

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

January 2021

Lake/Sumter Edition - Monthly

FREE



www.HealthAndWellnessFL.com

NEW YEAR'S RESOLUTIONS

**APPROACHING
ERECTILE
DYSFUNCTION:
THE WOMAN'S
PERSPECTIVE**

**YOU ARE ONLY
AS HEALTHY AS
YOUR CELLS**

**STRESS AND
WEIGHT GAIN**

**THE ART OF
THE PHYSICAL
EVALUATION**

**IN WITH THE
GOOD, OUT
WITH THE BAD**

**HOW TO IMPROVE
YOUR HEART HEALTH
IN THE NEW YEAR**



It's your heart. It should be personal.

And that's how I treat it.

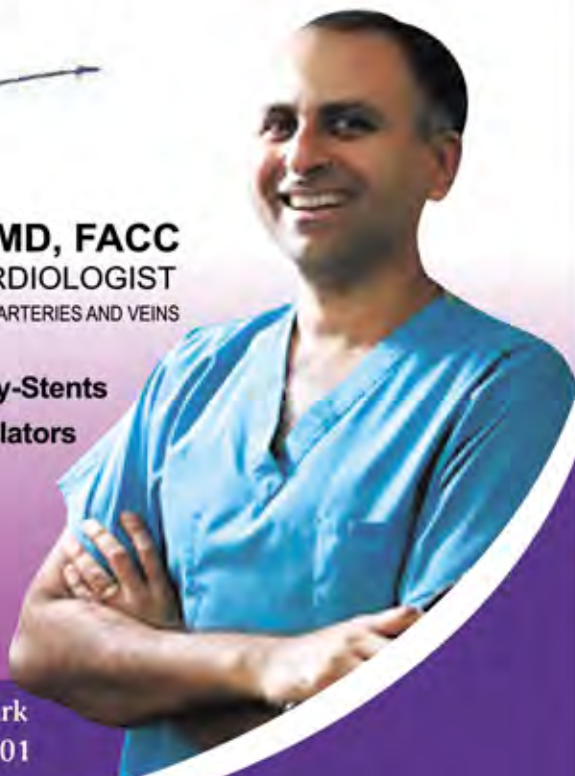
When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.



T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

- Interventional Cardiology-Stents
- Pacemakers and Defibrillators
- Vascular Medicine
- Clinical Cardiology
- Echocardiography
- Nuclear Cardiology

Rolling Oaks Professional Park
929 N US HWY 441, Suite 201
Lady Lake, FL 32159



Call Office for Consultation
352.750.2040

www.drvcardio.com

TMJ Sleep & Dentistry Opens in Ocala

Innovative healthcare centre's services are designed to help improve patients' quality of life by addressing the core cause, allowing the body to heal.

Live Life to the Fullest



**TMJ Sleep
Therapy Centre
& Dentistry**

352-203-4493
www.tmjsleepflorida.com

Are you troubled from...

- Ear Discomfort • Jaw/Cheek Pain • Neck-Pain
- Throat Issues • Headaches • Eye Discomfort
- Mouth/Teeth Discomfort



**Rivers Family
Medicine**

At Rivers Family Medicine, we provide experienced, knowledgeable, and compassionate care to help you meet your individual healthcare goals. Our patients are our primary focus.

Our Services:

We offer a variety of onsite services for your convenience and to help assist in your care:

- In house laboratory
- Ultrasound
- Echocardiograms
- Electrocardiograms
- Nuclear stress testing
- Pulmonary function testing
- Joint injections
- Skin biopsies and minor skin procedures
- Immunizations



**Rivers Family Medicine
Welcomes Dr. Anthony Desmarais**
Dr. Anthony Desmarais
352-205-4302

**NEW OFFICE
LOCATION COMING SOON
TO BROWNWOOD!**

1503 Buenos Aires Boulevard
Building 110
The Villages, FL 32159
www.riversfamilymedicine.com

Vaginal dryness putting you through a sexual dry spell?

Learn more about our FemTouch treatment for improved vaginal health.

The FemTouch treatment is a fast, simple, in-office procedure that uses a vaginal laser to address several, vaginal health-related issues. During the procedure, the CO2 fractional laser gently ablates the vaginal lining to help stimulate collagen production and remodel vaginal tissue. Improved overall vaginal health is restored along with a stronger, tighter vaginal wall.



352.391.6000
advancedurologyinstitute.com


SUMTER SENIOR LIVING
A GRACE MGMT COMMUNITY

**It's not like home.
It *is* home.™**

**Call today to learn about our
move-in specials and enjoy
first choice of apartments!**

**Independent Living
Assisted Living
Memory Care**

1490 Killingsworth Way • The Villages, FL 32162
(352) 674-3600 • www.SumterSeniorLiving.com
Assisted Living License Number: 12227

FREE DEMONSTRATION ON HOW PEMF CAN IMPROVE YOUR CELL HEALTH

How would it feel to have quicker recovery time from
your sporting events AND have less pain?

Wellness Achievers can help, leave a message for
Sheryl @ 949-220-4900 and someone will return your call
within 24 hours. Be sure to mention Health & Wellness article!

PEMF and Magnetic Resonance Stimulation (MRS) has been proven to:

- Regulates the autonomic nervous system
- Improves the respiratory volume due to improving respiratory muscle functioning
- Alleviates pain • Activates the immune system
- Stimulates the bone cartilage and improves bone density

Acts as an anti-inflammatory and regulating throughout the body

- Nerve recuperation • Improves wound healing
- Improves circulation • Reduces stress • Enhances endorphin, dopamine, serotonin production in the brain
- Regulates digestive activity
- Improves melatonin production which is important for sleep
- Improves the effects of medication due to improved metabolism and circulation
- Reduces the tendency of blood clot

Wellness Achievers
Call Today! 949-220-4900





Get Excited about Gifting!

SHOP OUR LIMITED EDITION
Themed Gift Sets & Collections for Every Budget



Tin City | 5th Ave Naples | Coconut Point | Sanibel | River District Ft Myers
Fishermen's Village | Lakewood Ranch | St. Petersburg | Mount Dora | Destin
NAPLESSOAP.COM

ONE-STOP WOMEN'S HEALTH & AESTHETIC NEEDS



Uzoma K. Nwaubani, MD
FACOG, FPPMRS

TELEMEDICINE SERVICES ARE NOW AVAILABLE

The NUWAWORLD family will like to announce that we are partnering with all our patients, clients and associates in the efforts to contain and eventually eradicate the on going COVID-19 pandemic.

*The **ONLY** Urogynecologist in the
Tri-County Area &
The Villages® Community!*

*The **ONLY** Fully-Equipped
Laser Med Spa/Aesthetics Center!*



SKIN TIGHTENING/ WRINKLE REMOVAL

- Tighten, smooth, firm skin
- Remove wrinkles, cellulites, spider veins, fine lines
- Remove black, brown and sun spots
- Permanent facial and body hair removal

FACIAL AESTHETICS

- Facials, cleanses, makeup
- Laser micro needling & dermabrasion
- Fillers, Botox, fat transplants
- Non-invasive tattoo removal
- **SMART LIPOSUCTION/
BODY SCULPTING**
- Minimally invasive fat removal
- Non invasive total body sculpting

GYNCOLOGICAL REJUVENATION

- Vaginal and vulval rejuvenation
- Treatment of vaginal and vulval dryness
- Treatment of painful sex
- Sexual wellness and improvement
- Treatment of hemorrhoids and constipation

9580 N. US Hwy. 301 • Wildwood, FL 34785 • 352-218-8643 • www.nuwaworld.com

Florida Blue



MEDICARE



Keep your
VA benefits
and **get more.**

**Thank you
for your
service.**

Now, let Florida
Blue Medicare
serve you.

- ★ **Get access to more providers** that are outside of the VA network.
- ★ **Get access to extra benefits** while keeping your VA coverage.

1-407-201-1788

Heidi Sierra-Lauz

Florida Blue



MEDICARE

CONTENTS

JANUARY 2021

- 6** With Glaucoma, Management Makes All the Difference
- 8** How to Improve Your Heart Health in the New Year
- 9** Urinary Incontinence
- 10** Want A Sleeker Smoother Sculpted Body for The New Year and Beyond?
- 11** In with the Good, Out with the Bad
- 12** Stasis Dermatitis Often Affects Those with Venous Insufficiency
- 13** TMJ and Chronic Pain May Have More to do with Poor Sleep
- 14** Opioid Free Anesthesia for Outpatient Total Hip and Total Knee Replacement
- 15** New Year's Resolutions: Are You Tired of Home Maintenance & Yard Work?
- 16** Approaching Erectile Dysfunction: The Woman's Perspective
- 18** Learn How to Manage Stress in the New Year
- 19** You Are Only As Healthy As Your Cells
- 20** Big Sound, Now in the Smallest of Packages
- 21** Obstructive Sleep Apnea & Oral Appliances?
- 22** Activate Your Stem Cells!
- 23** The Art of the Physical Evaluation
- 24** Regenerating Joint Cartilage: Do Stem Cells Really Work?
- 25** Social Distancing, Quarantine & Isolation: How to Cope
- 26** How Much Omega-3 Do You Need for Results?
- 27** Do You Have Trigger Finger?
- 28** Eliminate Your Low Back Pain at Little to No Cost!
- 30** Medical Marijuana for the Average American
- 31** Stress and Weight Gain
- 32** Cornerstone Hospice And Palliative Care: Helping Patients and Families in Numerous Ways
- 33** Local Attorney Patrick L. Smith Offers Flat Fee Estate Planning Services
- 34** Signs of Aging or Type 2 Diabetes?
- 35** Spiritual Wellness: Your Secret Weapon for the New Year

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239-588-1200
cristan@gwhizmarketing.com

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2021. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

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.



OUR SERVICES

- CARDIOLOGY CONSULTATION
- EXERCISE STRESS TESTING
- NUCLEAR STRESS TESTING
- ECHOCARDIOGRAPHY
- EVALUATION OF HEART VALVE DISORDERS
- EVALUATION OF CORONARY ARTERY DISEASE
- EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE)
- EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH
- EVALUATION OF CARDIAC ARRHYTHMIAS
- EVALUATION OF FAINTING (SYNCOPE)
- EVALUATION OF FATIGUE
- CHOLESTEROL DISORDERS (DYSLIPIDEMIA)
- PREOPERATIVE SCREENING
- WEIGHT LOSS AND NUTRITIONAL CONSULTING



VILLAGE
Heart
& VEIN CENTER

Bryan Carter, MPA-C
8575 NE 138th Lane, Lady Lake, FL 32159
(352) 674-2080
Toll Free: 1-855-432-7848 (Heart 4 U)
www.villageheartandvein.com

With Glaucoma, Management Makes All the Difference

Glaucoma is a set of eye diseases affecting the optic nerve, which is a group of about a million individual nerve fibers that collectively create a communication gateway between the eye and the brain. The optic nerve carries information collected by the retina to your brain for interpretation, creating what we know as vision.

Most types of glaucoma involve an unhealthy pressure level within the eye. This pressure can damage the optic nerve, creating vision distortions and, in severe untreated cases, total vision loss. Glaucoma is the second leading cause of blindness in the U.S.

Early in its course, glaucoma often produces no symptoms, making its damage stealthy and irreversible. However, caught early, glaucoma can be successfully managed so that vision is protected. Paramount to managing glaucoma is diagnosis - so make sure to see your eye doctor for routine comprehensive vision exams. Once a diagnosis has been made, your eye doctor can begin treatment before glaucoma has a chance to damage your optic nerve, slowing or halting disease progression and vision loss.

Types of Glaucoma

There are a few different types of glaucoma, but most involve the inadequate drainage of corneal fluid, called the aqueous humor, from the eye. The aqueous humor is responsible for maintaining appropriate moisture and pressure levels within the eye. When a drainage angle, which sits where the iris meets the cornea, is narrowed, clogged or blocked, it can increase pressure within the eye, placing force on the optic nerve that can cause permanent damage.

