

T A M P A B A Y ' S

Health & Wellness[®] MAGAZINE

March 2021

South Tampa Edition - Monthly

FREE

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NATIONAL NUTRITION AWARENESS MONTH

EATING HEALTHY
CAN BE DELICIOUS
REBUILT MEALS
HELPS YOU STAY
ON TRACK

See Page 9

SJH NAMED ONE OF THE NATION'S 50 TOP CARDIOVASCULAR HOSPITALS

BY FORTUNE AND
IBM WATSON HEALTH

See Page 6

5 REASONS TO AVOID KNEE REPLACEMENT SURGERY

See Page 7

WHAT YOU NEED TO KNOW ABOUT YOUR IMMUNE SYSTEM

See Page 12

NUTRITION

WHAT WE EAT
REALLY DOES MATTER

See Page 10





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**Chest pressure, a squeezing sensation or chest pain.
These feelings may be angina, a symptom of heart disease.**

Your heart comes with a warning system called angina, which happens when part of the heart doesn't get enough blood and oxygen. Angina is a symptom of coronary artery disease (CAD), a type of heart disease that occurs when arteries that carry blood to the heart become narrowed or blocked. Although angina often feels like a pinching sensation in the chest, it can also be accompanied by sluggishness, fatigue and chest tightness. If you experience any of these symptoms, the heart experts at BayCare's St. Joseph's Hospital can quickly get to the cause and treat it with a procedure that's right for you.

Diagnosing and treating CAD is just one area of our expertise. We use state-of-the-art technology to treat rhythm disorders like AFib and offer minimally invasive procedures for structural heart and valve conditions. St. Joseph's Hospital provides care for advanced heart failure through our Heart Function Clinic and BayCare's ventricular assist device program, and has an accomplished open-heart surgery program. Along with many other treatment options and advanced heart care services, our multidisciplinary team is here when you and your heart need us. And we have enhanced safety measures to help keep you protected, so you can feel secure getting the care you need. Don't ignore your heart's warning system. Learn more and get a cardiology referral: StJosephsHeart.org





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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.

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CONTENTS

MARCH 2021

- 6 SJH Named One of the Nation's 50 Top Cardiovascular Hospitals by Fortune and IBM Watson Health
- 7 5 Reasons to Avoid Knee Replacement Surgery
- 8 Get The Most From Your Beauty Treatment Protocols and Regimens
- 9 National Nutrition Awareness Month-Eating Healthy Can be Delicious-ReBuilt Meals Helps You Stay on Track
- 10 Nutrition: What We Eat Really Does Matter
- 11 Finally, There's Real Relief for Lower Back Pain
- 12 What You Need to Know About Your Immune System
- 13 Excessive Bleeding and Pain Lead Many Women to Believe That a Hysterectomy is Their Only Option-Not True
- 14 Isolation Is Killing Us. Literally. Connection is the Cure.
- 15 Spiritual Wellness: Maintaining Healthy Friendships

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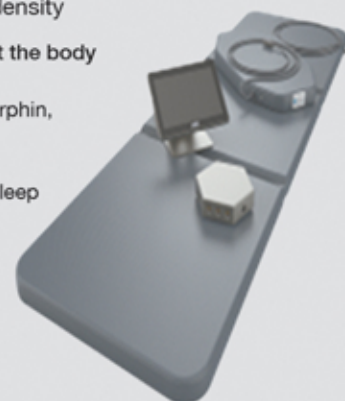
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SJH Named One of the Nation's 50 Top Cardiovascular Hospitals by Fortune and IBM Watson Health

St. Joseph's Hospital was named as one of the nation's top performing hospitals by Fortune and IBM® Watson Health® last year. The annual Fortune/IBM 50 Top Cardiovascular Hospitals study spotlights leading short-term, acute care, non-federal US hospitals that treat a broad spectrum of cardiology patients. The study is designed to identify impartial, actionable, and attainable benchmarks for hospital and clinical leaders as they work to raise their own organizations' standards of performance in cardiac care.

"The fact that we are the only hospital in Hillsborough County to receive this award, and that this is our third time on this list, underscores how we strive to provide extraordinary care for our community," said hospital President **Kimberly Guy**. "St. Joseph's Hospital's Heart Institute is one of the most advanced and comprehensive centers for cardiovascular care in Florida. We combine our expertise with compassionate care and are at the forefront of the latest research and new techniques in heart care."

