aging. High-purity extract from the Swiss alpine flower, Edelweiss, fortifies skin's protective barrier, enhancing its resistance to external stress factors.

CBD Hydra Renewal Night Cream (https://cbdhealthcarecompany.com/product/cbdhydra-renewal-night-cream/) contains retinol, a vitamin A derivative that stimulates skin cell turnover and also helps eradicate imperfections and diminish the appearance of fine lines.

**CBD Moisture Recovery Cream** (https://cbdhealthcarecompany.com/product/cbdmoisture-recovery-cream/) with a key ingredient of hyaluronic acid which has antiinflammatory properties, hydrates the skin, especially the upper layer of the epidermis providing a natural barrier to protect the skin from the environment.

**CBD Instant Purifying Mask** (https://cbdhealthcarecompany.com/product/cbd-instantpurifying-mask/) with imported French Clay gently cleansing and brightening skin, also calms it using one of the product's key ingredients—rosehip seed oil—which contains high amounts of antioxidants and unsaturated fatty acids.

Go to our website at **CBDHealthcareCompany.com** and get an additional **25% off** our bundle website pricing for complete facial beautification protocol consisting of starting your day with the anti-aging serum followed by CBD Moisture Recovery Cream – to hydrate and protect your skin through the day. Returning home, apply the anti-aging serum followed by our CDB Night Hydra Renewal Cream. Using the CBD Instant Purifying Mask one to two times per week.

Statements have not been evaluated by the Food and Drug Administration. CBD Healthcare Company products are not intended to diagnose, treat, cure or prevent any disease.



## Why Scheduling Your Gynecological Wellness Exam Can Save Your Life: Cervical Health Awareness

By Parveen Vahora, M.D.

ven if you don't need a pap smear, you should absolutely still schedule your gynecological wellness exam every year to evaluate for disease and disorders, including cervical cancer.

The most important thing that women can do to prevent cervical cancer is to have regular cervical cancer screenings. These are given during a Pap test or wellness exam, which should be at least every year, or if you are at high risk or have had HPV, cancer, precancer, or other genital disorders, your routine visits should be several times per year. There are preventative tests that Dr. Vahora includes in her regular cervical cancer screening called, Papanicolaou (Pap) test, which checks for HPV specifically.

Most insurance covers a pap smear as part of your yearly wellness examination once a year. It's best to see your gynecologist or woman health care provider yearly for your wellness, and they can decide with your history whether you need a pap smear or not. Do not put off your annual gynecological exam.

#### **Pre-Cervical Cancer**

When routine examinations are done regularly, pre-cervical cancer can be detected relatively easily. A minimally-invasive in-office procedure can remove the precancerous lesions without much discomfort or complications.

#### **Cervical Cancer**

Cervical cancer is a fast-growing disease that can lead to death if not caught in its pre-stages. Years ago, cervical cancer was a leading cause of death in women, but because of educating and follow through with routine gynecological visits, those statistics have changed. Depending on the stage of the cancer, many women will undergo a hysterectomy and chemotherapy.

The HPV vaccine is highly recommended for teen girls to prevent the HPV virus that causes cervical and genital cancers.

#### HPV Facts & Treatment

Human papillomavirus (HPV) infection is the most significant risk factor for developing cervical cancer. HPV is made up of 150 viruses and can infect the cells



of the cervix and spreads through sexual encounters, as well as be passed down through childbirth. Other risk factors that exacerbate or lead to cervical cancer are a weakened immune system, smoking, chronic infections, having a child in your teenage years, and having multiple full-term pregnancies.

There are little to no signs or symptoms of cervical cancer and other genital cancers, so the most proactive way to prevent these cancers from growing is to have regular pap smears on a routine basis. The test results will show positive signs of cancer or precancerous lesions. In the gynecologist's office, they can do a simple test to see where the cervical cancer is and can evaluate its severity. Usually, if caught early enough, the cancerous lesions can be removed right in the comfort of the office.

#### Personalized Care

The office of Dr. Parveen Vahora is small, intimate, and welcoming. Women under Dr. Vahora's care are treated with the utmost respect, which means she offers personalized care: educating on conditions and treatment options as well as preventative measures. The focus is on sexual health—offering MonaLisa Touch<sup>®</sup> for patients going through menopause as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness. Dr. Vahora routines faster.