Primary Open-angle Glaucoma - POAG is the most common form of glaucoma, affecting about 80% of glaucoma patients. As people age, the risk of developing POAG increases, as drainage angles become less efficient. Early on, POAG often presents few or no symptoms - changes in vision are typically so minor that the brain simply adapts to them, even as damage progresses.



Closed-angle Glaucoma - In this less common form, the drainage angle becomes blocked or closes entirely due to a narrowing of the space between the iris and the cornea. Closed-angle glaucoma can progress gradually or occur suddenly, making it a medical emergency demanding immediate treatment to prevent rapid vision loss - sometimes in as little as 24 hours.

Secondary Glaucoma - This form occurs due to external causes, including physical injury to the eye, eye abnormalities, medical conditions and certain medications.

Normal-tension Glaucoma - This less common form occurs when the optic nerve becomes damaged even though pressure within the eye tests inside a normal range. Though the cause isn't fully understood, this form may be due to an unusually sensitive optic nerve, which may be prone to damage despite normal conditions.

Who is at Risk for Glaucoma?

Glaucoma can affect nearly anyone - rarely, congenital glaucoma can be found in infants - but for the majority of people, age is a major risk factor. For Caucasians, the chance of developing glaucoma increases after age 60. African

Americans tend to see risk increase after age 40, and Hispanics after age 50. People with a family history of glaucoma, thinner corneas, optic nerve sensitivity and chronic eye inflammation may be at increased risk, as well as those taking long courses of medications that increase eye pressure, such as corticosteroids. Whatever one's age or race, however, no one can assume they are free of risk for glaucoma. For all adults, routine monitoring by your eye doctor is key.

Successful Management of Glaucoma

The good news is that for most people, glaucoma can be successfully managed with prescription eye drops and/or oral medication. In some more serious cases, laser surgery can help normalize drainage channels and provide relief and vision protection. Regular comprehensive exams by your Lake Eye ophthalmologist or optometrist can easily catch glaucoma long before it produces symptoms, so steps can be taken to halt disease progression and damage.

When to Have an Eye Exam

Again, maintaining healthy vision requires routine visits to your Lake Eye doctor so glaucoma and other sneaky eye diseases can be addressed before they have a chance to inflict severe and permanent damage. Make appointments to see your ophthalmologist or optometrist as follows:

Ages 20-29: Caucasians should see an eye doctor at least once during their 20s. Because of the increased risk for glaucoma, people of African descent should have at least two visits.

Ages 30-39: Caucasians should visit an eye doctor at least twice during their 30s. People of African descent, and those with a close family history of glaucoma, should have an eye exam every 2-4 years.

Ages 40-64: Everyone should have an eye exam every 2-4 years.

Ages 65 and older: Everyone should have an eye exam every 1-2 years.

Routine exams can make treatment for eye diseases easy and effective, and help protect your vision for life. If it's been a while since you had a complete eye exam, call Lake Eye today. Your eyes have served you nobly - they deserve some tender loving care.





SCOTT R.
WEHRLY, MD



SCOT C.
HOLMAN, MD



VINAY
GUTTI, MD

Your Vision's Future Looks Bright!

Celebrate clear, cloud-free vision with the latest technology available in laser cataract surgery from Lake Eye. Dr. Wehrly, Dr. Holman and Dr. Gutti specialize in fast, safe, customized laser cataract removal and IOL replacement, for brilliant vision for years to come.

Cataracts? *What* Cataracts?

LAKE EYE

Tavares • Leesburg • Lady Lake • The Villages • Wildwood



Accepting New Patients and Booking
Appointments at our new state-of-the-art
location near Brownwood in Wildwood now!

352-775-1533 • LakeEye.com •  



HOW TO IMPROVE YOUR HEART HEALTH IN THE NEW YEAR

T.E. Vallabhan, MD, FACC

The health of the heart and vascular system are affected by many things like, stress, substance abuse and genetics, but the main offenders of heart disorders are being overweight, poor dietary habits, having high blood sugar levels and living a sedentary lifestyle.

Too Much Sugar

High blood sugar and cardiovascular disease have more in common than most people are aware. In our country nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. If you have diabetes, it's critical that you see a cardiologist because it's not a matter of, "will I have heart issues," but rather "when."

Heart disease and the issue of high blood glucose are very closely associated because of many risk factors contributing to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

Too Much Salt

When we ingest excessive salt, inflammation takes effect in our entire bodies and water is pushed and retained into the arteries, which causes high blood pressure and makes the heart work extra hard. Too much salt increases your risks of strokes and heart failure, along with other disorders and diseases.

Potassium can help to flush some excess salt out of your body. That is why most salt alternatives have a higher ratio of potassium in the mix. Many foods that contain potassium are bananas, plums, coconuts, avocado, potato and many more. But eating potassium to flush out salt is not a good idea, as it will take an excessive amount and potassium in excess causes other bodily harm like arrhythmias and muscle weakness.

Keeping your sodium low is one of the major keys to keeping your blood pressure and heart healthy. Eating whole foods is imperative to keeping your sodium

levels in check and also to make you healthier, by lowering cholesterol and upping the amount of antioxidants and nutrients you get from your meals.

Improve Your Diet

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar and salt in the center isles. There are exceptions of course, like frozen no salt added vegetables and fruit and dried spices to take the place of your saltshaker. For the most part, you should focus your shopping efforts on fresh produce, lean protein like poultry, seafood and eggs and some dairy.

The Mediterranean or the Dash diet are exceptional examples of what foods you should be eating, which provide essential nutrients for the brain's condition. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by proving the heart, brain and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration.

When you shop, check the labels on your food and if you are buying processed, convenient foods, invest in healthier low-sodium versions. If you're eating at a restaurant, ask for sauces of condiments on the side and use sparingly. Also, order steamed vegetables, lean meat and in general make wise choices.

Exercise

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, improves nutrient and oxygen rich blood flow and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases and disorders. These cases have proven that the level of oxygen in the blood increases in water, which is ideal for most vascular issues. The oxygen consumption (VO2) is three times greater in water than on land. Working large muscle groups

leads to this uptake of oxygen or VO2, but doing a lot of running and legwork on land increases the heart rate at a greater level than with water-based therapy. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.

Dr. V

T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

**It's your heart.
It should be
personal.**

And that's how I treat it.

Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. Vallabhan is a Board Certified Cardiologist, and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.

To find out more information on the Dr. Vallabhan, your local specialists in the diseases of the heart, veins, and arteries, please call (352) 750-2040 or visit them online at, Drvcadio.com

Dr. Vallabhan

**Call Office for Consultation
352.750.2040**

**Rolling Oaks Professional Park
929 N US HWY 441, Suite 201
Lady Lake, FL 32159**

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 prolitic-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.



855-298-CARE
Advancedurologyinstitute.com



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

Uzoma Nwaubani, MD, FACOG, FPPMRS

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/>



NUWA WORLD

9580 N. US Highway 301

Wildwood, FL 34785

352-218-8643

WWW.NUWAWORLD.COM

In with the Good, Out with the Bad

Naples Soap Company

2021 is here, and it's time for a fresh start! We're all accustomed to making New Year's resolutions to lose weight, exercise more, eat healthier, give up bad habits and make other lifestyle changes. But, there's one health-related resolution that never makes the list: a pledge to take better care of your skin! It's surprising that skincare is often overlooked despite the fact that your skin is the largest organ of your body, and it serves as the most important barrier to keep the bad out and the good in.

So, what you can do to resolve to take better care of your skin? Let's start with avoiding the bad, then we'll recommend some good.

For years, Naples Soap Company has maintained a list of toxic and harmful ingredients they call "Badditives." Items on this list are harmful and toxic ingredients that they won't use in formulating their products, and they urge people to avoid using products containing these ingredients. Although the "Badditives" list is quite long, we're highlighting three nasty ingredients here that you should avoid.

Triclosan

Check your medicine cabinet for anything that is labeled as antibacterial. Triclosan was commonly used in antibacterial products like hand sanitizers, antibacterial soaps, body washes and some cosmetics. However, in 2016, the FDA issued a rule stating that over-the-counter antiseptic wash products containing triclosan can no longer be marketed to consumers. Studies have shown that triclosan alters hormone regulation in animals, may contribute to antibiotic-resistant germs, and may be harmful to the immune system.

Parabens (Methyl, Butyl, Ethyl, Propyl)

Parabens are a preservative that can be found in deodorants, lotions, shampoos and other face care products. Parabens disrupt the endocrine system and have been found in breast cancer tumors and may contribute to hormonal imbalances and reproductive issues.

Phthalates

Found in fragrant lotions, nail polish, liquid body wash, hair spray and other products, phthalates are used as a lubricant or softener. They are known to be an endocrine disruptor that has been linked to breast cancer and reproductive issues. For some users, products made with phthalates can cause skin and eye irritation, nausea, dizziness, and vomiting.



Let's Focus on the Good

Selected for their many health benefits, you'll find these three natural ingredients in many of the products offered by Naples Soap Company.

Cocoa Butter

Cocoa Butter is used in over a third of the Naples Soap Company skin and hair care products. Cocoa Butter is derived from cocoa beans. It is high in fatty acids and helps hydrate the skin, create a protective barrier and improves elasticity. It works well to reduce stretch marks, smooth wrinkles and help calm skin conditions like eczema and psoriasis.

Coconut Oil

Not only is coconut oil a great alternative for cooking, but it also does wonders for the skin. Made by extracting oil from coconuts, the fatty acids in coconut oil have been found to possess antimicrobial properties, reduce inflammation and help keep skin moisturized. Naples Soap Company uses this ingredient in their natural soaps, body oil, bath bombs, sea salt scrubs and other products.

Vitamin E

In addition to eating a diet rich in vitamins, you should also look for products made with vitamins to support healthy skin. Vitamin E is a powerful antioxidant that is effective at reducing UV sun damage and free radicals. It is a fat-soluble nutrient with anti-inflammatory properties that help improve skin health and cell functions.

As we all look to put 2020 behind us, let's put the Badditives there, too. Read the labels of the products you use and focus on making better choices not only with your diet and exercise, but also with your daily skin and hair care routine. You'll see a transformation towards feeling better and looking better, too. Cheers to a new year!

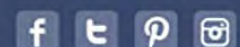


DEANNA WALLIN
Naples Soap Company
Founder & CEO

In 2009, Deanna Wallin, Founder & CEO of Naples Soap Company, set out to create a line of skincare products designed for people with skin sensitivities. After personally suffering from psoriasis and eczema, she turned her experience as a former nurse and her passion for skincare into a successful business with locations throughout Florida and product distribution to hundreds of boutiques and spas across the country.



www.naplessoap.com



Find a Naples Soap Company store near you or visit naplessoap.com.

Destin • Estero • Fort Myers • Lakewood Ranch • Mount Dora • Naples (2 Locations) • Punta Gorda • Sanibel Island • St. Petersburg

Stasis Dermatitis Often Affects Those with Venous Insufficiency

By Bryan Carter, MPA-C, Phlebology-Surgery

Painful, swollen legs, ankles and feet can be cause for alarm. Standing on your feet all day can cause a lot more than aches and pain. If your job or lifestyle requires you to stand for a majority of the day, your circulation will be affected; when this happens, you have a higher risk of venous insufficiency. Venous insufficiency is inadequate functioning of the vein valves in the leg, causing swelling, pain, varicose veins and skin issues.

Various forms of venous issues affect 25 million Americans. Their legs are swollen, achy and they have a heavy sensation. When our veins are working correctly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction if these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to our health. Varicose veins are one of the indicators of major damage to your circulatory system; venous symptoms should not be taken lightly. A medical professional will be able to report whether or not your symptoms are superficial, moderate or severely dangerous and in need treatment.

