

T A M P A B A Y ' S

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ST. JOSEPH'S CHILDREN'S HOSPITAL

SPECIALIZES IN PEDIATRIC

See Page 6

LUMBAR SPINE PAIN: SYMPTOMS, CAUSES & TREATMENTS

See Page 8

ISOLATION IS KILLING US. LITERALLY.

CONNECTION IS THE CURE.

See Page 12

LOVE YOUR HEALTH

TIPS TO GET
YOU BACK ON
TRACK AND
LIVING YOUR
HEALTHIEST LIFE

See Page 14

WHOLEHEARTED

See Page 15

A FEW WEEKS AGO YOU MADE A NEW GOAL TO EAT HEALTHIER

NEED A LITTLE BOOST?

See Page 13





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CONTENTS

FEBRUARY 2021

- 6 St. Joseph's Children's Hospital Specializes in Pediatric Cardiac MRI
- 7 Finally, There's Real Relief for Lower Back Pain
- 8 Lumbar Spine Pain: Symptoms, Causes & Treatments
- 10 Get The Most From Your Beauty Treatment Protocols and Regimens
- 11 Step Into The New Year With a Healthier, Straighter Smile
- 12 Isolation Is Killing Us. Literally. Connection is the Cure.
- 13 A Few Weeks Ago You Made a New Goal to Eat Healthier-Need a Little Boost?
- 14 LOVE Your Health: Tips to Get You Back on Track and Living Your Healthiest Life
- 15 Spiritual Wellness: Whole Hearted

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St. Joseph's Children's Hospital Specializes in Pediatric Cardiac MRI

St. Joseph's Children's Hospital has enhanced its services for pediatric and adult congenital heart defect patients with the addition of a pediatric cardiologist with specialized training in congenital cardiac magnetic resonance imaging (MRI), Ryan Boggs, M.D.

A cardiac MRI is a noninvasive imaging procedure that uses magnetic technology, not radiation, to make detailed images of the heart and its blood vessels in a short time. While an echocardiogram is often used in evaluating heart conditions, it has limitations in its ability to adequately provide detailed information about a heart's anatomy in patients who have undergone or may undergo cardiac surgery for congenital heart defects.

"The high-resolution images of the moving heart and blood vessel anatomy produced in a cardiac MRI provide insight into the overall quality of the heart function," said Dr. Boggs.

According to St. Joseph's Hospital Imaging Services Manager Greg Carter, the hospital has performed cardiac MRIs for adult patients with an acquired heart condition for many years, and the addition of a pediatric cardiologist who specializes in congenital heart diseases now brings the ability to interpret MRI results for children and adults born with many types of heart defects and other heart conditions.

Dr. Boggs will work with imaging technologists at St. Joseph's Hospital who are experienced in performing MRIs to evaluate congenital heart conditions such as Tetralogy of Fallot, Coarctation of the Aorta, arrhythmias, cardiomyopathies and other complex congenital heart defects.

"Every congenital heart defect patient is unique and being able to use cardiac MRI to evaluate their cardiac anatomy and function in real-time will allow for better long-term treatment planning," adds Dr. Boggs.



To get clear images, patients need to remain still in the MRI scanner during the test. To help kids with this, the hospital provides specially equipped Virtual Reality goggles that can be used to watch movies or play music during the procedure.

"For very young patients or those having difficulty remaining still during the MRI, anesthesia is available under the guidance of dedicated cardiac anesthesia specialists," said Carter.

St. Joseph's Children's Hospital's pediatric heart physicians perform hundreds of cardiac procedures each year to treat congenital and acquired heart conditions in children of any age, including

newborns. A partnership between St. Joseph's Children's Hospital and the Children's Hospital of Pittsburgh of UPMC provides families across Florida with unprecedented access to the highest level of pediatric heart care available. Together, they provide highly specialized cardiovascular care for patients ranging from babies in the womb to adults with congenital heart disease.

 **St. Joseph's
Children's Hospital**
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Finally, There's Real Relief for Lower Back Pain

Dr. Sunil Panchal

When you're dealing with chronic low back pain, it's difficult to focus on anything other than your discomfort. The agonizing and sometimes debilitating pain can cause us to lose out on the important things, like spending time with our families, being productive at work, and even the simplest daily activities can require monumental strength to muster through them.

The statistics are overwhelming. Millions of individuals that suffer from low back pain and are not getting the relief that they could simply because their condition is often misdiagnosed. One of the most widespread causes of low back pain known as sacroiliac joint instability demands a specially trained health care provider to diagnose and treat the condition.