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## Step Into The New Year With a Healthier, Straighter Smile

Dr. Clay McEntire

etting orthodontic treatment has numerous benefits; some of these include fewer incidences of head, neck and jaw pain, better digestion, increased periodontal health, clearer speech, and a beautiful smile, which boosts confidence. Straightening your teeth can have a positive psychological effect on a person's self-esteem. Straighter teeth can improve your wellbeing, both physically and emotionally.

As mentioned, beyond providing a great smile, orthodontics also corrects "malocclusions" or bad bites. A malocclusion (the term for crooked, crowded, or protruding teeth) occurs when the teeth are not lined up correctly. Malocclusions can affect the way a person chews, talks, or smiles, and in some cases, can affect the jaws causing pain and discomfort. Straightening teeth can have a huge effect on one's overall health and wellness.

#### Orthodontic Treatment

Orthodontic treatment can come in many shapes and sizes, and it's never too late to consider a consultation with an orthodontist to learn if and how you may be able to benefit. Form and function of the smile and bite will be the ultimate goals of an orthodontist, and they're always going to be seeking optimal form/ function with a result that also provides the best esthetic outcome. We LOVE what we do! We get to work with some of the best families in the Tampa Bay Community!

A typical consultation would include pictures, an x-ray or two, and an evaluation with Dr. McEntire and a treatment coordinator. If treatment is recommended, there is usually need for some form or braces or appliances. Dr. Mc also likes to work with clear aligners (typically Invisalign) when possible.

#### **Traditional Orthodontics**

We work mostly with a self-ligating bracket system that does not require that color ties are needed, BUT of course colors can be added for fun! Each tooth gets a bracket bonded to an ideal position and light-force, flexible wires are used to align the teeth. Often times, rubber bands are used to help the upper teeth meet appropriately with the lower teeth. With the elastics, compliance is very important, and treatment time can be reduced when elastics are worn appropriately.



#### Clear Aligners

Clear Aligners are removable and CLEAR! They look like most retainers but are designed via computer planning to implement various force levels to the teeth in pre-planned intervals that allows the patient to do some of the "tightening" at home. Patients still come visit the office every couple of months, but they are able to remove the trays as needed for a big presentation, or date-night-meal, or what have you. Not everyone is a great candidate for clear aligner therapy, but an orthodontist is a great person to work through where short-comings may fall. You can then work through pros and cons of the various options available.

#### No More Messy Impressions

A digital scanner is used to take a 3d picture of the teeth. This scan can be used to plan cases for the Invisalign system and can also be used by the lab to make appliances that may be needed for younger, growing patients. The system is typically more accurate and much quicker to work with, and of course it's more comfortable for patients than the more traditional "goopy" material historically used for creation of plaster models.



Signs indicating it is time for an orthodontic exam:

- Early or late loss of baby teeth
- Breathing abnormalities
- Prolonged habits like thumb-sucking

#### For children or adults

- Crowding
- TMJ abnormalities
- Protruding teeth or general bite concerns

\*\*The good news is we have GREAT dental professionals in the Tampa Bay community, so you could always ask your dentist if you think you'd benefit coming in for consult. AND when in doubt, just give us a call!

#### Amley McEntire Orthodontics—Spanning generations with smiles for a lifetime

At Amley McEntire Orthodontics, we offer a unique orthodontic experience designed to produce dynamic, life changing smiles. We believe state-of-the-art treatment procedures must involve a personal touch from our doctors and our orthodontic team.

Warm, inviting, caring, homelike-these are a few of the ways patients describe our practice. We work hard to create an atmosphere that is comfortable, and that makes patients feel relaxed, welcomed, and treated like family. Our testimonials speak to this experience.

#### Contact Amley McEntire Orthodontics Today.



## Amley McEntire

#### Main Office

5753 1st Avenue North Saint Petersburg, FL 33710 Monday - Thursday: 8:00 a.m. - 5:00 p.m. 727-381-1062

#### Shiny Happy Smiles Office

11201 Corporate Circle N, Suite 160A Saint Petersburg, FL 33716 Wednesdays & Thursdays: 8:00 a.m. - 5:00 p.m. 727-577-4911

> Tampa Office 110. S Mac Dill Ave. Suite #201 Tampa, FL 33609 Tuesday: 8:00 a.m. - 5:00 p.m. Friday: 8:00 a.m. - 12:00 p.m. 813-497-7441

## A 16 YEAR JOURNEY TO BACK PAIN RELIEF: What one Patient Wants Others to Know

erald "Jerry" Pappa is a busy man, he traveled quite a bit years ago when he was a lobbyist in Washington, and on one trip in 2003, his back pain became unbearable. Soon after, Jerry was told that he had a degenerative spine disease. Jerry underwent TEN surgeries of the lumbar and cervical spine. He explained, "My back has a lot of hardware installed in it, from rods to plates and screws. I even had a spinal stimulator implanted in my spine to try and alleviate my pain, but unfortunately, nothing was helping long term."