Stasis Dermatitis

A side effect of Venous Insufficiency is Stasis Dermatitis. This is a progressive sign of VI, where the skin of the lower legs, ankles and feet darkens from leaky veins. Skin inflammation in the lower legs caused by fluid buildup puts pressure on the veins and circulation issues, varicose veins, and ulcers cause the skin to darken. It also causes a thickening of the skin, dryness, flaking, sores and itching.

Stasis dermatitis causes the skin to be ultra-sensitive to even the smallest issues such as tiny abrasions and irritants like plants, cleaning products, soap, detergents and clothing. Very often dermatologists work directly with venous specialists to ensure their patients skin is cared for safely and treated to alleviate irritations.

Other Symptoms of Venous Insufficiency:

- Leg pain while standing or sitting, which subsides after resting for an extended period of time
- Sensations of tightness & burning may occur in the leg or foot
- Swelling of the calves, which dissipates after elevation



- Dark veins
- Varicose veins
- Dry, itchy skin
- Ulcer near the ankle (often painless, but with a dark rim)

Although it can happen to anyone, the most common factors that puts you at risk for vein issues is being a female over the age of 50, pregnancy, sitting for extended periods of time, a family history of varicose veins, smoking, being overweight, and a sedentary lifestyle.

Some people develop ulcerations, or sores on the lower legs and ankles, due to the low level of oxygen in the veins and the uptake of white blood cells. These ulcers can be extremely painful and are often quite resistant to healing.

Because the veins and arteries balance each other out, when a person experiences chronic symptoms, it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. Chronic venous insufficiency must be treated to prevent further damage to your circulatory system and your overall health.

Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations, pelvic tumors or sitting for long periods of time are some of the risk factors that go along with DVTs. Speaking to your physician is vital if you or a loved one have any of the venous symptoms or risk factors discussed above.



Sometimes venous insufficiency is more of a cosmetic issue and poses little health concerns. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to more severe health issues such as DVTs and cardiovascular disorders. Varicose veins and symptoms of venous insufficiency should never be taken lightly. A medical professional will be able to report whether or not your symptoms are superficial, or dangerous and in need treatment.

Treatment Options for Venous Insufficiency

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (Usually through minimally invasive catheters, or ultrasound)

Village Heart and Vein Center

At Village Heart & Vein Center, Bryan Carter specializes in venous issues and leg health, taking great pride in getting to know his patients on an individual level. He is supported by a full-service cardiology practice. Mr. Carter is a previous Army combat medic who obtained his Masters in Physician Assistant studies with a thesis in Venous Disease and Treatment. Mr. Carter has been treating vein problems since October 2002 and was one of the first Physician Assistants to perform thermal ablation—a treatment that soon made traditional vein stripping extinct. Bryan has personally trained physicians, physician assistants and nurse practitioners throughout Florida and Georgia and is an active member of the American College of Phlebology. He is also one of only a few to be inducted into the American Venous Forum.

To find out more, please visit their website at villageheartandvein.com, or call their office to schedule your appointment at, (352) 674-2080.



VILLAGE
Heart
& VEIN CENTER

Bryan Carter, MPA-C

8575 NE 138th Lane
Lady Lake, FL 32159

(352)-674-2080

Toll Free: 1-855-432-7848 (Heart 4 U)

www.villageheartandvein.com



By Dr. Thomas Harter

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

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
Therapy Centre
& Dentistry

Dr. Thomas Harter, DMD

TMJ Sleep Therapy Centre & Dentistry
2609 SW 33rd St Suite 104
Ocala, FL 34471

(352) 203-4493

www.tmjsleepflorida.com



By Dr. J. Mandume Kerina

OPIOID FREE ANESTHESIA for OUTPATIENT TOTAL HIP AND TOTAL KNEE REPLACEMENT

Dr. Kerina and his colleagues have spent their professional life studying how to combat the effects of arthritis. They have helped develop advanced surgical techniques to reliably help to revitalize your life. This has culminated in our current opioid free joint replacement program.

The overuse and abuse of opioid pain medication has become a national crisis. Studies have shown that a significant number of addiction cases begin with the use of opioids for pain relief after surgery. Utilizing a team approach involving primary care, anesthesia, our surgeons, and the home health team, we have developed a multi-faceted pain management program for perioperative pain control that is opioid free.

Phase one of our program started with the development and adoption of ligament and muscle sparing approaches to the hip and knee. These do not violate nerve, artery, or muscle planes. These approaches have changed our postoperative pain profile and significantly lessened our patient's dependence on opioids.

Phase 2 followed with the development of a series of long-acting nerve blocks that are effective in alleviating pain for 48 to 72 hours covering the post-op pain profile.

Phase 3 followed with the development of our opioid free anesthesia protocol which allows our patients to wake up more alert and oriented in recovery to begin immediate mobilization postoperatively.

Our patients are now able to be discharged home as Outpatient Surgical patients at a much higher functional level than before.

UNOVA HIP & KNEE CENTER

To further explore the possibility of a total hip and knee replacement with **Dr. J. Mandume Kerina**, please contact

UNOVA Health at:

(352) 973-4070 | unovahealth.com



ATTENTION MEDICARE RECIPIENTS

This is now approved beginning January 2021 and we have perfected outpatient total joint replacement over the last few years to be ready to deliver this to our patients safely.

NEW YEAR'S RESOLUTIONS:

Are You Tired of Home Maintenance & Yard Work? Senior Living Might be The Resolution You Need

Countless people are making New Year's resolutions for change, whether that's living a healthier lifestyle or learning a new skill, but if you are a senior, it's time you found out more about your opportunities for change within your living conditions. Most seniors are tired of yard work and home maintenance and they desire a life that's full of laughter and socializing in the security of a senior community. With the freedom to come and go, enjoy the beautiful amenities and make lasting friendships, Sumter Senior Living is the place many seniors choose to call home.

Making the decision to move or transition into a senior community is life-changing, and in so many positive ways. As individuals age, many seniors want an active life without having to worry about yard work, shopping, cooking, and home upkeep. Many seniors want to be able to socialize and stay active, while others may need on going medical care or even memory care. With Sumter Senior Living, they offer several options that suit multiple needs for each individual or couple.

Sumter Senior Living provides Independent Living, Assisted Living, and Memory Care services and amenities catered to the individual.

See Yourself Here

Sumter Senior Living provides Independent Living, Assisted Living, and Memory Care services and amenities catered to the individual.

Our Independent Living lifestyle provides the day-to-day freedom to come and go and the convenience of any number of activities to choose from. It is the perfect fit for an active, healthy lifestyle where residents enjoy all-inclusive, restaurant-quality dining and weekly social gatherings. Sumter Senior Living is dedicated to empowering residents to explore personal interests and connect you with the greater community through transportation and full access to The Villages® amenities. Our Grand Clubhouse includes a full bar, heated pool, and fitness center. There is also golf cart accessibility with convenient charging stations.

Our Assisted Living lifestyle is truly catered to the individual, providing support and care that stands out from any other. Enjoy the comforts of home to

call your very own and personalized assistance with daily routines that promote a healthy, social, and active lifestyle. Research shows that seniors who stay active and social experience better health, a greater sense of well-being, and may recover from illness quicker. Our planned activities and events provide fulfilling experiences each day with 24-7 help at your fingertips.

Our Memory Care specializes in providing compassionate care to individuals with dementia, Alzheimer's disease, and other neurodegenerative conditions. The challenges presented by memory loss can be difficult to navigate, but our specialized Village Program® is here to help every step of the way. The Village Program® offers personalized programming that engages residents in activities to best reflect their former schedules, lifestyles, and interests while providing a safe place where their unique interests are nurtured. We also provide It's Never 2 Late (iN2L) technology to engage and stimulate the intellect and provide connection through innovative technology.

Senior living encompasses many lifestyles and living options. From Independent Living to Memory Care, Sumter Senior Living is designed to enhance the lives and well-being of all. And our knowledgeable and experienced associates are here to assist and provide the resources for ensuring you or your loved ones find what best works for your family.



Sumter Senior Living is managed by Grace Management, Inc. (GMI), an industry leader in providing the best senior living experience. The company has been able to elevate industry standards by delivering exceptional living experiences while providing the resources and information seniors and their loved ones need to make important life decisions. Grace Management, Inc. is a subsidiary of CPF Living Communities and is ranked in ASHA's 50 largest seniors housing owners.

**For more information, please visit
www.gracemanagement.com.**

For more information about Sumter Senior Living or to schedule a personalized visit please call us at: 352-707-9959 or visit our website: www.SumterSeniorLiving.com. We look forward to hearing from you!



SUMTER SENIOR LIVING

A GRACE MGMT COMMUNITY

1490 Killingsworth Way, The Villages, Florida 32162
352.707-9959

www.sumterseniorliving.com

Assisted Living License Number: 12227

APPROACHING ERECTILE DYSFUNCTION: THE WOMAN'S PERSPECTIVE

Erectile dysfunction can be painful, both physically and emotionally. And when talking about ED, the majority of the time, women hear about the man's perspective. This is somewhat understandable. After all, it's men who suffer from the disease. However, ED can be quite difficult for women as well. Though women don't experience the direct physical impact, they're deprived of intimacy and experience a range of strong emotions.

Total Nutrition and Therapeutics takes a holistic approach to health. The psyche plays an enormous role, and mental health is proven to be highly correlated to physical health—particularly for chronic conditions. Women in relationships with men suffering from ED are therefore left open to a variety of health risks; moreover, they're tasked with taking care of their significant other as he copes with the emotions that come with an inability to perform, such as shame and embarrassment.

It's time we talk about ED from the woman's perspective. How can women cope with the temporary loss of intimacy? What can women do to empower themselves, rather than perhaps feel at fault for their partner's affliction?

What is erectile dysfunction?

Before diving in, let's quickly cover how erectile dysfunction arises, and in whom. This is important as women will confront different sets of challenges depending on the reasons for their partner's ED.

Erectile dysfunction generally emerges from four causes:

- 1. Physiologically-induced ED** – ED resulting from physical maladies, like heart disease, diabetes, and obesity, is a very common cause.
- 2. Psychological ED** – Although it isn't the most common cause, psychological ED occurs in 10-20% of men suffering from erectile dysfunction. Considering that an equivalent percentage of men suffer from ED for every decade of age, even 10% translates to millions of men. In younger men, ED tends to rear its ugly head due to fears, nerves, and phobias, creating a feedback loop that can be quite difficult to cut off.



3. Peyronie's Disease – The more infrequent cause of decreased blood flow, Peyronie's Disease, occurs when scar tissue, otherwise called plaque, accumulates within the blood vessels in the penis. If enough plaque accretes within these vessels, the penis will become bent or even crooked when erect.

4. Aging – The more frequent cause of ED is aging. Older men represent the larger share of those afflicted by erectile dysfunction. This demographic most often experiences ED because of physical causes, which boil down to decreased blood flow to the penis.

Getting him to talk about his ED

Patients of all kinds have trouble talking about their afflictions. In many Asian cultures, it's forbidden to talk about cancer, and until recently, it was taboo in many Western cultures as well, including the United States.

But with most forms of ED, there's no cell mass or fracture he can point to that explains why he can't perform. Your partner might get frustrated, change the subject after another attempt, or become upset when you bring it up. But if he's not bringing it up, and you don't know how to get him to, what should you do? Here are some things to keep in mind when opening up to your partner—or getting him to open up to you—about ED:

1. The burden isn't entirely yours. You're in this together. You have a right to be involved with this process. It's not fair if he refuses to acknowledge it, and if he does, don't accept any fault for it either.

2. Don't rush to a solution. Finding a cursory will only worsen the problem. Take your time, and keep your mind open. You can ease his mind by showing that you're not worrying too much about it.

