

Health & Wellness[®] MAGAZINE

July 2021

Polk/Brandon Edition – Monthly

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**BAYCARE OPENS FIRST
URGENT CARE IN LAKELAND**

**SPIDER VEINS TREATMENTS
AND CAUSES**

**RADIOFREQUENCY ABLATION
FOR PAIN MANAGEMENT**

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BayCare Opens First Urgent Care in Lakeland

BayCare Health System has brought a state-of-the-art urgent care clinic to the Lakeland area. The leading health system in the region has opened the first BayCare Urgent Care in Lakeland to provide convenient and easy access to care for patients in that local community.

BayCare Urgent Care located at the Southgate Shopping Center on 2645 South Florida Ave in Lakeland provides efficient, high-quality and compassionate health care from an experienced team of clinicians for adults and children ages two and older.

“We’re thrilled to bring the first BayCare Urgent Care to Lakeland,” said, Jim Cote, senior vice president for Ambulatory Services at BayCare. “Our goal is to give patients convenient access for the right level of medical care in the right place and at the right time. And we hope this service does just that.”

At this facility, urgent care provides a total care experience including X-rays, laboratories and EKGs. The center treats medical conditions without prior appointment including minor illnesses and injuries, flu and colds, sprains and strains, minor cuts, stings and burns.

The clinic also offers school and sports physicals and occupational health services including post-hire physicals, drug screenings, treatment of workplace injuries and vaccinations.

To enhance patient experience, BayCare Urgent Care allows visitors to reserve their place online through Save Your Spot. The clinic’s hours of operation include Monday through Friday, from 9am – 6pm and closed on Saturday and Sunday.

For more information,
visiting BayCare Urgent Care’s website at
BayCareUrgentCare.org



About BayCare Health System

BayCare is a leading not-for-profit health care system that connects individuals and families to a wide range of services at 15 hospitals and hundreds of other convenient locations throughout the Tampa Bay and central Florida regions. Inpatient and outpatient services include

acute care, primary care, imaging, laboratory, behavioral health, home care, and wellness. Our mission is to improve the health of all we serve through community-owned, health care services that set the standard for high-quality, compassionate care. For more information, visit www.BayCare.org.



 **BayCare**
Urgent Care

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TubcuT® Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.



Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

The TubcuT® is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT® as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT® creates an opening that fits your needs. Unlike cap systems, The TubcuT® adapts to you and what your lifestyle requires. With TubcuT's® exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT® threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® Follows the same exact contour of your tub there, and there is no ledge on the

threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT® is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!



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SPIDER VEINS

TREATMENT AND CAUSES

by Samuel P. Martin, MD, FACS,
Medical Director at Vascular Vein Centers



Spider veins (also called telangiectasias) are small superficial blood vessels in the skin. They get their name because their appearance is similar to that of a spider web. They most commonly appear as blue or purple spider web-like patterns on the inner and outer thighs, calves, back of the knees and the ankle area.

Spider veins can be the tip of the iceberg as a sign of underlying vein disease. Some people complain of warmth or discomfort over spider patterns. Do your spider veins or profession indicate high risk factors for vein disease?

WHAT'S CAUSING YOUR SPIDER VEINS?

Many factors can contribute to the development of these unattractive veins. Some can be avoided or improved, but many of these factors are out of your control:

- Heredity
- Hormones
- Pregnancy
- Weight gain
- Age
- Trauma
- Surgery

Prolonged standing or sitting required by many professions can contribute to the development and reoccurrence of spider veins.

YOUR TREATMENT OPTIONS

Our spider vein treatment options improve the appearance of your legs with minimally invasive procedures that let you get back to normal activities the same day. They require no prolonged recovery or discomfort. We use injection sclerotherapy for the best results eliminating spider veins. It is important to realize that more spider veins can occur over time.

Stop hiding your legs because of spider veins. You don't have to wait to get spider



vein treatment that will eliminate the embarrassing webs of blue, red and purple veins. We offer regular cost-saving specials to help you regain the confidence and self-image you may have lost. Take a moment to visit our website and review our Cycle of Care, which outlines the Vascular Vein Centers' treatment process, to see how quickly you can get back legs you'll want to show.