Sacroiliac (SI) joint instability, also known as SI dysfunction, is very often undiagnosed because most physicians are not trained in this ligament sprain or joint malalignment disorder. The sacrum is the bottom portion of the spine, and its L-shaped vertebrae are fused together. The Ilium are the two large bones on each side of the sacrum that form the pelvic region. Very often, this area is misaligned, and the joints are under extreme tension and/or are offset.

The Symptoms of SI Joint Instability:

- Pain with sitting, standing, lying down or walking
- Numbness or tingling
- Pain that permeates down the legs
- Sciatic pain
- Groin and hip pain
- Pain just under the tailbone
- Gait issues
- Constant pain

Sacroiliac Joint Instability Causes

The most common cause of SI dysfunction is injury or trauma. If you've been in an auto accident or fallen on your hip or buttocks, you may have sprained or misaligned your SI joint. Transition syndrome also causes SI issues.

Other causes of Sacroiliac joint instability are, no precise cause at all. Some individuals are uncertain of how they may have injured themselves or why they have SI joint pain, and it takes an expert to diagnose and treat their condition properly. For women, being pregnant can cause some issues with joint pain due to the hormonal release that causes the pelvic region to relax and stretch as it prepares to make room within the birth canal. Other issues that cause SI dysfunction are spine misalignment, stenosis, and leg length discrepancies to name a few.

Instead of masking the pain with addictive medications or undergoing risky, unnecessary surgery, Dr. Panchal, with the National Institute of Spine and Pain has been offering patient's real relief and a restorative effect for their SI dysfunction. His technique, methods, and experience are the answer that many individuals have been waiting for to alleviate their back pain.

For SI Joint Instability, Dr. Panchal performs the following techniques: radiofrequency denervation, regenerative treatments (as non-surgical options), and minimally invasive SI joint fusion.

The National Institute of Spine and Pain utilizes the most advanced, innovative methods from radiofrequency to spinal stimulation to treat pain from surgical complications as well as the following:

- Back and neck pain, including herniated discs, spinal stenosis, tumors and fibrositis.
- Cancer Pain.
- Neuropathic Pain.
- Complex regional pain syndrome (also known as reflex sympathetic dystrophy or RSD).
- Muscle and joint pain.
- Disorders of the nervous system, including shingles and trigeminal neuralgia (facial pain).
- Chronic abdominal pain and pelvic pain.
- Pain from traumatic injuries including auto accidents
- Pain associated with osteoporosis and vertebral compression fractures.
- Sports related injuries.

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.

At the National Institute of Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Spine and Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed

The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuromodulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches* (2013). Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

At the National Institute of Spine and Pain, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries. They have many alternatives to help you with your personalized treatment needs.

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www.nationalinstituteofpain.org or
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Lumbar Spine Pain: Symptoms, Causes & Treatments

By: Regenexx Tampa Bay, Regenerative Medicine

The body is an interconnected machine with each part working together in harmony. The lumbar spine is a crucial element of this machine. The hip, knee, and foot are all controlled by spinal nerves within the low back. A problem in the lumbar spine could create problems at any point in the lower body. Common lumbar issues include arthritis, foraminal and spinal stenosis, pinched nerves, disc problems, muscle atrophy, loose ligaments, and spondylolysis. In this article, we will give you a brief overview of these common lumbar spine problems along with their potential symptoms, causes, and treatments.

First, let's take a look at the spinal column and its parts.

The Spinal Column

The spinal column is made up of vertebrae that are stacked one on top of the other with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine consists of the neck area and is made up of seven vertebrae (C1-C7). Following the cervical spine is the thoracic spine (T1-T12), the lumbar spine (L1-L5), the sacrum (S1-S5), and the coccyx. The posterior (back) portion of these vertebrae is known as the spinous process and on either side of these, connecting one vertebra to the next, are finger-joint-sized articulations called facet joints.

Another extremely important part of the spinal column is the spinal canal. This tunnel runs down the middle of the column and houses the spinal cord, which has many nerves that transmit muscle commands and sensory information throughout the body and to the brain. There are small holes in the spinal column where the nerves exit and branch off to other parts of the body. There is one at each level of the spinal column. One of these holes is called a foramen. Any of these structures can become damaged or diseased in some way and lead to pain, discomfort, or even disability.

Foraminal Stenosis

When the spine is healthy, spinal nerves easily traverse through the tunnels transmitting sensory information from each body part to the brain and provide impulses to the muscles so they can contract and move the body part. However, when the spine is unhealthy, the flow of information can be disrupted.

