

TAMPA BAY'S

# Health & Wellness<sup>®</sup> MAGAZINE

January 2021

South Tampa Edition - Monthly

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**FREE**  



Regenexx<sup>®</sup>  
Tampa Bay

The Trusted Alternative to Orthopedic Surgery.



## KNEE PAIN TREATMENTS

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

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PM&R Physician  
Regenexx Tampa Bay

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**JAMES LEIBER, DO**  
Founder and Medical Director  
Regenexx Tampa Bay





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# Focused on Topicals

for Facial Protocols and  
Therapeutic Treatments



- **Protocol-Based CBD Treatments**
- **High CBD Concentration**
- **To enhance the results of your facial and beauty treatments**

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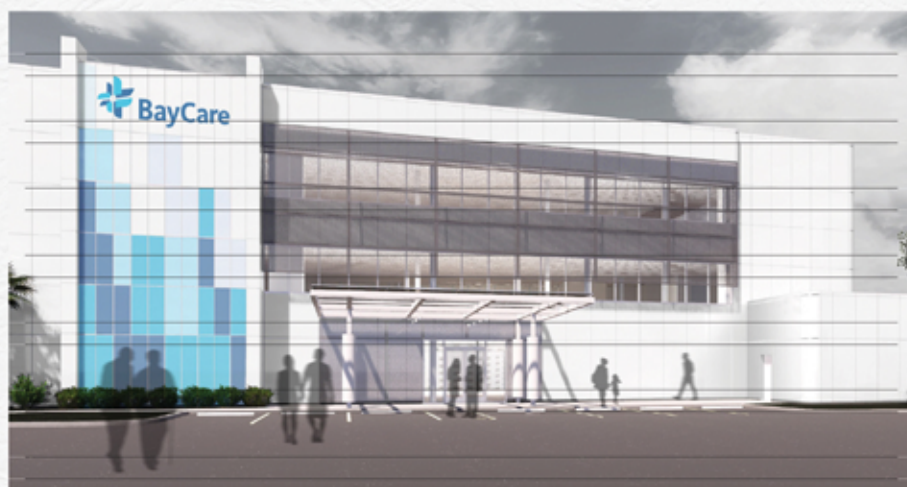


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# YOUR NEW HEALTH CARE DESTINATION.



## BayCare HealthHub™ is now open in South Tampa

Imaging and laboratories | Primary care and pediatric care  
Physical therapy and sports medicine

There's a new model of health care in your neighborhood, combining innovative technology with health care services to provide high-quality care for children and adults. Having multiple services at one location means convenient, one-stop access, making it easier to take care of most all your health care needs. This state-of-the-art facility is focused on providing compassionate care with an enhanced patient experience, so you'll enjoy a streamlined visit from the moment you walk in the door.

711 S. Dale Mabry Highway, Tampa  
[BayCareHealthHubSouthTampa.org](http://BayCareHealthHubSouthTampa.org)

### About Primary and Pediatric Care

#### Primary Care Services

BayCare Medical Group is committed to offering comprehensive, patient-centered care. In addition to the routine or preventive care that you and your loved ones need, our primary care physicians can connect you to BayCare Medical Group's extensive network of specialists. You'll always know that you're receiving our very best care, close to home.

#### Primary Care

- Acute illness
- Adult physicals
- Comprehensive health care
- Medicare wellness visits
- Physicals and yearly wellness exams
- Vaccinations
- Weight management
- Well woman exams

#### Pediatric Care

- Acute illness
- Adolescent health
- Asthma management
- Health screenings
- Immunizations
- Newborn care
- Safety and developmental counseling and assessment
- School and sports physicals