**CALL TODAY FOR YOUR
FREE HEALTHY LEG SCREENING**



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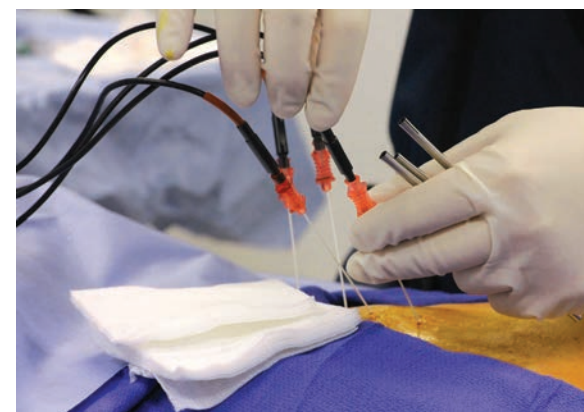
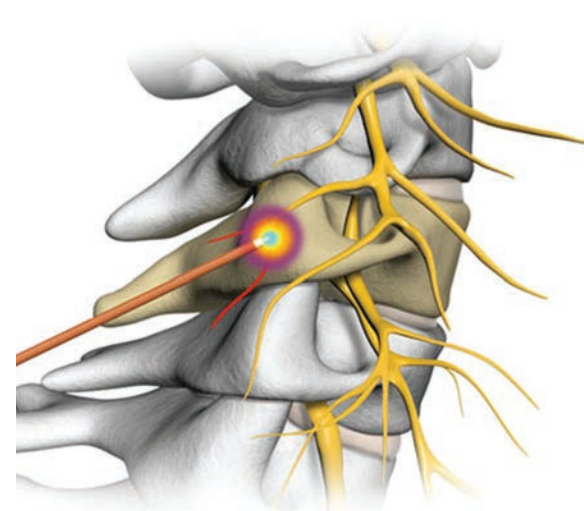


RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



At the Spine & Pain Institute of Florida in Lakeland, Florida, Navdeep Jassal, MD, and his team are experts at performing radiofrequency ablation. This minimally invasive treatment can get rid of your pain for months, years, or even forever.

WHAT IS RADIOFREQUENCY ABLATION?



Radiofrequency ablation is a treatment that uses electromagnetic waves to create heat. The heat destroys the nerve tissue that's causing your pain. With the nerve destroyed, the pain signal is no longer sent.

WHAT CONDITIONS ARE TREATED BY RADIOFREQUENCY ABLATION?

Dr. Jassal uses radiofrequency ablation to help patients with chronic pain in the lower back, neck, and sacroiliac joints, which are located in the pelvis. Patients with joint pain related to arthritis may also benefit.

A

RE YOU ONE OF THE MILLIONS OF AMERICANS SUFFERING FROM CHRONIC BACK OR NECK PAIN? HAVE YOU TRIED MULTIPLE TREATMENT OPTIONS WITH LITTLE OR NO SUCCESS? IF SO, RADIOFREQUENCY ABLATION MIGHT BE THE SOLUTION TO YOUR CHRONIC PAIN.



It's also possible to treat other pain conditions with radiofrequency ablation. The team at Spine & Pain Institute of Florida will give you a thorough evaluation to determine the best course of treatment for your symptoms.

HOW DOES RADIOFREQUENCY ABLATION WORK?

Radiofrequency ablation is minimally invasive, and the procedure typically takes less than an hour. It's performed on an outpatient basis, and patients are usually allowed to go home after a short recovery period.

Typically, you are given a local anesthetic at the treatment site. Then, using a special X-ray, Dr. Jassal inserts a needle near the nerve that's causing your pain.

Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

Dr. Jassal will provide you with specific post-procedure instructions, and these usually include avoiding driving for 24 hours as well as resting and avoiding strenuous activity for 24 hours.

IS RADIOFREQUENCY ABLATION EFFECTIVE?

Yes. More than 70% of patients experience lasting relief with radiofrequency ablation. It usually takes 1-3 weeks for the treatment to take its full effect.

Pain relief typically lasts 6 months to 2 years, and for some patients, the pain never returns. It's possible, however, for the nerve to regrow. In these cases, radiofrequency ablation may be required again.

ARE THERE ANY RISKS ASSOCIATED WITH RADIOFREQUENCY ABLATION?