3. Address the issue with a light touch—but don't be vague. Don't get defensive or label it as his problem.

4. Assure him that it happens to almost every man; that with time and patience, you'll get back to a healthy sex life; that it makes him no less of a man.

5. Stay open to other forms of sexual activity. Communicate that it's not the only form of sex. Once he begins opening up about it, you're halfway there.

Helping him cope with ED while maintaining boundaries

94% of men suffering from ED express a need for their partner's support. However, you need to take care of yourself. Part of this requires maintaining boundaries. You're still a person too! You still have needs!

Be sure to take time for yourself. Yes, you want to show your support, but on the other hand, you have to balance out your time. Here are some ideas for taking care of your mental health while supporting your partner during a stretch of erectile dysfunction:

1. **Carve out alone time.** All healthy relationships need it, for both parties.
2. **Step away from the issue at times.** You don't want to live in a cage when life offers much more than sex.
3. **Some men may obsess over psychological ED,** only making the problem worse. Stay clear of any codependent tendencies on his part.
4. **Don't permit his ED to take all of your time.** Just as you don't want to find yourself obsessing over the issue yourself, it's unfair that he keep you trapped in his own thoughts should he be in such a state.
5. **Have a plan for if and when obsessive conversations persist.** State kindly yet firmly that you need to take a walk, see a friend, or change the subject for a while, reminding him that this does not take away from your commitment to him.

DON'T PUSH TO SOLVE THE PROBLEM QUICKLY

If getting him to open up about erectile dysfunction wasn't hard enough, men can just as often be remiss to discuss it with a medical professional. Whether it's to a doctor or counselor, because of conventional values about masculinity or merely the shame of admitting it, men do not like to open up about ED.

After the first few episodes, start with general affirmations. Remind him that you're always here to talk. Tell him you're willing to help him in any way you can. When you're both comfortable talking about ED, and if the problem persists, then you can refer to medical solutions as an option. Remind him that HIPAA protects any professional from disclosing information about their visit—to anyone, including you.

DON'T OBSESS OVER HIS ERECTILE DYSFUNCTION—AND DON'T LET HIM MAKE YOU OBSESS OVER IT!

In line with avoiding codependent behavior, don't let erectile dysfunction become the focus of your relationship. Yes, sex is important, but it's not the most important part of any long term relationship. If problems keep cropping up from persistent erectile dysfunction, take a break from addressing it entirely. You can start by bringing up counseling, which you can use as a safe space to address the issue openly (and as another way to maintain boundaries).

You're both suffering from this. It's not the end of the world. This isn't to minimize the issue—it's certainly difficult, and very difficult for some—but the key is to make the best of it while it lasts. If boundaries become an issue, and he refuses to seek help, it's imperative that you take care of yourself. Don't be afraid to seek counseling for yourself. You'll only be helping the both of you.

CONTACT TOTAL NUTRITION AND THERAPEUTICS FOR MORE INFORMATION ABOUT ERECTILE DYSFUNCTION

Erectile dysfunction affects hundreds of millions of men around the globe—yet very few of them are willing to discuss it with even their closest confidantes. Total Nutrition and Therapeutics takes this disease personally by staying updated on the latest treatments and information. Visit our website to find out more about what Total Nutrition and Therapeutics is doing to fight the stigma surrounding ED!



TOTAL NUTRITION AND THERAPEUTICS

809 HWY 466 UNIT 202-C
LADY LAKE, FL 32159

352.259.5190

WWW.TNT4ME.COM



GAINSWave™ is a safe, comfortable and proven procedure for men to optimize sexual performance and to reverse the effects of Erectile Dysfunction (ED) due to poor blood flow.

GAINSWave utilizes high frequency, low intensity sound waves to improve blood flow to the penis. The sound waves repair aged blood vessels, stimulate growth of new blood vessels and remove decades of micro-plaque. GAINSWave uses a specific protocol designed to optimize efficacy, safety and results.



**TOTAL NUTRITION AND THERAPEUTICS IS NOW
A LICENSED PROVIDER FOR THIS INNOVATIVE PROCEDURE.**

TO LEARN MORE ABOUT GAINSWAVE™

CONTACT OUR OFFICE AT

352-259-5190 FOR A FREE CONSULT

WITH OUR GAINSWAVE PROVIDER.

OR VISIT OUR WEBSITE:

TNT4ME.COM



**TOTAL NUTRITION
AND THERAPEUTICS**

NO WAY!

**UNOVA
HIP & KNEE
CENTER**

OUTPATIENT KINEMATIC ALIGNMENT TOTAL KNEE!

At **UNOVA HIP & KNEE CENTER**, our minimally invasive techniques, opioid & narcotic free anesthesia, and our enhanced rapid recovery approach, allow us to offer outpatient kinematic alignment total knees to our patients.



Our kinematic alignment total knee replacement resurfaces arthritic knees and allows the surgeon to replicate the knees natural pre-disease alignment. The result is a faster and less painful recovery, a quicker return to normal living activities, and a more natural feeling knee.

**CALL US TODAY FOR A
CONSULTATION WITH ONE OF
OUR OUTPATIENT KINEMATIC
KNEE JOINT REPLACEMENT
SPECIALISTS.**

(888) 847-4895
UnovaHealth.com

Learn How to Manage Stress in the New Year

Did you know that millions of 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 manifest, as well as cognitive decline.

How Stress and Anxiety Affect the Body and Brain

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

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

The typical treatment options for anxiety, stress and depression are medications and counseling therapy. Some of the most common drug classes prescribed are selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs), and monoamine oxidase inhibitors (MAOIs). The widely known drugs, like Prozac, Zoloft, and Cymbalta play a role in how the neurotransmitters affect the mood by lessening anxiety levels and creating a more peaceful, cheerful spirit.

Along with medications, there are also alternative therapies that work very well to reduce stress and anxiety.

The Benefits of Yoga & Meditation

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation also reduces stress, reduces anxiety, promotes emotional wellbeing, can help fight addictions, can generate health and improve immune function, it can stave off memory disorders and increase neuronal plasticity (grow your brain).

Exercise

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, it also improves



nutrient and oxygen rich blood flow, and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases and disorders. These cases have proven that the level of oxygen in the blood increases in water, which is ideal for most vascular issues. The oxygen consumption (VO2) is three times greater in water than on land. Working large muscle groups leads to this uptake of oxygen but doing a lot of running and legwork on land increases the heart rate at a greater level than with water-based therapy. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.

Combined Therapies

In order to overcome stress and pain, we need a well-rounded treatment protocol that incorporates, medication (if necessary), stress management, nutrition, exercise, meditation, hormone balancing and other therapies that can help to stabilize our systems.

Rivers Family Medicine continues to provide their patients with the highest quality of care; they are continually looking for innovative methods of working together with their patients to ensure that they are not only aware of but also involved in the management and improvement of their patient's health.

NEW OFFICE LOCATION COMING SOON TO BROWNWOOD!

For their patients convenience, Rivers Family Medicine is opening a second office in The Villages. This second office will open after the first of the year at 2771 Brownwood Blvd, The Villages 32163.

NOTE: All Sick Visits will only be Telehealth visit to maintain safe distances and reduce exposure.

To schedule an appointment with Rivers Family Medicine, please call (352) 205-4302.



Dr. Anthony Desmarais
352-205-4302

www.riversfamilymedicine.com



**Rivers Family
Medicine**

1503 Buenos Aires Boulevard, Building 110
The Villages, FL 32159



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

FREE DEMONSTRATION ON HOW PEMF CAN IMPROVE YOUR CELL HEALTH

**How would it feel to have quicker
recovery time from your sporting
events AND have less pain?**

SPECIAL TWO DAY EVENT

Friday, March 5th and Saturday, March 6th
Brownwood Hotel
3003 Brownwood Blvd, The Villages, FL 32163

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.





signia

BIG SOUND, NOW IN THE SMALLEST OF PACKAGES.

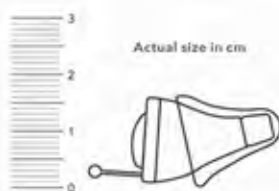
Finally, a hearing device so small, it's nearly invisible in the ear.



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.



Ocala's Only Family Owned Hearing Care Provider with 2 Locations.

PremEar Hearing
A Tradition of Excellence



Obstructive Sleep Apnea & Oral Appliances: A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSM

Sleep apnea affects more than 25 million people in the United States. It is a progressive condition that interrupts breathing patterns throughout a person's sleep. People that suffer from Obstructive Sleep Apnea (OSA) may have episodes of stopping breathing up to hundreds of times per night for 10 seconds or longer, and along with this disruption comes many adverse side effects and morbidities.

What Causes Sleep Apnea?

The short answer to sleep apnea's cause is that the airway collapses during sleep due to one or more of the following conditions, obesity, drinking alcohol, smoking, stress, lung disease like COPD, emphysema or asthma, drugs, and various ailments. Once the sleep pattern is disrupted, the lack of oxygen to the brain and heart can cause serious health concerns and implications.

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

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

If not treated, over time, OSA can lead to heart attacks, stroke, diabetes, and other serious complications.

What are the symptoms of Sleep Apnea?

- Snoring
- Gasping
- Dry mouth
- Choking
- Cognitive decline or brain fog
- Restless sleeping
- Depression and irritability

Obstructive Sleep Apnea & Oral Appliances:

Have you tried CPAP therapy and failed?

The customary first line of treatment for sleep apnea is a PAP device. However, many patients are unable to tolerate the use of a PAP, and therefore are not achieving optimum treatment results. Those patients are candidates for Oral Appliance Therapy, or OAT. Research shows that a custom-fit oral appliance is an effective therapeutic treatment option for Obstructive Sleep Apnea and can also help to eliminate snoring. A custom oral appliance is similar to a nightguard or retainer and is designed to assist in opening the airway. By opening the airway, you increase your oxygen intake, as well as improve your sleep, and your over-all health. The American Medical Association, The American Academy of Sleep Medicine and the American Board of Dental Sleep Medicine, all recommend OAT to be prescribed by a Sleep Physician and fabricated by an ABDSM qualified dentist.

The negative effects of poor sleep are numerous. We all know the short term results of not sleeping well and feeling terrible but what about the more serious health concerns? If left untreated, people may experience poor memory, decreased cognitive function leading to dementia and Alzheimer's disease, cardiovascular disease including high blood pressure, insulin resistance, obesity and worsening symptoms of asthma and COPD due to lack of oxygen to the brain during sleeping hours. The good news is that if properly diagnosed and treated early, the effects of Sleep Apnea can be reversed over time.

COVID-19 and Sleep Apnea

It is the position of the American Academy of Dental Sleep Medicine (AADSMD) that oral appliance therapy (OAT) should be prescribed as a first-line therapy for the treatment of obstructive sleep apnea (OSA) during the COVID-19 pandemic.

Village Sleep Dentistry
352.430.1710
villagesleepdentistry.com

1950 Laurel Manor Drive, Suite 180B
The Villages, Florida 32162

This recommendation is being made based on the following information:

- The American Academy of Sleep Medicine (AASM) has indicated that PAP therapy potentially exposes individuals, especially those in proximity to the patient, to increased risk of transmission of COVID-19.
- A number of studies have found evidence that COVID-19 can remain suspended in the air in aerosol particles
- It is unknown whether it is possible for patients to be re-infected from re-using PAP tubing, filters, and/or masks.
- There have been reported shortages of distilled water and other supplies necessary for optimal use of PAP machines.
- Oral appliances do not generate aerosols and can be easily disinfected by patients to kill the COVID-19 virus

Best of all, Village Sleep Dentistry provides CDC recommended, single use WatchPAT™ ONE contactless, first and only disposable Home Sleep Apnea Test.

At Village Sleep Dentistry, we not only have the qualifications, but we are also a Medicare approved provider as well. If you have Sleep Apnea, consider improving your health and your quality of life. Your body and mind will thank you.