The 2020 study included 980 U.S. hospitals with cardiovascular service lines. Based on comparisons between the study winners and a peer group of similar hospitals in the study, the winners delivered better outcomes while operating more efficiently and at a lower cost. The study uses independent and objective research to analyze cardiovascular hospital performance in clinical and operational areas addressing inpatient and 30-day mortality, patient complications, 30-day readmission, average length of stay, 30-day episode-of-care payment, and adjusted cost per case, for acute myocardial infarction (AMI), coronary artery bypass graft (CABG), percutaneous coronary intervention (PCI) and heart failure (HF) patients. The annual report highlights the top-performing cardiovascular hospitals in the U.S. based on a balanced scorecard of publicly available clinical, operational, and patient satisfaction metrics and data.

Extrapolating the results of this year's study, if all Medicare inpatients received the same level of care as those treated in the award-winning facilities:

- More than 7,000 additional lives could be saved
- More than 5,000 heart patients could be complication-free
- More than \$1.6 billion in inpatient costs could be saved



Alok Singh, M.D., (left) and Andrew Sherman, M.D., collaborate during a cardiac procedure. Dr. Singh is Chair of St. Joseph's Hospital's Cardiology program and Dr. Sherman is Chair of St. Joseph's Hospital's Cardiovascular Surgery program.

"With more than 120 million American adults living with some form of cardiovascular disease, cardiovascular services are among the most critical in healthcare," said Ekta Punwani, 100 Top Hospitals Program Lead, IBM Watson Health. "Hospitals are constantly working to improve clinical and operational performance, and the exceptional organizations on this list demonstrate the standard for top performing cardiac care. Their benchmarks serve as a real-world checkpoint for cardiovascular care across the U.S."

Earlier in 2020, St. Joseph's Hospital was named among the nation's 100 Top Hospitals by IBM Watson Health® for the fourth time. In addition, BayCare Health System, which includes St. Joseph's Hospital as one of its 15 hospitals, was recognized by IBM Watson Health as one of the top 20 percent large health systems in the country. This is the second year in a row that BayCare has been recognized with this honor.

St. Joseph's Hospital's Heart Institute is a leading center for diagnosing and treating adult and pediatric patients with heart conditions.

"We are proud to recognize the collaborative care of team members and specialized providers, cardiologists, interventional cardiologists, cardiothoracic surgeons, electrophysiologists and Advanced Heart

Failure specialists in caring for our most complex patients," said **Nanette Wilcox**, director of the Heart Institute.

St. Joseph's Hospital recently received the Mission: Lifeline® STEMI Receiving Center – Gold Plus Award from the American Heart Association (STEMI, acute ST-elevation myocardial infarction, is more commonly known as a heart attack). In addition, St. Joseph's Hospital has earned a distinguished three-star rating from The Society of Thoracic Surgeons (STS) for its patient care and outcomes in isolated coronary artery bypass grafting (CABG) procedures. The three-star rating, which denotes the highest category of quality, places St. Joseph's Hospital among the elite for heart bypass surgery in the United States and Canada. Our Advanced Center for Atrial Fibrillation (Afib) uses the latest catheter-based treatments and minimally invasive surgical approaches, leading to long-lasting, more effective treatment.

The 50 Top Cardiovascular Hospitals were announced in *Fortune*. For more information, visit <https://www.ibm.com/watson-health/services/100-top-hospitals>.

 **BayCare** | **St. Joseph's Hospital**

StJosephsHeart.org

5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

We understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenexx Tampa Bay has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at 941-357-1773 in Sarasota and 813-544-3123 in Tampa. For Gold Coast Orthopedics in Aventura, FL, please call 786-855-4800.

Knee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in



the blood, have been the subject of many class-action lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.

3. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.

2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of

hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

Alternatives to Surgery

Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenexx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

Regenexx Tampa Bay provides trusted solutions by orthopedic stem cell experts. We offer the nation's most advanced, researched, and evidence-based non-surgical stem cell and platelet treatments for injuries and arthritis.



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

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





CBD Healthcare Company
The source you can trust

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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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.

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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** 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.

National Nutrition Awareness Month—Eating Healthy Can be Delicious—ReBuilt Meals Helps You Stay on Track

When it comes to choosing a healthy diet, the amount of contradictory information and programs can be overwhelming. Is vegan, paleo, pescatarian, or keto the answer for optimal health? It's not so cut and dry.