# We Are The Right Place To Be Right Now

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

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

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

- All Services and Amenities are Provided Onsite. *This Includes Chef-Prepared Dining, Activities, Social Events, & More*
- Ability to Deliver Onsite Healthcare Services
- Long-Standing Preventative Measures and Expansive Healthcare Supply Inventory
- Access to Industry Associations and the Latest News and Information
- National Buying Power and the Resources to Obtain High-Demand Healthcare Products
- Enhanced Operational Procedures and Protocols in Place From the Onset
- Fully Prepared to Enact New/Expanded Safety Measures
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- Back, Neck, Hip, Knee Pain
- Sacroiliac Joint Pain
- Headache/Migraine
- Auto, Sports, and Work Related Pain

## ARE YOU SUFFERING FROM PAIN?



The National Institute of Spine and Pain, a medical organization dedicated to the relief of human suffering by providing advanced pain therapies and also contributing to our scientific knowledge through research.

**Sunil J. Panchal, M.D.**

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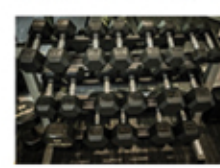
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# BayCare Brings New HealthHub Concept to South Tampa



**B**ayCare has opened its newest state-of-the-art HealthHub facility in South Tampa. This concept is a new model of care designed to make life better for residents in the South Tampa community.

The BayCare HealthHub (South Tampa), which opened to the community on Nov. 2, is an integrated model of care that provides convenient access to multiple health care services under one location for patients and their families.

“We’re excited to bring the HealthHub concept into the South Tampa community,” said Jim Cote, senior vice president for Ambulatory Services at BayCare. “Through this new model, our goal is to provide access to multiple services under one roof. We know people are busy and we want to make health care convenient for them and their families.”

Inside the HealthHub, located at 711 S. Dale Mabry Hwy, Tampa, FL 33609, BayCare incorporates convenient access to multiple health care services under one location.

The 25,000-square-foot facility integrates multiple health care services such as adult and pediatric primary care, physical therapy, imaging, laboratories and sports medicine to provide high quality care with an enhanced patient experience.



[BayCareHealthHubSouthTampa.org](http://BayCareHealthHubSouthTampa.org)

The HealthHub, located at 711 S. Dale Mabry Hwy, Tampa, FL 33609, is designed to be a welcoming environment that’s open concept and vibrant. The design includes beautiful art and calming colors to help create a relaxing atmosphere for patients and their families. The facility also has a 167-space garage, which will make parking easier for South Tampa’s bustling community.

This is BayCare’s third HealthHub concept in the Tampa Bay area. The first location opened in 2017 in Largo and the second HealthHub opened in 2019 in the greater Brandon area.

For more information, visit [BayCareHealthHubSouthTampa.org](http://BayCareHealthHubSouthTampa.org).





# Knee Pain Treatments:

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

By *Regenexx Tampa Bay, Regenerative Medicine*

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

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

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

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

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

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

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

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

### Are Corticosteroid Injections Helpful For Knee Arthritis?

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

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

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

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

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

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

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

### Stem Cell Therapy and Knee Arthritis

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

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

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

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

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

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

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

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



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



RegenTampaBay.com

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Tampa, FL 33637

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

Dr. Clay McEntire

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

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

## Orthodontic Treatment

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

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

## Traditional Orthodontics

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



## Clear Aligners

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

## No More Messy Impressions

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



## Signs indicating it is time for an orthodontic exam:

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

## For children or adults

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

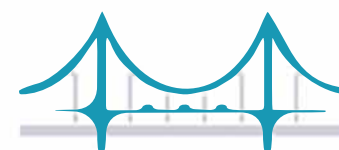
**\*\*The good news is we have GREAT dental professionals in the Tampa Bay community, so you could always ask your dentist if you think you'd benefit coming in for consult. AND when in doubt, just give us a call!**

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

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

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

**Contact Amley McEntire Orthodontics Today.**



**Amley McEntire**  
ORTHODONTICS

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Friday: 8:00 a.m. - 12:00 p.m.  
813-497-7441



# Get The Most From Your Beauty Treatment Protocols and Regimens

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

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

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

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



Figure 1



Figure 2

Facial Beautification Bundle

## Focused on Topicals

for Facial Protocols and Therapeutic Treatments

- Protocol-Based CBD Treatments
- High CBD Concentration
- To enhance the results of your facial and beauty treatments

**CBDHealthcareCompany.com**

Brought to you by a management team with 30 years of experience in the spa and wellness industries, we believe in offering you potent levels of CBD at a value that allows you to treat patients economically. We are proud to offer you a complete product line that utilizes the purest CBD extraction methods combined with herbal formulations that ensure effective skin penetration.