Meet Dr. Rozensky

As a Diplomate of the American Academy of Dental Sleep Medicine and recognized as a qualified dentist by the American Board of Dental Sleep Medicine. Dr. Rozensky earned his Doctorate of Dental Surgery degree from University of New York at Buffalo and then went on to serve our country in the United States Air Force, after which he enjoyed private practice in General Dentistry for over 20 years. Dr. Rozensky now includes his passion for Sleep Dentistry in his practice and finds true joy in the life changing care he is providing.

Village Sleep Dentistry

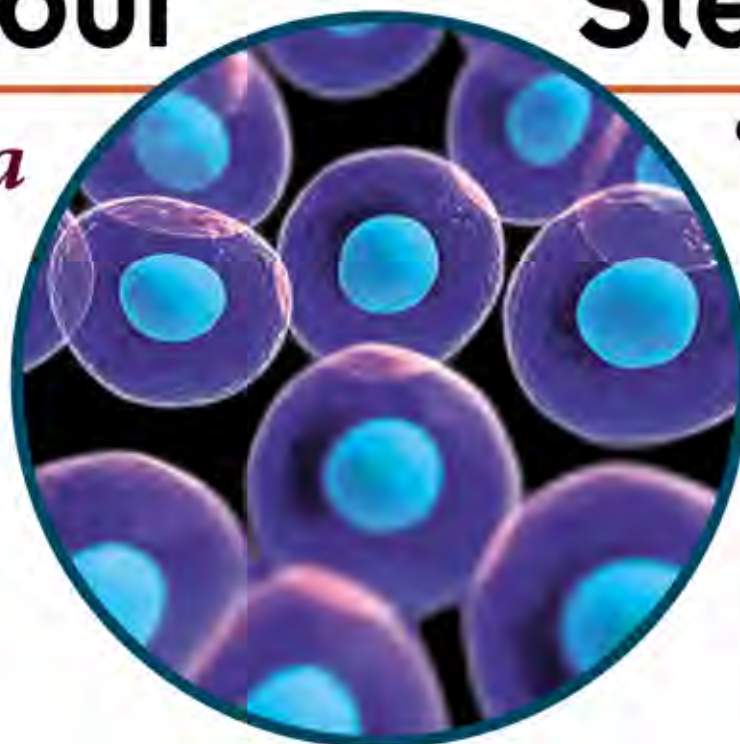
At Village Sleep Dentistry, our dentist Dr. Richard Rozensky and the entire dental team will work closely with you so that you can make informed decisions about your health. In addition to sleep dentistry, we offer all aspects of dental care and treatment including restorative, general, cosmetic dentistry and more.

From the moment you step in the door you will feel at ease. You will be welcomed by a warm and inviting atmosphere, combined with a professional and caring team. You will immediately recognize the emphasis on professionalism and quality, from the people who care for you to the technology used-this is the way dental care should be!

Activate Your

Stem Cells!

A Safe Way to a Healthier You



Christine Meiner, M.Sc.

“Stem cells have been proven to help your body treat, beat, and even heal some of our most chronic health conditions and life-threatening injuries. These powerful healing cells miraculously mold themselves to heal your body on a cellular level. The advancements in stem-cell therapy in the past two decades are completely rewriting what we think we know about human healing and the power of our own body to eradicate illness, injury and chronic conditions.”

Adult stem cells play a critical role in our overall health and longevity. In 2006 the *New England Journal of Medicine* stated that the number one indicator of wellness is directly correlated to the number of adult stem cells in the blood stream.

What are stem cells? They are cells with the potential to develop into any kind of cell needed. They have the incredible ability to heal and repair any organ or tissue. All stem cells share at least these two characteristics: they can make identical copies of themselves and, unlike other cells, either self-renew as stem cells or differentiate into other kinds of cells.

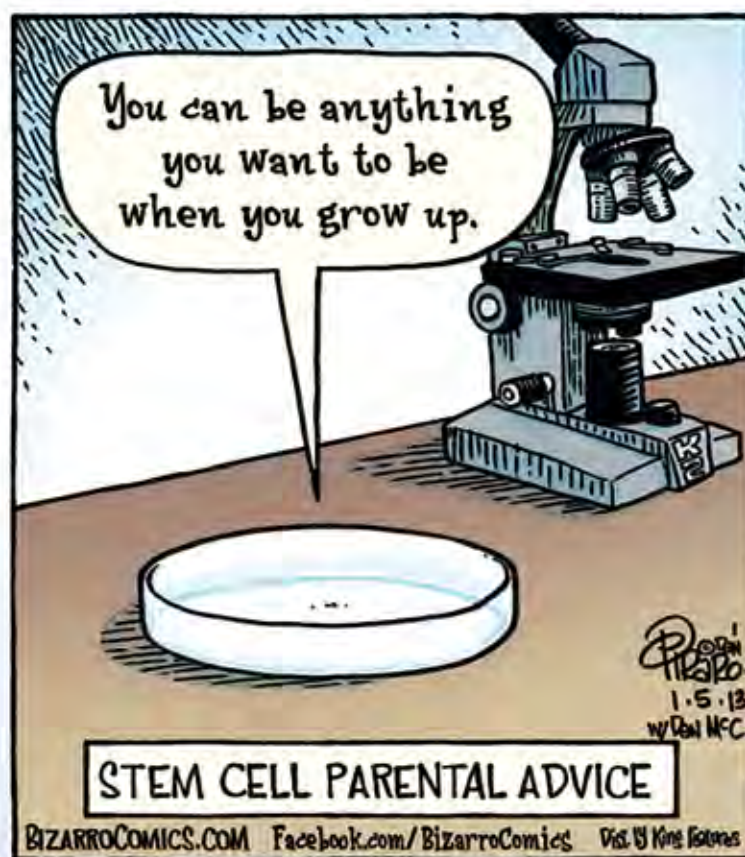
While our need for adult stem cells increases dramatically as we age, the older we get, the fewer of these are released into our bloodstream. A teenager has approximately 100 trillion cells in the body of which about one billion are circulating adult stem cells.

- At age 30 this number has dropped to 400 million (a 60% reduction)
- At age 50 this number has dropped to 250 million (a 75% reduction)
- At age 60 this number has dropped to 100 million (a 90% reduction)
- At age 80 this number has dropped to 50 million (a 95% reduction)

Scientific and clinical research from around the world, over 6,400 studies, consistently show that adult stem cells can help combat almost any condition caused by the damage to the body's cells by injury or aging.

—The Healing Miracle: The Truth About Stem Cells

There are hundreds of stemcell therapy clinics worldwide and over 500 in the US. These clinics offer interventions for sports injuries along with various conditions like autism, multiple sclerosis, COPD, cancer, and Alzheimer's disease. As with other medical procedures, the results vary greatly. Stemcell therapy is still considered experimental and may not be covered by insurance. Increasing the number of circulating adult stem cells has the potential to regenerate areas in the body already damaged. Whether we have had an injury, illness, or are experiencing signs of aging, stem-cell activation can quickly transform our quality of life. Stem-cell therapy can be considered a regenerative therapy—rewinding our biological clock.



For More Information Contact Dr. Pamela Lewin at 352-208-3151

THE ART OF THE PHYSICAL EVALUATION

By Alexander C. Frank, DC, DACNB, FABES

My shoulder hurts me! Why isn't that sufficient enough for you to know what is wrong with me and how to get me better!? "Well, it is vital to know what you feel is hurting, but I also want to know the why." Just as cops don't ask drunk drivers to evaluate their own ability to drive/function, a thorough evaluation will objectively look for areas of weakness/disharmony/imbalance that may lead to dysfunction between your nervous ↔ muscular ↔ skeletal systems. A thorough evaluation will assess for disruptions between these systems to determine a causative agent(s) behind issues such as shoulder pain, back pain, unsteadiness/imbalance, headaches, migraines, slowing of movements, and other less-than states. A tailored treatment plan can then be employed to improve the integrity of tissues/systems that were determined to be functioning less-than optimally... all without the use of drugs.

Sara 71

My right shoulder kills me. I was in a car accident which caused neck and shoulder injuries. They said I might have had a concussion too. I went to physical therapy and had chiropractic treatments that included stretching my neck; this made my pain worse. I then went to another chiropractor and he suggested I do out-of-pocket testing that turned out to be of no value. I was resigned to not playing cards, doing yard work, or living my life as I did prior to my car accident; I was just going to suffer until the end. A friend pushed me to see Dr. Frank. *What is he going to do differently than these other doctors?* Well to start, we discussed my records that he had reviewed prior to my office visit. How refreshing! He then went into what I call his examination "ballet" in which he utilized a variety of neurological tools: pinwheels with sharp teeth, tuning forks, striped scarfs that he brought past my eyes [that made me feel dizzy], and much more.

DO NOT ACCEPT "LEARN TO LIVE WITH IT".
THE BRAIN CAN CHANGE!



"Follow/track my finger with just your eyes" asked Dr. Frank. So, I did that [or so I thought]. "Okay, Mary, let's try that again, but this time, do not move your jaw". Wait! What? My jaw was moving when I moved my eyes?! On to more evaluating: I had to touch my finger the tip to my the tip of my nose with my eyes closed, balance with my feet close together and my eyes closed; now do that but with my chin tucked to my chest, and more. What an array of tests! [thankfully I had not been drinking, lol]. "Okay, Mary, now raise your right (bad) shoulder/arm up like you are waving good bye". I tried to lift my shoulder but had so much pain after just a bit of movement. "Okay Mary," he said, "Now I want you to try that again, but with your left arm, and while you are looking into this mirror." I looked at him with this confused/disbelieving/you have to be kidding me glance as he continued to direct me to look into the mirror and perform multiple arms raises. "Trust me, your brain thinks the reflection is your right [bad] arm", he said. "Okay, now please try raising your right shoulder again." That time to my disbelief I was able to raise my shoulder almost all the way up, with more *anticipated pain* than actual pain. *How can this be?* I saw this exacerbated look come over his face as he asked, "They treated your neck and shoulder, but did anyone treat your brain?" No was my reply, because *my shoulder hurt*.



About Dr. Frank

Dr. Frank understands that no two people are quite alike, and as such, no two injuries or pains manifest themselves identically. That's why I offer a diverse range of neurological techniques,

chiropractic adjusting techniques, treatments, therapies, along with nutritional support, to better assist you and your loved ones on the road to optimal health & maximum potential.

Dr. Alexander Charles Frank is the only Board Certified Chiropractic Neurologist in the North Central Florida area. He also holds a fellowship in Electrodiagnostic Specialties. Current course works includes Fellowship studies in Traumatic Brain Injury Rehabilitation, Vestibular and Concussion Rehabilitation, Childhood Developmental Disorders, and more.

Dr. Frank graduated Cum Laude from Life Chiropractic College West. He has interned and trained with the top chiropractic neurologists and functional medicine specialists in the world, in order to manage the most complicated of health issues.

Dr. Frank's comprehensive evaluations assess for the root cause(s) of his client's health issues. Treatment plans are then tailored to an individual's specific needs. Dr. Frank's comprehensive evaluations are based on the most advanced clinical neuroscientific research of today. In addition, he utilizes the most state-of-the-art diagnostics available that help to find the "weak links in the chain". Cutting-edge rehabilitative programs are then tailored to each individual's specific needs.

**To Schedule your appointment
with Dr. Frank, please call the
Florida Functional Neurology Group
at (352) 571-5155.**

Affordable Stem-Cell Activation New Innovative Technology!