The confusion lies in the fact that all people have different needs and different reactions to foods and nutrients, but the bottom line is, healthy, whole, plant-based diets are the key to health and organ function. This, however, does not mean that you should or should never consume animal products. It simply indicates that incorporating the right types, quantity, and quality of vegetables and fruits are essential to helping people stay healthy and to reverse damage and degeneration.

Diets like the Mediterranean diet are viable options for individuals that want to have healthy cardiovascular systems, reduce the risk of dementia and other chronic conditions, but still consume some animal products. Eating plant-based foods while consuming lean proteins like finfish, shellfish or poultry can nonetheless be healthy. With a heart-healthy diet, the best advice is to load up on fresh organic produce, limit refined or processed foods, reduce alcohol and sugar, eliminate processed meats and excessive saturated fats. If being 100% plant-based is better suited for one's personal preference or needs, that is absolutely a remarkable way to stay healthy and protect the heart. But the one thing we know from various studies and research is that processed carbohydrates, sugars, and trans fats cause inflammation and can exacerbate disorders.

ReBuilt Meals Has You Covered

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!

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Nutrition: What We Eat Really Does Matter

When it comes to diet and nutrition, it's safe to say that there are countless opinions of what's best. So, how do you really know whose advice to take? Mostly, it just comes down to common sense. For example, what's better, an apple or a cookie? A bag of chips or a handful of nuts and vegetable sticks?

Many people are jumping on the ketogenic bandwagon, and while it's beneficial for some individuals, it can wreak havoc on internal organs and overall health if done improperly. Saturated fats, processed meats, and dairy might sound delicious, but they can be detrimental to heart health and cause excessive plaque to form in the arteries throughout the body. If you want to limit simple carbs like bread, pasta, chips, and cookies, that's a fantastic idea, and it can help you maintain a healthy weight and reduce the risk of chronic disease.

There is no one magic diet, but avoiding added sugars, white flour, packaged foods, and snacks is a great way to feel better, increase energy and reduce the risk of diabetes, heart disease, cancer, and many other conditions. However, it's not just about what we avoid that's important, but it's also critical to eat a healthy diet the majority of the time.

If you can, increasing your intake of fresh or frozen vegetables and fruits is a great way to increase fiber, phytonutrients, and numerous vitamins into your diet. This will feed your cells and can even help to reduce some of the damage that may have taken place over the years. It's also wise to add in lean proteins. These can be plant-based or animal products, or a combination of both. Things like finfish, shellfish, nuts, seeds, and legumes are an excellent choice to feed and nourish your body.

It's also important not to go fat-free. It's important to avoid most saturated fats, but eating healthy fats is vital for the body to function properly. Foods like olives, avocados, walnuts, and extra virgin olive oil are full of essential nutrients and fatty acids that we need to thrive optimally.

There have been several recent studies on the effects of the Mediterranean Diet and heart disease. Although the results vary somewhat, in the end, after following patients for several years, those on a Mediterranean style diet, which is rich in plants and fish, and limits sugar, meats, and packaged foods have a

significantly less incidence of heart disease. The Mediterranean and similar diets also show that it has the most impact on those with high blood pressure, high lipid counts (cholesterol, triglycerides), diabetes, and obesity.

Eating healthy foods helps us to not only feel and look better, but it supplies our bodies with energy and the nutrients it needs to thrive.

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.

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

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- Mail Room
- Concierge
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- Craft and Hobby Classes
- Card and Game Clubs
- Fitness and Wellness Programs
- Local Outings Around Town
- And so much more



Aston Gardens At Tampa Bay

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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.

Please visit their website at
www.nationalinstituteofpain.org or
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What You Need to Know About Your IMMUNE SYSTEM

By Sheryl Hensel

As long as your immune system is running smoothly, you don't even notice it's there or think about what it's doing.

What happens when it doesn't work properly? Diseases like Colorectal Cancer, Endometriosis, Kidney Disease, Vision Impairments, and Brain Disorders to name a few start to set in.

The role of an immune system is to protect your body against harmful substances, germs, bacteria, viruses, parasites, and cell changes that could make your body sick. It also recognizes and neutralizes harmful substances from the environment, like radioactive frequencies from your smart devices.