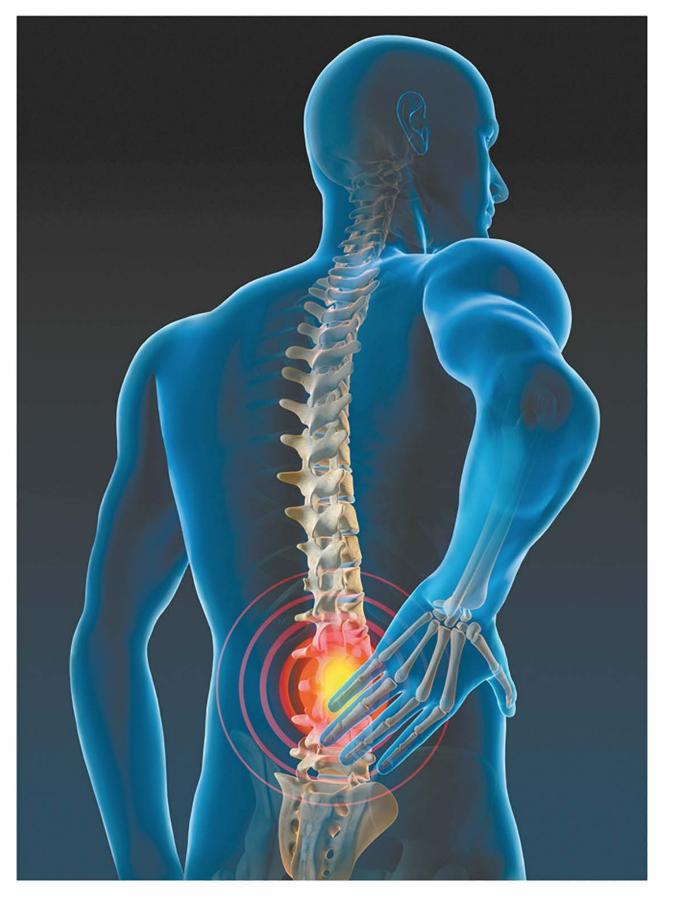


Jerry's orthopedic surgery team had also administered over 50 epidurals to lessen Jerry's pain, but some of those did not work at all, and the relief he did get was only temporary. Jerry had changed

careers and became a well-established real estate broker, opening *Golf View Realty Property Management,* which alleviated his need to travel regularly, but on a daily basis, he was still in a lot of pain. That's when Jerry's orthopedic doctors recommended that he see Dr. Panchal. They told Jerry his back issues were 'complicated,' and that Dr. Panchal was an out-of-the-box-thinker and a highly-regarded physician that had unique methods and experience in spinal pain management.

In 2009 to 2010, Dr. Panchal did RF (radiofrequency) ablation treatments on Jerry's spinal nerves. With RF ablation treatments, the nerves that are damaged, narrowed, or impinged, are injected with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction. This procedure is entirely safe and effective. It has been used for many years with long-lasting results for people suffering from low back pain. Jerry's pain was alleviated for many years, but Dr. Panchal explained that nerves grow back, and in 2018, Jerry needed to see Dr. Panchal again to receive more RF ablations.

"I was having horrible pain in my pelvic area and lower back!" Jerry said. "It's hard to explain how excruciating the pain was, but it was debilitating.





Dr. Panchal told me that I had two options, one would be to have sacroiliac surgery, which would require more rods, plates, and screws or another alternative treatment that was helping numerous other patients of Dr. Panchal. Not looking forward to another surgery or, more hardware, I wanted to know more about the alternative treatment. Dr. Panchal explained that it was stem cells."