**25% OFF YOUR PURCHASE**  
USE CODE: HEALTH for online purchases

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

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

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

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

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

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





Owner/Founder Jared and Trish Burgess

**O**ur New Year's resolutions probably include weight loss goals and working out at this time of year. But what's the best way to get there? Over the years, most people have toned up and lost a few pounds, only to regain them rather quickly once they fall off the exercise and healthy diet routine. You only get one body, so now is the time to get serious about your health and fitness goals.

You have multiple options where you choose to work out, but if you think back about why you haven't reached your goals, it might be due to the choices, the place, the people, the lack of support and motivation. UST Personal Training is unique. It's a private training experience from experts that have been in the industry for the past 15 years. Their training methods are highly effective, and they utilize the latest advancements in exercise. Where you work out is your choice; why not choose the best?

UST's Owner and Founder, Jared Burgess, explained, "Our personal training studio is different than the majority of fitness and exercise options, whereas we only offer private one-on-one training sessions in fully equipped training rooms. Every client is in a closed-off, private training room, fully equipped with all the equipment they need for the most advanced exercise routines, and it is only them and their trainer. They have access to their own sound systems and playlists. And of course, this leads to a much higher degree of an effective training session along with added protection from the pandemic. UST Personal Training is an appointment only, premier private personal training facility in South Tampa. There are many options for personal training, but none compare to what we can offer you."

# 2021 is Here!

## Are You Ready to Discover a Safer Way to Begin or Return to a Fitness Routine?

### Experienced Trainers That Keep You Motivated

UST Personal Training has been in business since 2006. This is their profession, passion, and life. This is what they do best. UST Trainers are continuously educating themselves with all of the latest methods and science of physical fitness. They have dedicated themselves to helping a very satisfied and diversified client base in achieving their personal goals. UST Personal Training can help you do the same. They want you to succeed, and they build a trusting relationship with you from the beginning to keep you motivated and accountable while treating you with unmatched care.