What are you doing to equip your system with the tools to fight it? We aren't living in the same world our grandparents and great grandparents lived in. They didn't have the assaults against their body that we have today. The ground was left to build minerals back before crops were planted again. The air and water wasn't riddled with toxins and pesticides. The list is long comparing the differences in just our environment alone, not to mention stress levels. They weren't surrounded by cement or driving for hours every day in a car. Being sedentary just wasn't part of their lifestyle. Times are very different and we need to be proactive in preventing our immune system from breaking down.

Imagine sitting at a table with 6 people and you're the only one whose body doesn't subside to the nasty germ roaming around. Why is it that some people exposed to the same germ get sick and some don't? They have a strong immune system and that doesn't happen by chance.

The innate immune system, which you are born with, recognizes an invader and immediately goes into action. The cells of this immune system surround and engulf the invader. The invader is killed inside the immune system cells.

The adaptive immune system, which your body develops as it is exposed to things, produces cells (antibodies) to protect your body from a specific invader. Once the body has come into contact with a



disease-causing germ for the first time, it usually stores information about the germ and how to fight it. Then, if it comes into contact with the germ again, it recognizes the germ straight away and can start fighting it faster.

How do you help your immune system be as optimal as it can be?

Are you getting 8 hours of sleep? Are you drinking water, many recommend half your weight in ounces? Is your food organic, nutritionally dense, vegetables full of color? Do you get 30 minutes of exercise a day? These are a few things that you can do to support your immune system and help build healthy cells. There are also things that decline cellular health and provide a greater opportunity for disease to develop. Are you eating processed and high sugar foods? Do you cook with a microwave? Are you in constant stress? Are you taking medication? Are you sitting for long periods of time? Are you constantly around smart devices or wifi? There are so many things in our lives today that harm our immune systems that our ancestors never had to worry about.

Are you going to do the things your body really needs to be optimally healthy? For many of us, the answer is no. As much as we know eating sugar is bad for us, we often partake in too much at times. We know smoking has been linked to cancer yet it isn't just that easy to quit. Most of us know what needs to be done to take weight off and keep it off, yet our nation's obesity rates are sky rocketing. What we know and what we do are often two different things.

That is why it's so important to support your cell health. Without cell health disease is likely to invade your body. Remember from last month's article, once a cell has lost 60% of its energy, it stops working and uses the remaining energy to survive. Magnetic resonance stimulation (MRS) may indeed come to the rescue therapeutically and/or preventatively, acting as a "whole body battery recharger". We know that cells that are oxygenated can do battle easier in your body than a depleted cell. Prevention is much less expensive and less painful than disease. Give yourself the gift of cell health this year and start 2021 off with a step in the right direction. Living a quality life with your well-earned time left is the name of the game, not sitting in doctor's offices.

If you'd like to learn more about how our PEMF devices can help you eliminate, or greatly alleviate, your pain contact Sheryl at (949) 220-4900. Please leave a message and someone will return your call within 24 hours. We do have weekly presentations.

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Excessive Bleeding and Pain Lead Many Women to Believe That a Hysterectomy is Their Only Option—Not True

By Parveen Vahora, M.D.

It's not uncommon for women to experience heavy bleeding due to fibroids or cysts at various stages in their life, but for many women endometriosis is the primary disorder causing their ongoing issues. Endometriosis and intrauterine disorders can cause excessive bleeding and pain. For older women that are finished having children, gynecologists often recommend hysterectomy. The same holds true for women that are finished having children and may have complications due to cancer, ovarian cysts or tumors.

Deciding to have a hysterectomy is a big decision because once the reproductive organs are removed, hormone replacement therapy is absolutely necessary for overall wellbeing and health. Thankfully, there are alternative options.

Endometriosis is a Common Problem

Endometriosis often goes undiagnosed. The endometrium is a mucous membrane that lines the uterus. The endometrial tissue and cells normally grows and sheds within the uterus during the female reproductive years. When there is an overgrowth of the endometrial tissue, it begins to grow outside of the uterus onto the ovaries and fallopian tubes. When this happens, it causes extreme pain for many women due to its associated inflammation and tightening sensations, and it's the continual natural process of shedding the lining (menses) even outside of the uterus.

The actual cause of endometriosis is still uncertain, but hormonal influences, hereditary factors, endometrial cell flow issues, and immune system disorders are all thought to be indicators of the overgrowth of endometrial tissue.