The disc or cushion in between the spine bones can bulge and/or the spine joints can get arthritis causing the foramen to narrow. This narrowing of the tunnel is called foraminal stenosis and can cause the nerves to get pinched. The pressure from a pinched nerve can cause muscle tightness, weakness, numbness, tingling,



burning, or electrical pain in the specific distribution of that nerve. For example, if there is a lower lumbar foraminal stenosis, you could experience numbness in your big toe. Sometimes the symptoms slowly manifest over time from a more subtle pinching of the nerve. If the nerve is irritated, it may release inflammatory substances into the tissue to which the nerve travels causing that tissue to degenerate more rapidly than other areas leading to painful problems such as tendinopathy.

You could have laser spine surgery to open up the hole, but this surgery can have major side effects and serious implications. Another way to surgically treat stenosis is with a spinal fusion, but the mention of a fusion should be a huge red flag to seek out other opinions. Why? Adjacent segment disease (ASD). After a fusion, the motion of the fused segments is limited and the biomechanical loads are transferred to the segments above and below the level of the fusion. These adjacent segments could get damaged and become painful over time resulting in additional surgeries.

Surgery is often performed after an MRI diagnosis of the problem. An MRI indicating stenosis is not enough to appropriately diagnose that stenosis is the cause of pain. If you do have foraminal stenosis, you should not put all your trust in MRI results. Patients may or may not have pain with foraminal stenosis. The MRI is a description of the appearance of the spine. Many people have stenosis and no noticeable problems. An experienced physician knows that it's critical to treat the person, not the MRI. This can be determined by a thorough history and physical examination. Research also shows that skilled physical therapy is as effective as surgery in relieving stenosis symptoms.

Our approach to foraminal stenosis utilizes nonsurgical solutions to treat it before it progresses. Precise image-guided injections of the patient's own platelets into the foramen and around the nerve can help manage the problem.

Facet Joint Osteoarthritis and Instability

The facet joints that we spoke of earlier can become injured from trauma or develop arthritis from cartilage breakdown due to wear and tear. Facet joints allow for and limit movement in the spine. When bending backward, these joints become compressed and when you bend forward, they open up. When damage or arthritis occurs, facet joints can become chronically painful, especially with movement. Facet arthritis is often referred to as Degenerative Joint Disease (DJD).

For facet arthritis or injuries, doctors may recommend a radiofrequency ablation (RFA) also referred to as a rhizotomy of the small nerve that senses pain from that specific facet joint. This is a destructive process that damages the nerve. Although this can be effective in some cases, it may leave the surrounding muscles weaker which can actually be a cause of back pain.

A surgical option is a lumbar fusion to bolt two or more vertebrae of the spine together to eliminate movement and therefore, pain. The nature of this surgery can also damage the muscles that stabilize the area. This is an irreversible procedure that can cause adjacent segment disease in the vertebrae above and below. This surgery should only be considered in the most extreme cases.

Our approach for DJD often includes high-dose PRP, platelet lysate, or stem cell injections precisely targeting the facet joints, surrounding ligaments, atrophied muscles, and around the nerves. This is a tissue preservation strategy that involves no cutting, surgery, hardware, or tissue destruction helping patients avoid pain medications and damaging cortisone injections.

Disc Problems

Within the lumbar spine, there are four types of disc problems that can occur. A herniated disc occurs when the outer covering of the structure breaks open allowing the inner gel to herniate out. A bulging disc is when the outer covering doesn't completely break open, but the fibers are stretched and weak leading the gel to bulge. A torn disc means that the outer cover has a tear that causes or it may allow the leaking of chemicals on the associated spinal nerve. Lastly, a degenerated disc is one that has collapsed or narrowed due to insufficient living cells inside the disc not producing enough of the substances that keep the disc plump. A severely degenerated disc is usually not a source of pain unless it's



bulging or leaking onto a spinal nerve. Earlier in the degeneration process, while the disc still has plumpness to it, tears in the back of the disc can be a source of low back pain that results in severe episodes of pain with sitting, coughing, sneezing, or lifting. When a disc is severely degenerated, it usually is no longer painful itself. However, the mechanical load of the compressive forces in the spine at that level are no longer being taken up by the disc and therefore get transferred to the facet joints leading to wear and tear and DJD as described above.

Generally, disc surgeries include either back fusions or disc replacement. Regarding fusion, the vertebrae are bolted together with hardware to keep them immobile. With disc replacement, the goal is to have fewer side effects than a fusion, however, research has shown that abnormal motion with an artificial disc can also lead to ASD. The other side effects of having a device implanted include wear-and-tear ions in the blood from the breakdown of the metal or plastic device, ongoing pain, and potential revision surgeries.