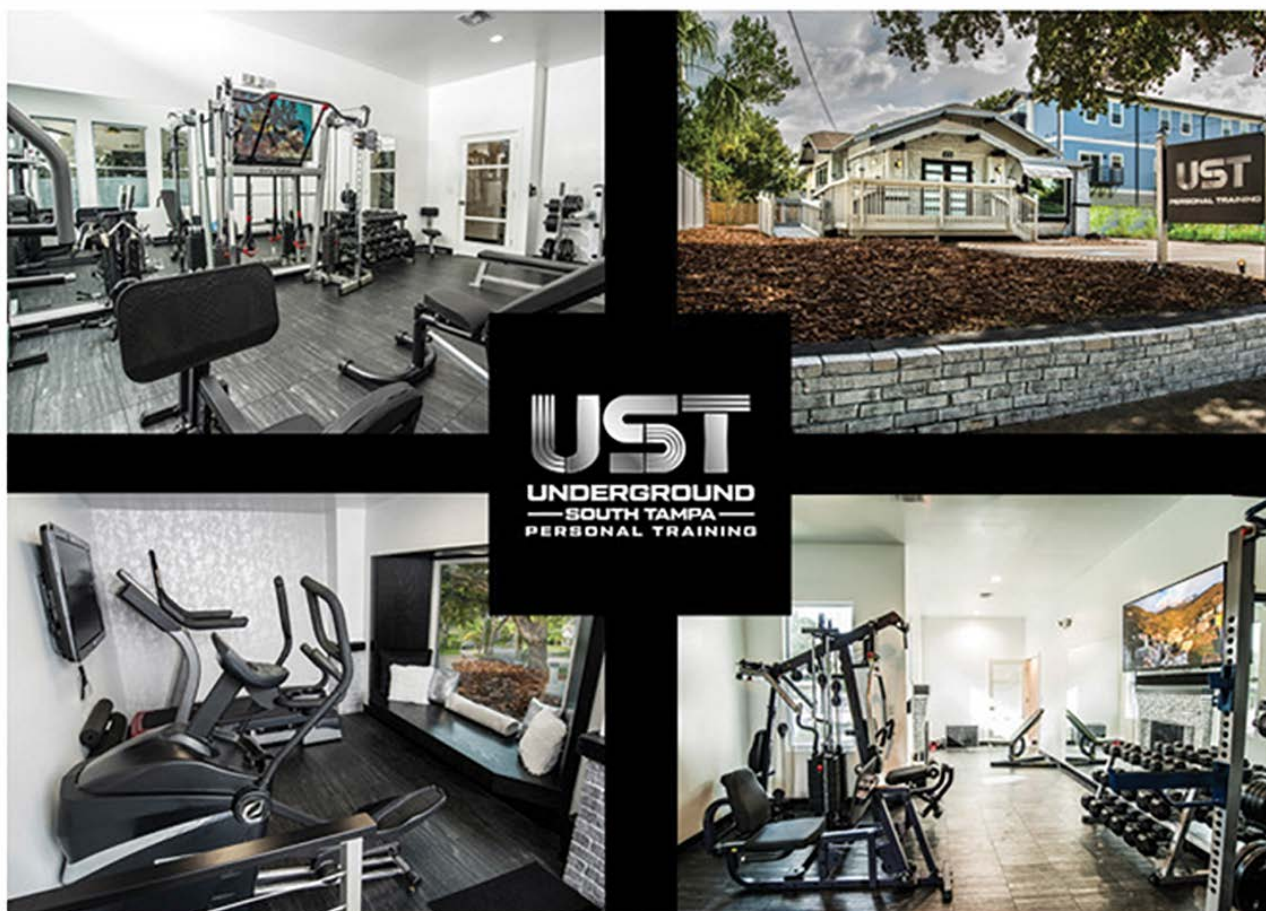
### Private Training

Personal training is not the same as "Private" Personal Training. UST Personal training has three private workout rooms, each fully equipped with its own set of equipment to meet any type of workout

needs. It is just you and your trainer with no interruptions, and no working out around others. This set up is ideal for anyone who is intimidated by the typical gym experience and for anyone who wants to focus and get their workout done efficiently and effectively. In our current state of affairs, our clients love the privacy even more so, as no one wants to be subjected to crowded gyms for health reasons during their workouts.

### Customized workouts tailored to your specific needs and goals

UST Personal training is not a one size fits all operation. They customize workouts based on your personal goals and abilities. Based on your goals, they have the ability to use a wide variety of training methods, including suspension training, cross-training, strength training, Pilates, core training, boot camp, and cardiovascular training. They have trained





clients with experience levels ranging from those who are just getting off the couch or are recovering from an injury to the weekend warrior, all the way up to the elite professional athlete. So no matter where you are in your physical journey, UST Personal Training can help you. They want to help you.

#### Safe & Clean Environment

You won't find a cleaner or safer place to work out. UST Personal training values your personal health and safety now more than ever. By having three separate private workout rooms, they can deliver on that promise on a level that other workout facilities simply cannot. In addition to the inherent social distancing that exists with their facilities, they sanitize the equipment after each and every client, you are only in the presence of your personal trainer, all trainers wear masks during sessions, and hand sanitizer is provided in every training area! So at UST you can work out with confidence that your health and safety will not be compromised.