Jerry continued, "Interestingly, I had been researching stem cells and knew they had helped other patients with nerve pain and joint dysfunction. I decided to get a second opinion, and my wife, and I attended multiple stem cell symposiums. It didn't take long to realize that Dr. Panchal was the safest and most experienced option. I think it's important for patients to know that legitimate surgeons only do stem cells in a sterile environment such as a surgery center and they do it under fluoroscopy, not in an office. There is also a great deal of difference between the stem cells options that are available."

#### Exosomes

Jerry had his stem cell procedure in February 2019. Due to his extensive research and expertise, Dr. Panchal adds exosomes into his stem cell treatment. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nano-sized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.

Dr. Panchal has been committed to regenerative medicine and stem cell therapy for several years. Dr. Panchal explains exosome therapy further, "This is an exciting new approach for regenerative medicine. Unlike PRP which has limited growth factors, or bone marrow and fat aspirate, which has an unknown quantity of stem cells, or growth factors from the patient, or the use of fetal cord blood stem cells (which has unknown function after thawing and also the risk of tumor formation from foreign DNA), exosomes are a highly concentrated and reproducible source of growth factors for regenerative techniques. The other approaches typically take six months to see any results. With exosomes, I've had some patients begin to notice improvement as early as 2-3 weeks. And since this is an acellular product, there is no risk of tumor development."

After Jerry's stem cell and exosome treatment, he reports that his pain is 80 to 90% gone. Jerry told us that he knows he made the best decision to have Dr. Panchal do the exosome and stem cell treatment and that he is a firm believer in what Dr. Panchal can offer patients.

"What Dr. Panchal did is nothing short of miraculous!" Jerry explained. " I've had a lot of doctors in my life, and Dr. Panchal takes his patient care to a whole new level. He's thorough, explains everything in great detail and even calls me on his cell to check in and follow up. Most doctors don't do that; he's a fantastic physician and one that takes great pride in helping patients find real results."



#### Dr. Sunil Panchal

Dr. Panchal has treated patients with exosome therapy for pain in the cervical and lumbar facet joints, sacroiliac joints, knees,

hips, ankles, elbows, shoulders, ligament injuries, and also degenerative discs. These tiny exosome communicators that secrete therapeutic and regenerative effects to the cells and tissues throughout the body are becoming highly-soughtafter by many patients that have suffered from pain and chronic disorders. Some of the additional findings within peer-reviewed studies are as follows:

- Self-Renewing Capabilities
- Cellular Differentiating Ability
- Tissue Repair
- Anti-Inflammatory Effect
- Immunosuppression
- Neuroprotection

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. National Institute of Spine and Pain is a state-of-the-art facility that specializes in the treatment of spine and orthopedic conditions, as well as acute and chronic pain management. They provide the utmost quality of care for patients to address the problem directly, and if needed, provide for their pain management needs.



#### **National Institute of Spine & Pain**

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Spiritual / ellness

# Your Secret Weapon for the New Year

By Alex Anderson

n 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.

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.

I don't have cares; I have cast them all on the Lord.

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

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



## We Are The Right Place To Be Right Now

As a company that's served the best interests of seniors for nearly 30 years, we are no stranger to emergency management. Our commitment to the health and safety of our residents has long been paramount, and although COVID-19 is a new threat, it is by no means the first one we've faced head on.

In any emergency situation, it's imperative to know where trusted resources can be found. For seniors and families specifically, the importance of safeguards required for COVID-19, in many ways highlight the numerous benefits of living in a supportive community setting like the many we offer.

By leveraging extensive prior experience, financial strength, innovative technology and national buying power, we can provide the resources and forward thinking necessary to implement Enhanced Protocols and Operational Procedures immediately at our communities nationwide. We believe you or your loved one can be as confident as we are in our strategies to combat the spread of this virus.

- All Services and Amenities are Provided Onsite. This Includes Chef-Prepared Dining, Activities, Social Events, & More
- Ability to Deliver Onsite Healthcare Services
- Long-Standing Preventative Measures and Expansive Healthcare Supply Inventory
- Access to Industry Associations and the Latest News and Information
- National Buying Power and the Resources to Obtain High-Demand Healthcare Products
- Enhanced Operational Procedures and Protocols in Place From the Onset
- Fully Prepared to Enact New/Expanded Safety Measures
- Community-Wide Preventative Efforts Include Ongoing Cleaning, Sanitization and Housekeeping

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