Radiofrequency ablation is a safe procedure with few risks of complications. Serious complications, such as infection and bleeding, are rare. Temporary side effects — which are also uncommon — usually only last 2-3 days.

They include:

- Localized numbness or weakness
- Mild discomfort or an increase in pain
- Swelling or bruising at the incision site

The treatment is not a good option for women who are or may become pregnant, people with an infection, or those who suffer from bleeding disorders.

You don't have to live with pain any longer. If you're suffering from chronic pain, book an appointment online or over the phone with Spine & Pain Institute of Florida today.



About Dr. Jassal

If you want an award-winning expert who offers the latest treatments to reduce pain, look no further than Navdeep Jassal, MD. At his practice, Spine & Pain Institute of Florida, located in Lakeland, Florida, Dr. Jassal treats a wide variety of pain types with comprehensive, personalized, evidence-based care.

Dr. Jassal started his medical education at the University of California, San Diego, where he earned his bachelor of science in biology. He then continued onto Ross University School of Medicine in Dominica, West Indies, completing his Doctor of Medicine degree. He completed his physical medicine and rehabilitation residency at the Zucker School of Medicine at Hofstra/Northwell in Great Neck, New York, and was elected chief resident during his final year. Dr. Jassal then rounded out his medical training with a pain medicine fellowship at the University of South Florida Morsani College of Medicine in Tampa, Florida.

Today, Dr. Jassal is certified by the American Board of Physical Medicine and Rehabilitation in both pain medicine and physical medicine and rehabilitation. He leverages his pain medicine specialty to help patients manage even the most complex pain.

Dr. Jassal treats chronic and acute pain, including cancer pain, neurological pain, and musculoskeletal pain. To do this, he offers each patient a personalized interventional treatment plan that may include tailored physical therapy, medication, and procedures like implantable spinal cord stimulators, intrathecal drug delivery systems, lumbar decompression, minimally invasive sacroiliac joint fusion and more.

When he's not treating patients, Dr. Jassal extends his expertise to others. He serves as an assistant professor for the Department of Physical Medicine & Rehabilitation at the University of Central Florida as well as an assistant clinical professor for the University of South Florida's pain medicine fellowship. He is also actively involved in research to uncover new, minimally invasive ways to treat spinal pain.

Dr. Jassal is an award-winning physician. In the Tampa edition of Top Doctor, he was voted the #1 Tampa pain physician in 2018 and was runner up in 2019. The University of South Florida named him Pain Faculty Attending of the Year in 2018. In addition, he recently won first place at the annual meeting of the American Society of Interventional Pain Physicians for his research and consistently presents at regional and national conferences on his outcomes.



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Savannah Court Senior Living Communities – *Offering You so MUCH more*



Recently Savannah Court of Lake Wales was awarded the “Pinnacle Award” and “The Best of 2021” in senior living by SeniorAdvisor.com. The Savannah family of retirement living communities offers an exceptional array of retirement options for Florida residents and their loved ones. Our unique communities stretch across the state, including eleven Savannah Court Assisted Living Support Residences, two Savannah Grand Residences, several Savannah Cottage Memory Support Residences and two Savannah Cove locations specializing in rehabilitation and skilled nursing.

Enjoy the finest in assisted living accommodations at Savannah Grand and Savannah Court Assisted Living Residences. Each of our communities offers residents several choices in floorplans, tastefully decorated common areas and immaculately maintained grounds. Our signature service program provides supervision, personal care and many other services designed to provide a fulfilling lifestyle for seniors. We specialize in independent, assisted living, and memory care communities.

Residents are escorted out for shopping, dining, and sightseeing on a regular basis. It's truly the best lifestyle!

All of our communities offer different amenities, lifestyle choices, healthcare and programs. Below is a snapshot to paint the picture more clearly of what one of senior communities is like and why so many residents love to call our communities “Home.”

SAVANNAH COURT OF LAKE WALES SENIOR LIVING OPTIONS

Savannah Court of Lake Wales, senior assisted living community is full of vibrant activity while offering a warm and comfortable feel throughout. Savannah Court is home to a wide range of people including independent residents who appreciate the security a community brings, residents who need physical assistance, residents who may need a little support and those living with dementias. Savannah Court of Lake Wales has it all. The community represents a true Central Florida retirement lifestyle with comfort throughout. Whether relaxing in the quaint lobby or one of several comfortable living rooms, mingling with new residents at an ice-cream social, or joining a live entertainment performance, Savannah Court of Lake Wales offers an abundance of opportunities for any lifestyle. This is assisted living at its finest.