With our approach, herniated and bulging discs are treated based on the problem they are causing. For pinched nerves, instilling isolated growth factors or platelet lysate around the irritated nerve can help the nerve recover and become more tolerant of its narrow space. Injection of the surrounding ligaments and muscles provides for stability with better-controlled movements taking pressures off the disc and nerves. In some cases, bulging discs may be treated with a same-day stem cell treatment to reduce the size of the bulge or heal a tear. In other cases, cultured (grown) stem cells injected in a specific way may be required. Torn discs can be treated with either stem cell or PRP injections very effectively. Symptoms respond well to a treatment protocol focused on platelet and/or stem cell technology deployed to treat undesirable disc and lumbar segment movements due to lax ligaments and arthritic facet joints.

Pinched Lumbar Nerve

Pinched nerves can be caused by foraminal stenosis from bulging or herniated discs and facet joint arthritis as discussed. A pinched lumbar nerve can cause pain, numbness, tingling, or weakness anywhere along the route that particular nerve branch supplies. Pain may or may not be present in the low back.

Chronic knee pain could actually be due to a pinched nerve in the lumbar spine. A doctor may mistakenly conclude that the knee is the source of the pain. This is exactly why we find it so important to consider the entire musculoskeletal system as a whole rather than in parts and to take an extensive history and physical.

The surgical approach to a pinched nerve depends on the root cause. For example, if a disc bulge is to blame, it could be a discectomy and graft and/or lumbar fusion. If it is a foraminal stenosis, laser surgery may enlarge the foraminal opening where the nerve is being pinched. Problems with invasive lumbar surgery are many, including long recovery times and often continuing pain. Ultimately, the structure never fully functions as it originally did.



Our approach includes examining the full musculoskeletal system to determine the source of pain and the pinched nerve and then developing an appropriate treatment plan. Treatment may consist of precise image-guided injections of healing growth factors isolated from a patient's own blood platelets, PRP, or stem cells.

Steroids, NSAIDs, & Other Drugs - Not Recommended

You may be presented with other treatments within the traditional orthopedics model for lumbar problems, including steroid shots or medications. Nonsteroidal anti-inflammatory drugs (NSAIDs) come with a long and growing list of dangerous side effects, such as sudden-death heart attacks, stroke, gastrointestinal bleeding, addiction, and overdose.

Narcotics can provide pain relief but are not addressing the issue directly and of course, can be addictive. Overdose has become an increasing public health issue.

Steroid shots have been shown to destroy local cartilage in the joint which can progress arthritis and provide no significant long term pain improvement. In fact, pain relief usually diminishes with repeated steroid injections. The list of problems with these injections is also lengthy.

There are supplements that can be a good alternative for pain and inflammation. Chondroitin and glucosamine have been shown to be effective pain relievers and can preserve cartilage. Curcumin derived from turmeric can also decrease inflammation and relieve pain from arthritis and other issues.

Our spines are tuned to precision and attempting to rearrange the spine's biomechanics with fusions and surgeries is often a bad idea. It is essential to understand that where it hurts may or may not be where the primary damage is located.

Acting on a lumbar spine problem while it's still a small problem or when the issue first appears, will be less of an issue than trying to take care of it when it becomes a larger problem that spirals out of control. Conservative options may help in some cases, but if these options have failed, we urge you to seek out interventional orthopedic solutions!



Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).

He is a published author, presenter, and is currently the program director for the Interventional Orthopedic Foundation.

He lives in Sarasota, Florida with his wife and teenage daughter. Dr Leiber travels regularly to Denver, to teach regenerative orthopedic techniques to fellow doctors, and to Grand Cayman, where he is also licensed to treat patients.

The other physicians at Regenexx Tampa Bay are:



Ron Torrance II, D.O. - Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



Ignatios Papas, D.O. - Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



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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



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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.



Step Into The New Year With a Healthier, Straighter Smile

Dr. Clay McEntire

Getting 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.



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Saint Petersburg, FL 33716
Wednesdays & Thursdays: 8:00 a.m. - 5:00 p.m.
727-577-4911

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Isolation Is Killing Us. Literally.

Connection is the Cure.

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



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

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

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

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

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



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

About Seniors in Service of Tampa Bay:

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



SENIORS in SERVICE

GEARED UP TO SERVE

For more information,
visit www.seniorsinservice.org

A Few Weeks Ago You Made a New Goal to Eat Healthier—Need a Little Boost?