#### Efficient Training That's Economical

We all live busy lives, and sometimes finding time to fit in your training session can be the most challenging task of all. At UST, sessions start at 30 minutes and are more effective than training for an hour on your own. With all of the equipment in one well-organized area, no sharing of equipment, and no unnecessary distractions, your time is maximized to get the best results in a timely manner. You are never pressured here to purchase large packages of training sessions and no membership fees. UST bills clients monthly based only on the number of sessions you plan to complete. They are here to help you, not push you into large bills you are unsure of.

According to U.S. News & World Report, within a few short weeks, about 80% of people fail to keep their New Year's Resolution commitments. Don't be the statistic. Let UST Personal Training change the way you work out, the way you think about health and fitness, and the way you CAN accomplish your goals!



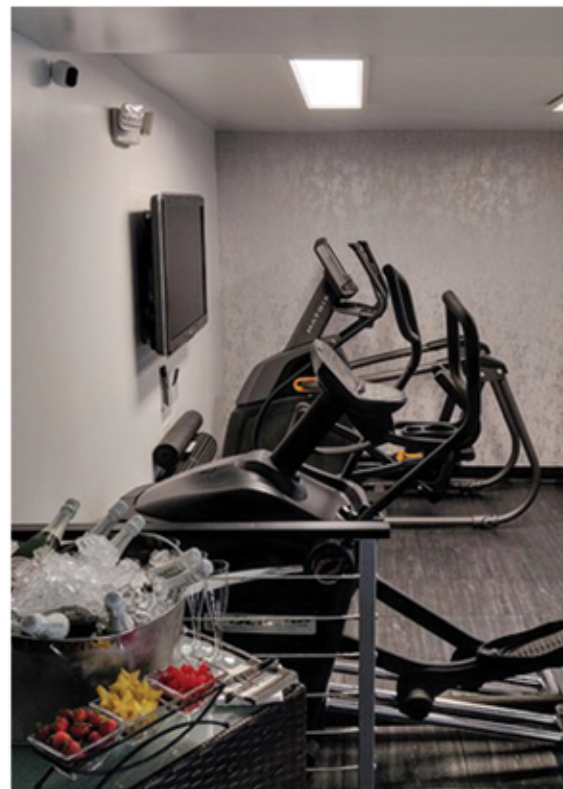
Trainer, Marja Blitz



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

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

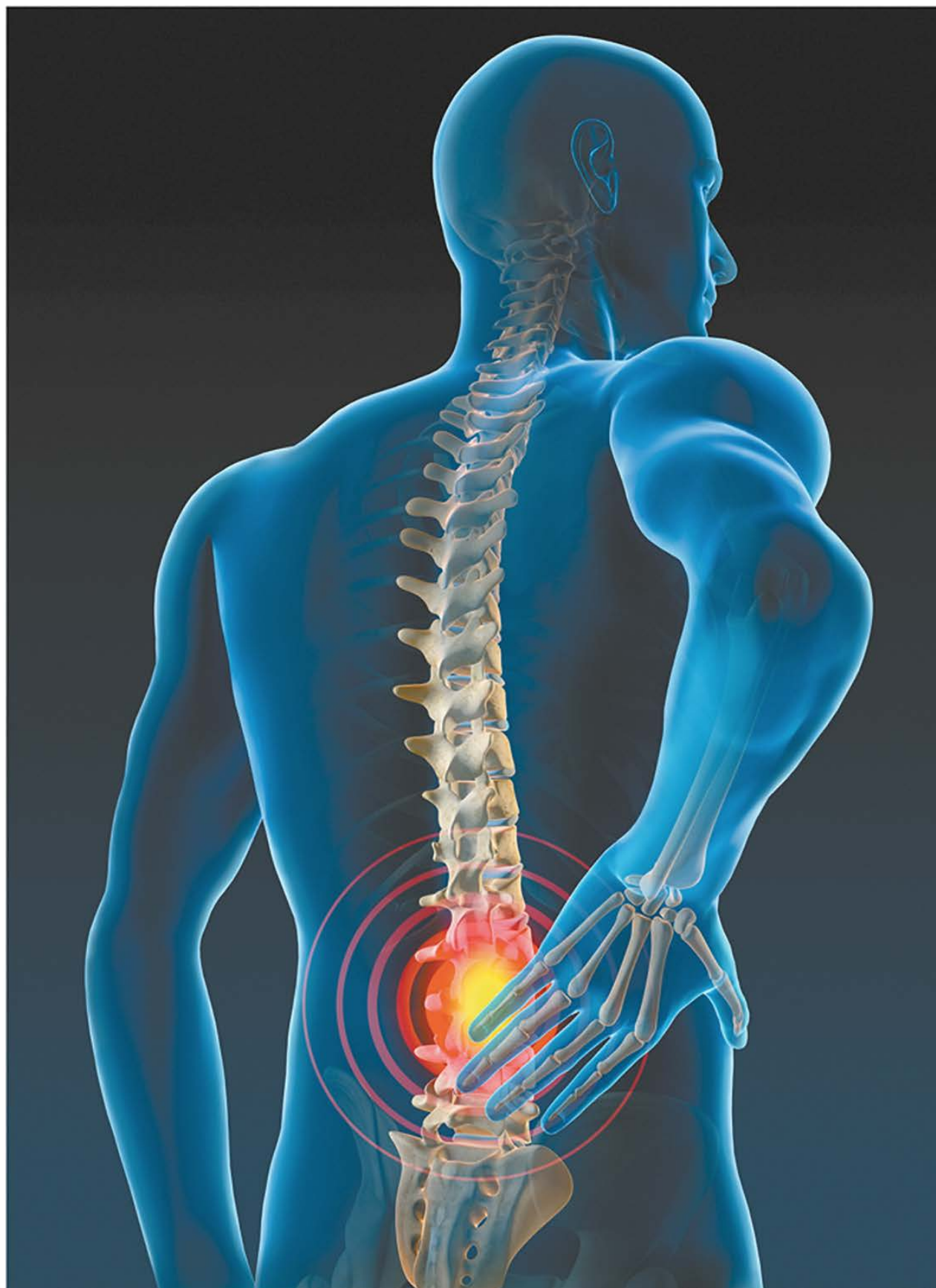


Jerry's orthopedic surgery team had also administered over 50 epidurals to lessen Jerry's pain, but some of those did not work at all, and the relief he did get was only temporary. Jerry had changed