Assisted Living

Assisted living at Savannah Court of Lake Wales is individualized. Residential private apartments with support and care close at hand. Savannah Court of Lake Wales offers support and personalized lifestyle while encouraging privacy and independence.

At Savannah Court of Lake Wales, life is resident centered.

The associates at Savannah Court provide support based on individual resident needs.

Residents are able to remain as independent as possible with the peace of mind that support is steps away if needed. Residents in our assisted living community have all the benefits of a full support staff, chef, activities program, housekeeping, maintenance along with personal care services for assistance with daily activities and access to a nurse.

Short Term Respite Care in Lake Wales, FL

The Savannah Court Respite Program provides temporary and short term residential opportunities. Relax in a fully furnished senior living suite as our team assists you with whatever you need!

Respite is ideal for those who need transitional assistance after an illness, surgery, or a hospital stay and are not quite ready to go home alone. A Respite Stay also allows primary caregivers to take a break by going on a vacation or just taking a few days to relax while knowing your loved one is being well cared for. Respite stays may be as short as a few days, or as long as a few months. We find that many respite residents enjoy the experience so much, they either move-in becoming permanent residents or they return again and again!



Adult Day Programming

Savannah Court is glad to offer Adult Day Care for Lake Wales' Seniors. Day Programming is perfect for seniors who need a little socialization during the day! Generally available 7 days a week, Savannah Court's Adult Day Care Programs are a great alternative to staying at home! They are also a great worry free glimpse into the LIFE at Savannah Court for prospective residents

Community Benefits

Savannah Court offers worry free living to all residents, their families and our guests. Residents enjoy the benefits of a chef, housekeeper, concierge, chauffeur, maintenance team as well as a vibrant social calendar.



Savannah Court is home to Resident Programming Department that tailors their programming to the personalities that live at Savannah Court. From arranging small poker nights to throwing the Annual BBQ, the programming team makes residents feel right at home – and keep residents engaged and excited about what's next.

COMMUNITY AMENITIES

- Recreation Room
- Meal Service
- Media Room
- Housekeeping
- Library
- Group Exercise
- Availability 24 Hours
- Courtyard
- High Speed Internet

APARTMENT AMENITIES

- Private Senior Apartments
- Renovated Apartments
- Private AC
- Private Bathrooms
- Full Kitchenette
- Handicap Accessible
- Pets – allowed



**\$1000 off
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Lost Time – Lost Hair

Guess Which One You Can Get Back in Our Post-Pandemic World

By Alan J Bauman, MD, ABHRS Board-Certified Hair Restoration Physician

AMERICA IS SLOWLY GETTING BACK TO NORMAL AS WE ANTICIPATE SEEING THE PANDEMIC IN OUR REARVIEW MIRROR SOON. BUT WHAT ELSE DO YOU SEE IN THE MIRROR THESE DAYS NOW THAT YOU CAN'T HIDE BEHIND A MASK?

Perhaps your hair was thinning before the pandemic. Perhaps the stress of the pandemic jumpstarted or exacerbated your hair loss problem.

Whatever the situation, if thinning hair is making you uncomfortable about going out in public again, socializing or returning to work, it might be time to consider what you can do before it gets worse.

When it comes to hair loss, time is of the essence. Many people don't know that once your hair follicles die, they're "dead." They can't be revived and won't ever again produce hair. If the loss is severe, the only thing to bail you out is a hair transplant. Therefore, the sooner you address the problem, the less hair loss you'll have, and the less likely you may need a transplant down the road.

You may be asking yourself, "What should I do first?" You might be tempted to first try a specialty shampoo you saw online or take some "miracle vitamin" touted to solve your problem, but in most cases, those products simply don't work the way you'd expect. Fortunately, modern medicine offers a number of scientifically proven modalities that do work by slowing your hair loss and re-energizing your follicles.