CLINICALLY PROVEN BENEFITS OF STEM-CELL ACTIVATION

- Fast Pain Reduction
- Improved Sleep
- Increased Energy
- Wrinkle Reduction
- Cellular Age Reversal
- Faster Wound Healing
- Enhanced Sports Performance
- Reduced Inflammation

— For More Info & to Order —

www.lifewave.com/DrPamL

Dr Pamela Lewin • 352-208-3151 • paroma62@hotmail.com



Maintain Balance • Maintain Function

**Call Dr. Frank Today at 352-571-5155
and learn how you can manage your balance.**

Alexander C. Frank, DC, DACNB
Board Certified Chiropractic Neurologist



**Florida
Functional
Neurology
Group**

@ Cline Executive Suites
4076 East FL-44 #4
Wildwood, FL 34785

@ Health Detective
1317 SE 25th Loop #102
Ocala FL 34471

@ Oakland Park Rehab
3490 Powerline Rd. #1104
Pompano Beach, FL 33309

352.571.5155
www.FFNG.org

REGENERATING JOINT CARTILAGE: DO STEM CELLS REALLY WORK?

By Physicians Rehabilitation

Articular cartilage provides a smooth cushioning between bones at the joints. When cartilage is damaged by injury or disease, bones can rub directly against each other, causing pain and inflammation, which can eventually result in arthritis. It progressively gets worse, so treating it is imperative.

Can you regenerate joint cartilage?

Many orthopedic specialist will tell patient's that cartilage cannot be regenerated due to outdated thinking and the hope that patients will succumb to surgery; however, stem cell therapy actually is proving to be an effective treatment for regeneration of tissue, including joint cartilage.

Stem cell therapy

Stem cell therapy offers the opportunity to repair and heal worn out and damaged tissues naturally, without the need for surgery. Stem cells modulate the immune response to injury, regenerate musculoskeletal tissues and prevent tissue damage. The result is improved mobility, better quality of life and better outcomes.

Stem cells have the unique ability for self-renewal, and mesenchymal stem cells (MSCs) have the potential to differentiate into bone, cartilage, ligament and tendon tissues which the body uses to maintain, repair and rebuild tissue. MSCs can be obtained from bone, tendon, skin, adipose tissue, umbilical cord blood and amniotic fluid.

Studies have focused on the ability of stem cells to promote fracture healing, regenerate articular cartilage in degenerated joints, heal ligaments and tendon injuries, and more. Stem cells are used in lieu of surgery, to enhance nonsurgical treatments and to augment healing as part of the surgical procedure. The use of stem cells to regenerate tissues is called regenerative medicine.

Stem Cell Therapy Details

MSCs work by replacing impaired and failing cells with healthy cells to heal and maintain damaged tissues. They naturally release anti-inflammatory chemicals that decrease inflammation and pain. MSCs create new blood cells to improve healing, especially in tissues with a poor blood supply including cartilage, tendons and ligaments. The result is tissue regeneration, pain relief, and improved function.

Stem cell therapy is the procedure that harnesses the regenerative capacity of naturally occurring stem cells and targets them to specific areas for renewal. We can



treat a diverse range of injuries and conditions with stem cell therapy. Stem cell therapy is regenerative joint preservation and is a vital and viable option to eliminate pain and restore function, safely and with low risk.

Benefits of stem cell therapy

Stem cell therapy provides accelerated healing and pain relief that can last years, and in some cases, can permanently eliminate pain and disability. The goal is to reduce pain, improve function and eliminate the need for surgery. Stem cell therapy can reduce the need for extensive physical therapy and rehabilitation, usually needed after surgery or an injury.

Stem cell therapy can help prevent the onset of arthritis and help patients avoid joint replacement surgery. It is the only therapy that can halt the progression of osteoarthritis.

Are Stem Cells Ideal for Everyone?

If you suffer with joint, tendon, or ligament pain or joint arthritis, and desire to improve your quality of life, and avoid invasive surgery and potential complications, stem cell therapy may be for you. Not everyone is a candidate for stem cell therapy. The only way to know if you are a good candidate is to schedule a consultation.

Each patient receives a complete evaluation to diagnose their condition, and determine their suitability for the treatment, including review of the patient's medical history and physical examination. Imaging studies will be necessary to rule out other possible diagnoses.



Summit Medical Park, 733 CR 466, Lady Lake, FL 32159
Cline Office Suites, 4076 E SR 44, Wildwood, FL 34785
855-276-5989 | www.PhysiciansRehab.com

Stem cell therapy can treat the following:

- osteoarthritis of the knee, hip, shoulder, wrist, ankle or elbow
- damaged cartilage and bone within a joint
- spine pain
- muscle, tendon and ligament tears
- labral injuries of the shoulder and hip, and
- other joint conditions that can benefit from stem cell therapy

Treatment Can Be Maintained Over Time

Stem cell therapy can have significant lasting results, but in some cases, it is best to think of it as maintenance, much like an oil change. Don't wait until your arthritis or joint inflammation gets worse. It depends on the severity of the condition, but seeking treatment early is ideal, and it helps to maintain injections as recommended by an expert in regenerative medicine.

What Our Patients Have to Say

"My husband had treatment on both knees and a shoulder and had very good success at age 85. Caring professionals include injections and physical therapy."—Sandi S.

"Pain level coming in was an 8, going out a 1. I had my left knee operated on and I didn't want to go through that pain anymore, so I wanted to try something different...getting in and out of the car, walking stairs was a catastrophe...Now I'm hitting the golf ball better than before."—Andre F.

"When I first came here to Physicians Rehabilitation, my pain level was between a 9 and a 10, and now my pain level is next to nothing."—Leann B.

Physicians Rehabilitation

At Physicians Rehabilitation, every patient receives a customized treatment plan based on their needs and is designed to produce superior results. The health-restoring benefits improve quality of life and in some cases, patients can avoid surgical treatment and lengthy recovery.

Our goal is to identify the source of your pain, promote healing and eliminate your pain. We begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation, while gathering medical history and evaluating your symptoms to get to the root of your pain and dysfunction. Our therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, makes for extremely successful pain relief treatments.

For your convenience, we have offices in Fort Myers, Lady Lake, Naples, Port Charlotte and Sun City Center Florida. Contact us to learn about how stem cell therapy can restore your health.

CALL PHYSICIANS REHABILITATION TODAY!

Social Distancing, Quarantine & Isolation:

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

Florida Blue  | MEDICARE

Call your local agent today. ↘



1-407-795-0477

Douglas Decker
douglas.decker@bcbsfl.com

No Drugs. No Surgery.
Simply Relief from Knee Pain.

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.



www.PhysiciansRehab.com

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

We are Medicare providers and accept most insurance plans.

Stem Cell Therapy | Orthopedics | Osteoarthritis Treatments | Physical Therapy | Platelet Rich Plasma | Spinal Decompression

6 LOCATIONS SERVING FLORIDA
(855) 276-5989

The Villages 733 CR 466, Lady Lake, FL 32159
The Villages 4076 E SR 44, Wildwood, FL 34785
3380 Tamiami Trail, Unit C, Port Charlotte, FL 33952
6150 Diamond Centre Court, Bldg. 100, Fort Myers, FL 33912
413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990
5668 Strand Court, Naples, FL 34110

Help us fulfill the promise of caring.

Your end-of-year tax deductible donation may be designated to honor or memorialize a loved one who has gone before. It's easy to help us fulfill our promise by donating securely online at CornerstoneHospice.org.


Cornerstone
— HOSPICE — Serving Since 1984

866-742-6655 cshospice.org

How Much Omega-3 Do You Need for Results?

By Anne-Marie Chalmers, MD

Taking fish oil? Are you noticing results?

When it comes to getting benefits from an omega-3 supplement, taking an effective dose of the right kinds of fatty acids is crucial. Take a moment to grab your supplement, if you're taking one, and then keep reading to find out if your fish oil is living up to your expectations.

First Things First: Why Is Fish Oil Beneficial?

Fish oils contain polyunsaturated omega-3 fatty acids, a group of nutrients found in every cell of the body. Omega-3s are critical for fighting inflammation and promoting healthy cellular functioning. That's why scientists have extensively researched these fatty acids for a variety of health issues, including cardiovascular health, mood disorders, cancers, joint problems, skin issues, dry eyes, and much more.

The two most important members of the omega-3 family are called EPA and DHA for short. Found predominantly in fish and fish oil, EPA and DHA are not the only types of omega-3s that exist. However, almost all omega-3 research to date has concentrated on these two fatty acids.

When you read about the benefits of omega-3s in the news, it's usually EPA and DHA from fish and fish oil that they're talking about – not the plant-based omega-3 found in walnuts, flaxseed or chia seeds (that one's called ALA).

Fish Oil Benefits Are Dose-Dependent

In research, you'll often see scientists refer to omega-3s as having a dose dependent effect. Simply put, the beneficial effects of omega-3s are related to the amount consumed.

In research showing clinical benefits, scientists frequently use much higher doses than what's found in a regular fish oil capsule – usually 6 to 10 times more omega-3s! In fact, numerous studies show that the anti-inflammatory benefits of omega-3s don't kick in unless you consume at least 2000 mg EPA/DHA daily.

For certain conditions – like rheumatoid arthritis, hyperlipidemia, and cancers – the daily doses necessary to have an effect can be even higher (3000 mg EPA/DHA and up).

Many Omega-3 Supplements Contain Low Levels of EPA/DHA

Unfortunately, many supplements contain deceptively low omega-3 doses. Oftentimes, capsules advertise that they provide 1000 mg of fish oil. However, since natural (non-concentrated) fish oils contain a maximum of 30% EPA and DHA combined, that means you only get 300 mg of EPA/DHA per capsule.

Natural krill oil capsules contain an even lower percentage of omega-3s.

With most capsule products, these percentages mean you have to swallow handfuls of pills to get any benefits.

How Does Your Fish Oil Supplement Stack Up?

The best way to discover how much omega-3 is available in your fish oil supplement is to look at the EPA and DHA levels listed in the supplement facts.

If you don't have your omega-3 product handy, we've done the work for you by calculating the number of servings necessary to get 2000-3000 mg EPA/DHA in different supplement categories. Keep in mind that specific products will vary depending on the brand and source of the oil. *See chart below*

If you can't imagine swallowing all those pills, you're not alone. That's why alternatives to capsules – like fresh liquid fish oil – exist.

Do I Need to Take a Fish Oil Supplement?

The amount of omega-3s a person needs varies depending on diet, lifestyle, age, genetics, and health condition. One thing is certain, however: Most of us need more omega-3s than we think we do.

In the United States, an estimated 95% of Americans do not have optimal omega-3 levels. Even in surveys of omega-3 supplement users, only 19% of participants achieved adequate omega-3 scores.

If you think you already consume enough omega-3s, a simple omega-3 index blood test can provide the answer.

Feeling the Difference

Increasing your intake of omega-3 fatty acids is a wonderful way to improve your health. If you're hoping to experience noteworthy results, however, pay attention to the dose. It makes all the difference!

This article was abbreviated from a longer version published on omega3innovations.com. For the full text, visit:

<https://omega3innovations.com/blog/how-much-omega-3-fish-oil-daily-will-produce-results/>

About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



OMEGA3
INNOVATIONS

Call us at 941.485.4400

www.omega3innovations.com

Product Type	Dose Per Unit	Servings to Achieve 2000 - 3000 mg EPA/DHA Dose
Regular fish oil capsule	~ 300 mg EPA/DHA	7 – 10 capsules
Concentrated fish oil capsule	~ 600 mg EPA/DHA	3 – 5 capsules
Krill oil capsule	~75 mg EPA/DHA	27 – 40 capsules
Teaspoon of cod liver oil	~1000 mg EPA/DHA	2-3 teaspoons
Serving of wild salmon	~ 2000 - 3000 mg EPA/DHA	6 oz fillet

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.



Innovative Therapies Group, Inc.
352-433-0091 | innovativetherapiesgroup.com



Like WD-40® for Your Aching Joints

We live in an eat-fast-go-fast-isn't-there-a-pill-to-fix-it world. Memory troubles, sleep issues, stress and pain (oh, the pain!) are the price we have to pay.