Symptoms of Endometriosis

- Painful periods
- Pelvic pain in between periods
- Excessive bleeding
- Discomfort during sexual intercourse
- Infertility
- Fatigue
- Bloating
- Discomfort during Bowel movements and urination

Endometriosis can lead to adhesions, which are sticky bands of scar tissue that adhere and tighten the inner space and organs within the Pelvic floor and womb. Adhesions can cause a great deal of pain on a regular basis and become even more stretched and begin pulling at the organs during the menstrual cycle. This can cause pain with menses, pelvic pain and pain with intimacy

TREATMENT OPTIONS

Medications:

ORILISSA is an oral pill that's clinically proven to relieve moderate to severe endometriosis pain. It's different—it's not a painkiller, injection, surgery, or birth control. And it does not contain hormones. ORILISSA works differently than other endometriosis pain treatments. It is a pill that dials down the amount of estrogen[†] in the body (estrogen fuels painful endometriosis lesions). Less estrogen equals less fuel for painful endometriosis lesions. ORILISSA is available in 2 doses. Each dose lowers estrogen by different amounts so you and your gynecologist can choose which dose is best for your individual needs.

LUPRON DEPOT is a prescription injectable medication for the management of endometriosis. It decreases estrogen levels to a very minimal level. It can help relieve the pain of endometriosis and reduce endometriotic lesions. LUPRON DEPOT has been prescribed by doctors since 1990.

It offers two different dosing options for treatment which are:

- Injected once every 3 months (11.25 mg dose)
- Injected once each month (3.75 mg dose)

LUPRON DEPOT suppresses the hormones that cause endometrial tissue to grow. LUPRON DEPOT therapy suppresses the signals from the pituitary gland in the brain to the ovaries, which stimulate estrogen production. By doing this, LUPRON DEPOT injections also suppress the hormones that cause the endometrial to grow.

Suppressing the hormones helps:

- Provide endometriosis pain relief
- Reduce endometriotic lesions

There are minimally invasive options with laparoscopy. In most cases, women do not have to undergo long surgeries with large incisions. However, a combination of medications and minimally invasive surgery often provide optimal outcomes.

Parveen Vahora, M.D.

Dr. Vahora specializes in pelvic pain and endometriosis and is passionate about educating fellow physicians and the community on these topics. She is fellowship trained in minimally invasive surgery. Another focus of hers is sexual health and offers MonaLisa Touch® for patients going through menopause, as well as post-menopausal women, breast cancer survivors, and those suffering from pain during intercourse or intense dryness.

Minimally Invasive Surgery

Laparoscopic diagnostic procedures can detect wear growths have formed. Dr. Vahora is able to remove endometriosis through laparoscopic methods, relieving patients of pain quickly and effectively. The field of gynecology has seen an emerging trend of minimally invasive procedures (MIP). These advances result in a shorter recovery period, less pain, and less scarring for women than the traditional surgical procedures.

Laparoscopy is the surgical technique where a camera is placed through a small incision in the umbilicus. Two smaller incisions are used to insert the surgical instruments. Laparoscopy allows the surgeon to visualize the entire abdomen and pelvis without making a large incision on the patient's abdomen.

Laparoscopic Hysterectomies

Having a hysterectomy is a decision one in every three women in the United States will face. In fact, hysterectomy is the second most common major surgery among women in this country. Of those surgeries, approximately one-third will be performed as a minimally invasive procedure that can result in a shorter recovery and leave a smaller scar.

Women do not need to be sidelined by hysterectomies. Dr. Vahora introduces "Not Your Grandmother's Hysterectomy®." Those who have a minimally invasive procedure typically return to normal activities in a few weeks. Traditional hysterectomies require an average hospital stay of five to seven days, and complete recovery may require up to two months. In other words, if you are a candidate for a minimally invasive procedure, you could return to your normal life in a much shorter time and experience a less painful recovery. "Not Your Grandmother's Hysterectomy®," makes a monumental difference for patients.

Techniques and technology have dramatically improved treatment. You don't have to live with the pain of endometriosis; there are many alternatives for you to get back to being pain free.

Get the relief and new beginning that you are worthy of. Call (727) 376-1536 today to schedule an appointment or email Info@ParveenVahoraMD.com. During office hours, you can also text to (813) 548 4412.

To find out more, please visit ParveenVahoraMD.com or email info@ParveenVahoraMD.com.

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!**



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GEARED UP TO SERVE

For more information,
visit www.seniorsinservice.org

Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do **NEED** friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.



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