It's February, so be honest, how are you fairing with your New Year's resolutions? Are you still forging ahead? The truth is the majority of people are finding it challenging to stay on track. Many people are finally getting back to working full days outside of the home, and they are busier than ever. It goes without saying, with the newfound stress of 2021's demands, overwhelming news cycles that keep us glued to social media, cable, and streaming services, there's no wonder we're reaching for convenient foods, unhealthy snacks, and packaged meals full of chemicals and preservatives. We get it! Things are still a bit hectic.

One of the best tips that experts offer those trying to meet goals is to make a plan, write it out, and look it over every day. However, if you are like millions of others who find it difficult to stave off tempting queso and chips, ordering pizza, or eating a bowl of cereal for dinner (yes, you have), there is an answer to keep you on top and ahead of the temptation, and it doesn't involve a mantra (although those can be beneficial).

Instead of throwing in the towel and not believing you can stick to your plan to eat a healthy diet, there is a better way. And the best news is that it doesn't involve grocery shopping, prepping, marinating, cooking, or cleaning up pots and pans. It's true! You can eat healthfully, stick to your diet goals, and not have to lift a finger—well, except to place your order.

What if you could have nutritious customized meals, that were healthy and didn't derail your lifestyle goals? Whether you are Keto, Vegan, Plant-Based, or Gluten, Dairy, and Soy Free, ReBuilt Meals makes it easy to stick to your diet plan.

Love Your Life & 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 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.

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.

GET BACK ON TRACK WITH THE SUPPORT AND CONVENIENCE YOU WANT. DON'T WAIT ANY LONGER—CONTACT REBUILT MEALS TODAY!



ReBuiltMeals.com | (813) 775-7104

LOVE Your Health:

Tips to Get You Back on Track and Living Your Healthiest Life

We hear so much about love this time of year, but how in tune are you with the importance of loving yourself enough to live your healthiest life? Many people struggle with this philosophy and don't feel like they have the time, willpower, or fortitude to embark on or follow through with health and fitness. We have a few tips to get you motivated and, on your way,—it's never too late!

Tips For Meeting Your Health Goals

Speaking to your health care provider is critical before starting any new exercise or making dietary changes.

#1 Exercise

Exercise is an integral part of daily life because it keeps our blood circulating, improves muscular definition, and prevents muscle atrophy. Exercise is good for our hearts, cardiovascular systems, and our brains.

Studies have shown that regular exercise prevents or reduces the severity of chronic diseases such as cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis, and premature death.¹

Many studies are purporting the benefits of exercise to alleviate the onset or slow the progression of cognitive decline. Many researchers agree that just 30 minutes of aerobic exercise 4 to 5 times per week is known to improve cognition and can even reduce atrophy in the brain.

#2 Diet

While both are critical for overall health, what we eat is equally or, in some cases, more important than exercise. Studies have indicated that those who eat lean proteins, vegetables, fruit, legumes, nuts, and seeds have healthier lives throughout the aging process. If individuals are eating healthy foods, avoiding processed meats and packaged foods, limiting sugars and unnecessary convenient foods, they are much healthier than their peers in most cases.

It only makes sense that what we put into our bodies helps it to function efficiently or hinders it's cellular processing and renewal. Hippocrates was correct when he said, "Let food be thy medicine and let medicine be thy food."

Those who consume the majority of their meals by eating whole, nutritious plants and lean proteins (animal or plant-based), they are, for the most part eliminating inflammation and reducing sugar spikes and therefore warding off chronic disease.



Are we saying you can never have a piece of cake or a slice of pizza? No. However, most experts agree that it's best to limit junk food or processed foods to a minimum or enjoy them on special occasions. Once people start eating healthy, their taste and cravings usually change, and they begin to love whole, nutritious foods.

#3 Eliminating Stress

Easier said than done sometimes, limiting stress and anxiety is essential for your overall health. Untreated stress can lead to numerous chronic health conditions. It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself in a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly, and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day.

To overcome stress, we need a well-rounded treatment protocol that incorporates medication (if necessary), stress management, nutrition, high-quality sleep, exercise, meditation, hormone balancing, and other therapies to help stabilize our body and brain.

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

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- Card and Game Clubs
- Fitness and Wellness Programs
- Local Outings Around Town
- And so much more

References:

1. D. Warburton, *Health benefits of physical activity: the evidence*, CMAJ. 2006 Mar 14; 174(6): 801-809. doi: 10.1503/cmaj.051351. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1402378/>

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WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love* . . . and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2021 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my **heart**. I'm reading a great book right now called *Soulful Simplicity* by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.



In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2021.



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