Or do we?

Try Omega Cure® Extra Strength — an easy-to-swallow and effective way to provide omega-3 benefits to every cell, organ and joint in your body.

Omega3 Innovations | omega3innovations.com | 941.485.4400



Changing lives... One patient at a time!

352-433-0091
www.innovativetherapiesgroup.com

• Occupational Therapy (Hand Therapy)

• Physical Therapy

• Speech Therapy

• Massage Therapy

(MM30672)

Ocala 2801 SW College Rd Ocala, FL 34474	Summerfield 14031 Del Webb Blvd Summerfield, FL 34491	Lady Lake 929 US-27 #301 Lady Lake, FL 32159
---	--	---

Eliminate Your Low Back Pain at Little to No Cost!

Compton Chiropractic is now offering Insurance Approved Braces including Medicare!

By Daniel Taylor, DC, Compton Chiropractic Care

Are you suffering from low back pain? Are you tired of taking pain medication and muscle relaxers that only provides temporary relief? Looking for other ways to relieve back pain without invasive surgery? If you answered yes to these questions, then we can help. Compton Chiropractic is now offering back and knee braces as a non-invasive alternative to relieve back pain and facilitate healing and rehabilitation at little to no cost to our patients.

How does it work?

Back and Knee pain without support causes constant pressure on the joints and muscles. If left untreated, the pain will progressively get worse and quality of life suffers. Our braces are designed to fit any body type and deliver localized compression directly to those overworked muscles and joints while relieving spasms and reducing pain. Current clinical research has shown that supporting these regions can reduce pain, improve functional status and postpone or prevent the need for medication and surgeries. The self-adjusting braces contour precisely to your body for maximum support and pain relief. The lightweight design allows users to wear the braces comfortably while providing maximum support.



Indications for Back Brace

- | | |
|--------------------------------------|------------------------|
| Post-operative Lumbar immobilization | Lumbar Muscle weakness |
| Herniated Discs | Chronic low back pain |
| Degenerative Disc Disease | Arthritis |
| Spinal Stenosis | Trauma |
| Postural support | Spondylolisthesis |
| Instability | Compression Fractures |

Indications for Knee Braces

- | | |
|----------------------------|---------------------------|
| Osteoarthritis of the Knee | Patello-Femoral Syndrome |
| Post-Operative Knee | Chronic Knee Pain |
| Ligament Tear/instability | Meniscal tear/instability |
| Painful Range of Motion | Locking Disorders |

CORONAVIRUS

Due to Covid-19,
Medicare has announced an
easy replacement process
for any individual with a
previously dispensed brace in
need of replacement.

Just contact our office for details.

Compton Chiropractic provides high quality braces at little or no cost to our patients. Medicare and other insurance companies routinely cover the cost of these items because they provide support, relieve pain, and decrease the need for expensive surgeries and pain medications. So no matter if you are looking for extra support while playing golf and pickle ball or just want to avoid surgery; with the proper brace we can get you back to the greens in no time. If you or a loved one could benefit from one of these braces, please call us today (352-391-1126) to setup a free consultation with one of our Doctors.

What makes Compton Chiropractic different from other Chiropractors?

The Doctors at Compton Chiropractic are graduates from Palmer College of Chiropractic and have been serving The Villages since 2006. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively. The physicians at Compton Chiropractic treat patients as an extension of their own family.

Every patient gets a detailed initial evaluation including a complete history, orthopedic and neurological testing. With a proper diagnosis, our patients will receive a proper treatment plan. With a proper treatment plan, patient's pain is decreased in shorter periods of time.

Compton Chiropractic is also proud to announce that it's Office is Medicare accredited by The Healthcare Quality Association on Accreditation (HQAA). Only a small percentage of Offices in the country hold this unique accreditation which allows us to be a dispensing location for approved Medicare braces.

TESTIMONIALS

"I suffered from sciatica for 10 years until a friend told me about Dr. Compton. After 8 treatments and a brace, I was back on the golf course and out of pain." - L.R.

"My knee pain was debilitating until Dr. Compton introduced me to a brace that literally takes the pain away. My knee feels young again and I couldn't be happier." A.A

"The Doctors are all amazing and actually care for patients like they were family." - A.O.

"I was referred to Dr. Compton by Medicare after an operation. I needed a brace to help me recover and Compton Chiropractic treated me wonderfully." - C.S.

"The Doctors and staff at Compton Chiropractic are knowledgeable and efficient. They are always highly recommended." -Local Family Physician

COMPTON CHIROPRACTIC CARE

Providing Quality Chiropractic Care to patients in and around The Villages, Florida.

Our Philosophy

- Treat patients as individuals and perform a thorough exam
- Deliver an accurate diagnosis
- Treat patients with the highly reliable and world-known Palmer "hands on" Technique
- No long-term treatment plans or large out-of-pocket expenses
- Provide patients with non-surgical alternatives to pain

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

Accepting

- Medicare
- Blue Cross Blue Shield
- Cigna, Aetna
- Humana
- United Health Care plans
- Personal Injury

Finally, a good night's sleep!

If you have Sleep Apnea, your health, and quality of life can be improved with Oral Appliance Therapy.

Village Sleep Dentistry is qualified to provide Oral Appliance Therapy for patients who may not be achieving optimal results with a PAP device.

352.430.1710

villagesleepdentistry.com

1950 Laurel Manor Drive, Suite 180B
The Villages, Florida 32162



Village
Sleep
Dentistry



Richard Rozensky, DDS
Diplomate, ABDASM

COMPTON CHIROPRACTIC CARE
352-391-9467



Dr. Brett Compton
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate - B.S. Nutrition
Military Veteran



Dr. Brent Compton
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Biology Sciences



Dr. Daniel Taylor
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Molecular & Microbiology Sciences

FREE
CONSULTATION
Call Today
to Schedule
352-391-9467

11974 County Rd
101 Ste. 101
The Villages, FL 32162

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.



Certified Marijuana Doctors

Get Your Florida Medical Marijuana Card. Call Today!

Leesburg - 352-306-0133 • Ocala - 352-414-4545 • Port Charlotte - 941-208-3444

www.cmmdr.com

STRESS AND WEIGHT GAIN

Weight gain is not just about food choices, activity level and portion control. Stress plays a significant role in the obesity epidemic. Traumatic events such as a death, divorce or even COVID can have a dramatic impact on weight. But more frequently chronic stress, can impact health and affect the body's ability to lose weight.

Let's say a car stops abruptly in front of you and you almost get into an accident or you tune into the 10 o'clock news and hear one negative story after another. As stress rises, your body starts to respond to a threat or demand (think "fight or flight") by calling on the adrenal glands (located on top of your kidneys) to release a flood of stress hormones, in particular adrenaline and cortisol to protect you from the "threat." These hormones affect your blood pressure, pulse, digestion, thinking, immune system and breathing. They also control the release of excess sugar (glucose) into your blood stream via the liver and muscle. This dump of glucose can lead to weight gain.

The "threat" will be over in a matter of seconds or minutes and your body chemistry and physical sensations will return to normal. However, if you are in a constant state of anxiety, ruminating on a problem or situation such as job issues, caring for a sick loved one, financial problems, even exercise (which can be counterproductive if you stress about doing it) then the adrenal glands will respond with a continuous drip of cortisol. "Chronic elevated cortisol levels can lead to serious issues," states Dr. Amit Sood of the Mayo Clinic and "contribute to obesity."

This constant drip along with an unhealthy diet can cause the body to incorrectly process food and store fat. I call this situation Adrenobesity™. Adrenaline and Cortisol stimulates the liver and muscles to release glycogen (glucose) for instant energy. Because there is no "fight or flight" issue, the pancreas responds to the increase by pumping out extra insulin. Insulin acts as a key, unlocking the cell for glucose entry. If your cells are full, insulin is rendered ineffective and the excess glucose is sent to fat cells for storage. Not good! The excess of glucose and insulin create an inflammatory state, which makes losing weight difficult, even if you are watching every calorie.

What can you do to improve the situation?

1. Get enough sleep (8 hours at least)
2. Eat to protect your pancreas (the goal: keep your glucose between 70 and 100)
3. Deep breathing
Inhale through your nose (to the count of 1,2,3,4; hold your breath for 4 counts and then exhale through your mouth 4,3,2,1)
4. Increase activity. I don't believe in strenuous exercise. Yard work, weights, yoga, tennis, walking, hiking, swimming, even taking clothes out of the dryer (squat – take one piece out, squat – second piece). Before you know it, you've done 20 squats.

2020 has been an incredibly challenging year. The one thing we have learned is the best chance you have against any virus is to make sure that your body is in tip top shape. Reducing stress, along with a pancreatic friendly lifestyle and physical activity will help you take on 2021 in the healthiest way possible even if another 2020 happens...

818-570-7204

@candicerosenrn (twitter & instagram)
<https://www.facebook.com/candicerosenRN>



Candice Rosen,
Health Counseling

**GET YOUR
MEDICAL
MARIJUANA
CARD**

DRY FLOWER, VAPES, TINCTURES, CREAMS, PILLS,
MEDICAL MARIJUANA AVAILABLE IN ALL FORMS!

Leesburg - 352-306-0133
Ocala - 352-414-4545
Port Charlotte - 941-208-3444

WWW.SMOKINGMARIJUANADOCTORS.COM

**CERTIFIED
MARIJUANA
DOCTORS**

GUARANTEED
TO GET YOUR CARD

**OR YOU PAY
NOTHING**

OPEN 9 AM TO 5 PM | M TO F
LICENSE NUMBER 000074

CANDICE P. ROSEN

**Forget
Dieting!**

IT'S ALL ABOUT DATA-DRIVEN FUELING

ELIMINATE THE GUESSWORK.
GATHER DATA FOR YOUR INDIVIDUAL BODY.
UNDERSTAND HOW BLOOD SUGAR AFFECTS YOUR WEIGHT.
NO FAD DIET, GIMMICKS, OR CALORIE COUNTING.

You don't need to starve yourself to achieve a healthy weight.

Forget Dieting!

IT'S ALL ABOUT DATA-DRIVEN FUELING

Order Your Copy Today!

Barnes & Noble, Amazon

<http://candicerosenrn.com>
candicerosenrn@gmail.com

Cornerstone Hospice And Palliative Care: Helping Patients and Families in Numerous Ways

Submitted by Cornerstone Hospice and Palliative Care

According to recent reports from the National Hospice and Palliative Organization, more than 1.5 million Americans receive care from hospice each year. Hospice and Palliative care are end of life services developed specifically to provide services and support for individuals and families during one of life's most challenging times. Death and dying are not easy to discuss or deal with, and it's within these times, that we need assistance in multiple ways.

Hospice provides comfort, dignity, and respect to all those coping with a serious illness and end-of-life conditions. Cornerstone Hospice provides expert medical care to keep patients comfortable and able to enjoy time with their loved ones. It's not uncommon for family members to have questions, need emotional or spiritual support and help in many aspects of what was involved in their life before this critical time.

A team of experts help each patient and their loved ones; hospice care is not a curative services, but it is similar to medical care, in that it offers much needed support on a different level. It brings hope, dignity and compassion when needed the most.

ABOUT CORNERSTONE HOSPICE

What is hospice?

The doctor has recommended hospice care. Let us help you understand why and what to expect.

Who pays for hospice?

Medicare, private insurance or medicaid. We will assist you in making financial decisions surrounding our care plan.

How to begin care

It usually begins with a recommendation from your physician. From that point we will guide you the rest of the journey.

What services does Cornerstone Hospice provide?

When your physician(s) recommend Cornerstone Hospice care, any eligible patient is entitled to:

- Skilled nursing care in the patient's home or a nursing home facility which is contracted with Cornerstone Hospice.
- Nursing services on call, 24 hours a day, seven days a week including holidays.