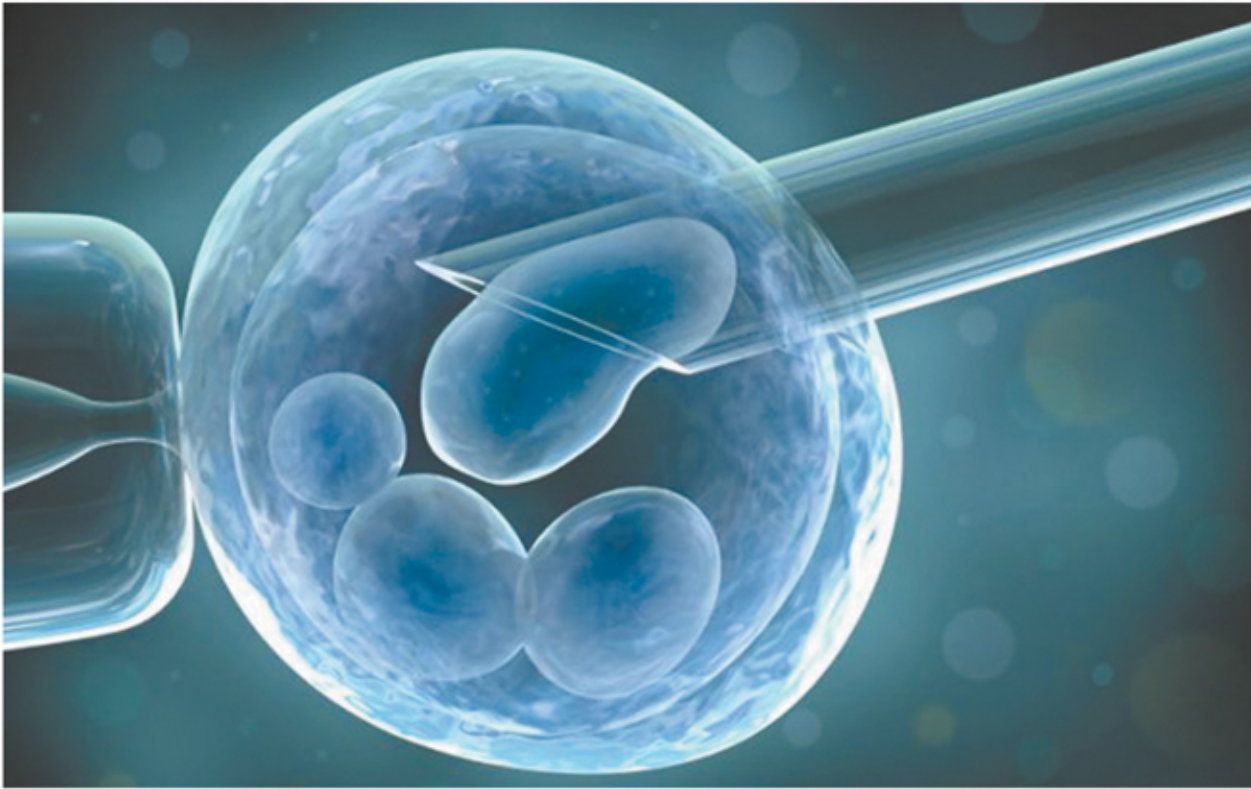
careers and became a well-established real estate broker, opening *Golf View Realty Property Management*, which alleviated his need to travel regularly, but on a daily basis, he was still in a lot of pain. That's when Jerry's orthopedic doctors recommended that he see Dr. Panchal. They told Jerry his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

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

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







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

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

#### Exosomes

Jerry had his stem cell procedure in February 2019. Due to his extensive research and expertise, Dr. Panchal adds exosomes into his stem cell treatment. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nano-sized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective

than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.

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

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

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



**Dr. Sunil Panchal**

Dr. Panchal has treated patients with exosome therapy for pain in the cervical and lumbar facet joints, sacroiliac joints, knees, hips, ankles, elbows, shoulders, ligament injuries, and also degenerative discs. These tiny exosome communicators that secrete therapeutic and regenerative effects to the cells and tissues throughout the body are becoming highly-sought-after by many patients that have suffered from pain and chronic disorders. Some of the additional findings within peer-reviewed studies are as follows:

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

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



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# Do You Want to Finally Stick To Your New Year's Resolution of Losing those Extra Pounds?

**ReBuilt Meals Makes it Easy For You**

**W**hile many of us are more than ready to wave goodbye and good riddance to 2020, The New Year inevitably evokes resolutions of much-needed change. Most of our initiatives, such as exercising, learning a new language, and eating healthier, are backed with good intentions but often fall to the wayside. When it comes to our diets, many people often overlook the multiple benefits that eating healthy and losing those extra pounds can bring.

Being overweight and eating unhealthy foods can contribute to not only weight gain but chronic conditions such as diabetes, inflammation (the root of disease), cancer, cognitive decline, arthritis, and the list goes on and on—None of which is good.

## Are you like 92% of the population?

While exercise is critical, diet is primarily essential that we get it right and stick to it. The problem with diets for so many of us is that it's inconvenient. We necessarily don't want to grocery shop multiple times a week for fresh produce and lean protein, we are busy, we don't enjoy cooking and cleaning up, and although we might try it for a few weeks, we know that we will not stick to the plan long term. According to research, 92% of people fail or give up on their New year's Resolutions? Only 8% of individuals stick with their routine and achieve their goals.

**Not Everyone Benefits From One Diet In Particular**  
Whether you are Keto, Vegan, Plant-Based, or Gluten, Dairy, and Soy Free, Rebuilt Meals makes it easy to stick to your diet plan.

ReBuilt Meals is a local company and delivers to all of Florida. They offer meals in increments of 5 or 7 days, and you can choose from 1, 2, or 3 meals per day depending on your schedule.

## Cook Less and Live more!

ReBuilt Meals provides natural and healthy prepared meals delivered right to your door. The only thing you have to do is heat and enjoy. All of the work has already been done for you, which leaves you with more time to work, exercise, and enjoy time with friends and family.

ReBuilt Meals has a variety of plans to fit all lifestyles as well as a weekly rotating menu so that you won't get bored with the same meals.

## How it Works:

1. You choose the option and plan that fits your needs and lifestyle
2. Your meals are prepared by a world-class culinary team and delivered to your home or for pick up
3. You simply heat and enjoy your meals at your convenience

## 4 DIETARY OPTIONS TO CHOOSE FROM

You can notate any food allergies or specifications with the ReBuilt team, and you can mix and match meals from any of the plans; and if you need support, you can chat online, email, or call ReBuilt Meals.



### #1 Lifestyle Plan (classic meals "ReBuilt")

*The Lifestyle Plan is a healthy twist on traditional meals inspired by ReBuilt Meals' skilled culinary team. It includes local menu favorites, celebrity dishes, and home cooked classics. Don't be fooled by the flavor, these meals are prepared with the freshest ingredients weekly, handpicked by their Executive Chef.*



### #2 Keto/Low Carb Plan (gluten and soy free)

*Keto refers to a very low-carb, high-fat diet which involves drastically reducing one's carbohydrate intake and replacing it with fat. This reduction in carbs puts your body into a metabolic state called ketosis. Which means you become incredibly efficient at burning fat for energy. This diet is said to benefit many health ailments and produce helpful results, including lowering insulin levels in the body.*



### #3 Performance Plan (gluten, dairy and soy free)

*These meals are prepared with a minimalistic approach and focused on pure nutrients for optimal performance in all areas of your life. Feeding your body nutrient dense foods can increase metabolism, improve brain cognition, improve muscular development, and result in higher sustained energy levels.*



**#4 Plant-Based Plan (soy free)**  
*The Plant Based plan is vegetarian and vegan friendly that includes vegetables, legumes and grains. 4 out of the 6 meals in each delivery are Vegan and the other 2 are vegetarian!*

## LOYAL CLIENTS ARE REWARDED!

ReBuilt Meals loves being able to give recurring clients multiple benefits. There are many ways you can earn points and take advantage of ReBuilt Rewards.

- Earn 1 point for every \$1.00 you spend
- Earn 100 points for sharing ReBuilt Meals on Facebook, Instagram, and Twitter
- Earn 100 points on your birthday!
- Earn 400 points for referring another client
- Every 750 points you earn can be redeemed for \$50 off!
- The longer you enjoy our service the more points you will accrue, which will bump you up into higher tiers. Each tier has additional incentives to make your experience with us even better.

## THERE ARE NO LONG-TERM COMMITMENTS

You can pause, cancel, or change your ReBuilt Meals plan at any time.

ReBuilt Meals delivers to your location of choice (home, office, etc.), and they also have numerous pick-up locations listed on their website for your convenience.

**START 2021 OFF WITH THE SUPPORT AND CONVENIENCE YOU WANT. DON'T WAIT ANY LONGER TO GET BACK ON TRACK; CONTACT REBUILT MEALS TODAY!**

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# 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

**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](http://alexanderson.org)





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