- Assistance with personal hygiene and skin care.
- Arrangements for durable medical equipment and physical therapy services in the patients home when medically indicated.
- Volunteer(s) to help with errands and/or provide companionship.
- Social workers to help the patient and family understand and deal with terminal diagnosis, treatment and family issues that arise.
- Grief support for family members if desired.

CORNERSTONE HOSPICE SUPPORT PROGRAMS

Bereavement

As a not-for-profit hospice program for Central Florida, Cornerstone has a number of professionals on our team who are trained to help those dealing with a loss.

When someone chooses Cornerstone for their care, the representative who visits with you will tell you that Bereavement Services are available to you right away, should you desire. Or you may wait and choose one of our many group sessions offerings, giving you an opportunity to share with others dealing with the same challenges as you and your family.

And what many do not know is that our bereavement services are available to anyone in our community who is experiencing the emotions of grief due to the loss of a loved one, even if they were a patient of ours or not. The Cornerstone bereavement professionals are involved in both individual and group sessions.

Because our professional grief counseling has helped so many over 35 years, Cornerstone will often work with local law enforcement, the courts, local churches and schools in times of need.

You can get more information on how we can best serve you by calling Cornerstone Bereavement services at 888-728-6234 or email @ bereavement@cshospice.org.



Cornerstone SALUTES! Veterans

No surprise that this is one of the most requested Cornerstone programs! That is because, on any given day, about 25-percent of our Cornerstone hospice patients are a veteran of one of our U.S. armed services. And over the years we have made great efforts to recognize these women and men for their service to country. We have professionals on staff who will assist the Veteran in receiving the military healthcare benefits for which they qualify and help them as we can with issues regarding the VA.

We Honor Veterans is a national program which Cornerstone has been a part of for 10 years. It is a point of pride that we have achieved the Four Star level in this program.

Cornerstone SALUTES! is our local program where we honor any of our patients who are Veterans with a special ceremony where a Veteran volunteer presents a special pin and a Certificate of Appreciation for Service. Our team is also connected to all services in the region that support Veterans. To learn more about Cornerstone SALUTES! or to learn about veterans benefits, simply email us: veteransinfo@cshospice.org.

LOCAL ATTORNEY PATRICK L. SMITH OFFERS FLAT FEE ESTATE PLANNING SERVICES



Estate planning does not need to be an expensive or time-consuming process, according to Attorney Patrick L. Smith. Whereas many attorneys bill their clients by the hour to handle their planning, Attorney Smith offers a complimentary consultation and has instituted a flat-fee system for his services. For example, a basic Will is a flat charge of \$75.00 and a Non-Tax Trust Package is \$695.00. This allows clients to know their costs from the start of planning and to determine their estate planning needs without surprises. Although Attorney Smith primarily practices in estate planning and asset protection, he regularly works to connect his clients with a network of attorneys to provide them with complete, affordable legal advice.

Attorney Smith also works to make legal advice accessible to the central Florida community through his weekly radio show, "Ask An Attorney," answering legal questions on the air from live callers, sharing legal information critical to FL residents, and educating his listeners on various topics.

He also incorporates information from other attorneys, financial advisors, CPAs, and other professionals who join him to answer his listeners' questions. "Ask An Attorney" airs on Gospel 90.3 FM every Saturday at 8am.

In addition to giving legal advice live over the radio, Attorney Smith is known for donating his time and legal services to multiple churches and charitable organizations in the community. Attorney Smith offers free seminars on a wide variety of legal topics for civic groups, clubs and other organizations, to inform them about the law and their legal rights.

Furthermore, Attorney Smith recently announced the publication of the third edition of *The Florida Estate Planning Handbook* through Certa Publishing, giving Florida residents an accessible, easy-to-understand introduction to key estate planning concepts. Adding to Attorney Smith's work is his law partner Attorney Joseph F. Pippen, Jr. who joined him on the third edition.

More information about Attorney Smith can be found at Joseph F. Pippen, Jr. & Associates' website: www.attypip.com. For your free consultation or to have Attorney Smith speak at your event or group, you may reach him at his Fruitland Park office by calling (352) 241-8760.

PATRICK L. SMITH, Attorney At Law **Joseph F. Pippen, Jr. & Associates**

Consultation:	FREE
Power of Attorney:	\$95.00
Living Will:	\$50.00
Basic Will:	\$75.00
Trust Package:	\$695.00
PROBATE • TRUST ADMINISTRATION	

Tune in Saturdays at 8am on FM90.3 WLMF for
"Ask An Attorney" where you can call in
with your legal questions.



www.ATTYPIP.com (352) 241-8760
406 South Dixie Avenue • Fruitland Park, FL 34731

The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.

Signs of Aging or Type 2 Diabetes?

By Denise A. Pancyrz - Diabetes Reversal & Holistic Lifestyle Coach, Speaker, Author

Symptoms are signs that your body is reacting to something. Do you pay attention or ignore it?

Have you noticed common symptoms such as?

- Fatigue or lack of energy
- Brain fog or inability to concentrate
- Weight gain
- Sleep issues
- Loss of hearing

Too many people regard these types of symptoms as part of the aging process. Did you know that these symptoms can also be a sign of diabetes?

Fatigue

If you are reaching your senior years, it's easy to assume that your lack of energy is due to aging. It's also easy to assume during a younger stage in your life that you are tired because of your demanding schedule, not getting proper or a combination of these reasons.

This is also a very common problem with people having diabetes or prediabetes. Glucose is not effectively moving from your bloodstream to your cells so it can be stored for energy to be used at a later time. Rather than thinking of diabetes as a sugar problem consider it an energy problem.

Brain Fog/Concentration

We can confuse our lapse in memory and losing our ability to concentrate for long periods as part of the aging process. Many fear it could be the path to dementia. Over time, high glucose levels can damage blood vessels to the brain resulting in brain fog or difficulty concentrating. With damage to the blood vessels, the brain has to adjust the amount of blood it can use because it may not receive the same level of nutrients.

Weight Gain

Weight gain seems to be an age-old struggle. As we age, it seems more difficult to control our weight. In essence, weight gain is an imbalance of consuming more calories than what your body needs versus how many calories you burn.

Effectively, when insulin levels are increased, this will also cause weight gain. This is the stage where an imbalance has begun with your metabolism

faltering when processing sugar. Without stopping high insulin levels, diabetes can be your next diagnosis.

Consider weight gain as the visual sign of current or future ill health.

Sleep Issues

Are you tossing and turning all night? Can't get a full night sleep?

It could be because your mind is racing from a busy day or your sleeping patterns have changed as you age. And can be due to a sedentary lifestyle. Invariably, diabetes can also be a reason.

Diabetes is associated with higher incidence of sleep disorders, which may be due to disease itself or because of secondary complications associated with diabetes. Shorter sleep duration and erratic sleep behavior have been linked with higher incidence of type 2 diabetes which often includes obesity.

Loss of Hearing

Hearing loss can be due to a specific exposure to loud noise or aging.

Did you know hearing loss is twice as common in people with diabetes? Poorly controlled glucose can damage small blood vessels throughout the body affecting your hearing. Once those small blood vessels are damaged, they cannot recover.

Hearing loss is not the only symptom. Tinnitus, when you hear ringing or buzzing, is twice as common in people with high insulin levels and impaired glucose.

There are many more symptoms of diabetes that can go undiagnosed.

As you notice changes in your physical or mental being, take note. Discuss with your physician if your symptom is the underlying reason for something much bigger. Consider the number of times you purchased over-the-counter treatments to attempt to resolve your symptom.

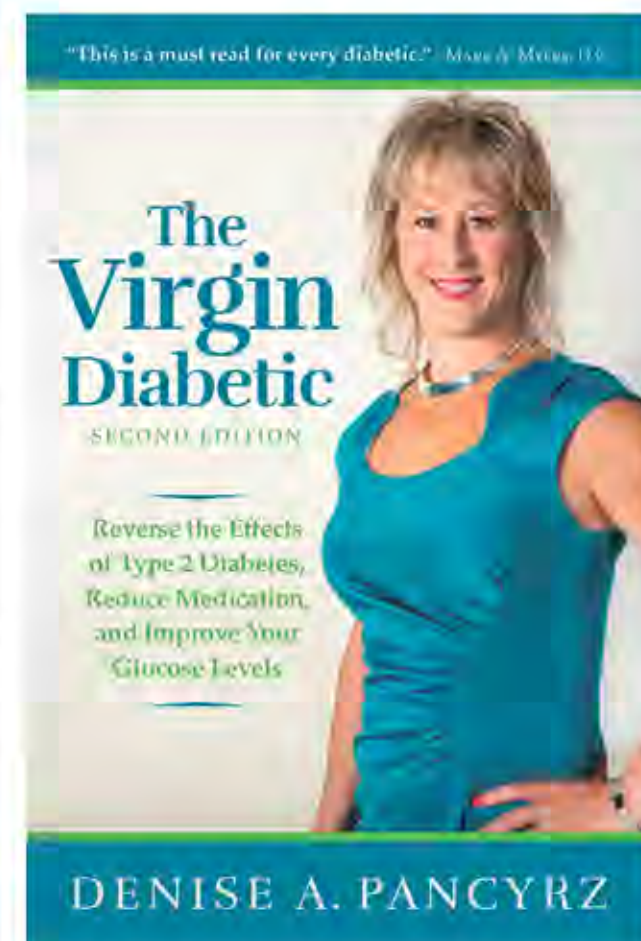
It may be appropriate to do that. It may be more appropriate to verify the underlying cause sooner rather than later.

It may seem surprising that one disease can be linked to so many symptoms. That is because diabetes is a systemic issue. Diabetes can affect you from head to toe.

Avoid masking your symptoms and identify the underlying source of your issues. If diabetes is the root of your problem, at a minimum, the effects can be greatly improved and reversed naturally. You owe it to yourself to find out.

Denise A. Pancyrz is a national diabetes reversal and holistic lifestyle coach, speaker, and best-selling author of *The Virgin Diabetic*, *Reverse the Effects of Type 2 Diabetes*, *Reduce Medication*, and *Improve Your Glucose Levels*, available on Amazon. Diagnosed with type 2 diabetes, Denise was prescribed four daily insulin shots along with oral medication for diabetes and heart disease. This protocol helped to bring her glucose levels down, however, she did not feel as healthy and vibrant as expected. After changing her protocol by learning to rest and preserve her pancreas, she was able to eliminate all medication and insulin, regaining her energy.

Visit www.ReverseMyDiabetes.net to book a free consultation | Call (888) 848-1763 | Email Denise@ReverseMyDiabetes.net.



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

SOCIAL DISTANCING SEMINAR FOLLOWING CDC GUIDELINES



Surgical or Non-Surgical

YOU ARE INVITED FACIAL BEAUTY INFORMATIONAL SEMINAR

BROWNWOOD HOTEL AND SPA
3003 Brownwood Blvd., The Villages
Thursday, January 28th @ 2pm

DR. RICH CASTELLANO FACIAL SPECIALIST

Facelifts (Surgical and Non Surgical)
Facial Sculpting (Fillers, Wrinkle Relaxers)
Facial Polishing (CO2, IPL, SkinPen Microneedling)



ImageLift is following CDC Guidelines
for the highest level of safety.
MASKS ARE REQUIRED FOR GUESTS AND STAFF

Very limited seating.
Guests must have a
confirmed reservation.



ImageLift.com

Rich Castellano, M.D.

**Free
Book!**

**+3,500
Facelifts**

**Double
Board Certified
Facial Plastic
Surgeon**



888-875-3223

Follow on [youtube.com/ImageLift](https://www.youtube.com/ImageLift) or [FB.com/ImageLift](https://www.facebook.com/ImageLift)

PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HRS OF RESPONDING TO AD FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.