Here are a few popular options:

TOPICAL PRESCRIPTION MEDICATIONS

Compounded Formula 82M Minoxidil is a more powerful, quick-dry alternative to the over-the-counter minoxidil Rogaine solution or foam that doesn't leave a thick greasy residue. 82M is a customized compounded prescription solution that contains the FDA-approved hair growth medication Minoxidil 5%,

along with Tretinoin 0.01% for enhanced penetration and hair growth effect, the anti-inflammatory Fluocinolone 0.01%, and a sophisticated blend of powerful antioxidants, scalp conditioners and hair conditioners in a non-irritating propylene glycol-free base.

Formula 82F "Finoxidil" offers the powerful DHT-reducing effect of finasteride, the active ingredient in the FDA-approved drug Propecia, along with a deeply penetrating minoxidil formulation in a non-greasy, user-friendly, hairstyle friendly, compounded topical prescription formula. Finasteride reduces dihydrotestosterone (DHT), a known trigger for hair loss, in order to enhance hair growth. Topical Formula 82F may reduce the chance of side effects that may occur with the more common oral finasteride treatment.

LOW-LEVEL LASER THERAPY

Low-level laser therapy produces a particular wavelength of light associated with an increase of energy production within the cells. This increased energy production has been shown to produce thicker, healthier-looking hair.

The patented Bauman TURBO LaserCap® is the most powerful lasercap available. It's worn just five minutes a day, and it's drug- and chemical-free with no side effects. It packs flat so it's easy to travel with and is adjustable to fit no matter your head size.



The first step is scheduling a consultation with a qualified Hair Restoration Physician

REGENERATIVE MEDICINE

There are a lot of exciting developments in the field of regenerative medicine that are now used for hair regrowth. Here are two that we employ most often:

PRP (PLATELET RICH PLASMA)

PRP is a comfortable, in-office procedure that takes about an hour and has no recovery, downtime, or

significant risk. Derived from a small blood sample, platelets and plasma are separated from other blood components, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist. You can expect hair growth improvements that last a year or more from a single treatment when combined with an injectable biological extracellular matrix ECM scaffold.



Before and 12 months after FUE Hair Transplant by Dr. Alan Bauman

PDOGRO™

Researched and developed right here at Bauman Medical, we were the first hair restoration center in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. This procedure is typically performed in combination with PRP. PDOgro™ releases powerful rejuvenating growth factors. It stimulates hair regrowth, collagen production and new blood vessel formation. It may also help prevent or reduce the need for hair transplantation by stopping, slowing, or reversing hair loss.

HAIR TRANSPLANTATION – THE “LAST RESORT”

In some cases, hair loss is so advanced that a hair transplant is the only way to achieve lasting hair regrowth in areas like a receded hairline, thinning crown, or places where hair follicles are severely depleted or gone. The good news is that procedures have become more effective and comfortable and are 100% natural looking when performed by a skilled surgeon.

FUE (follicular unit extraction) is Bauman Medical’s most popular transplantation technology. Using a variety of techniques we helped pioneer well over a decade ago, we employ several types of FUE devices, depending on each patient’s particular need or situation. Using robotics, or

with the aid of mechanical instruments, we harvest hair follicle grafts individually from the scalp, replacing the older, invasive method of “strip harvesting.”

FUE hair transplantation leaves behind no telltale linear scar and has the added benefit of a shorter, less restricted, and more comfortable recovery.

Learn More

If you’re ready to take on the post-pandemic world looking good and feeling good about your hair, don’t wait. Let’s discuss!

For more information on the causes of and treatments for hair loss, or to learn what treatment regimen is right for you, call **561-220-3480** or point your camera at the QR code to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



P.S. – *I know that the first call is often the most difficult part of the hair restoration process, but we make it easy and comfortable from start to finish. That’s my promise to you.*

WHAT DO HAIR TRANSPLANT CREDENTIALS MEAN?

- **ABHRS** – American Board of Hair Restoration Surgery. After more than 20 years, only approximately 200 doctors worldwide have received this certification through a rigorous written and oral board examination process. It is the only recognized certification in the field of Hair Restoration Surgery.
- **FISHRS** – Fellow of the International Society of Hair Restoration Surgery. Less than 10% of all ISHRS members worldwide have achieved the coveted “Fellow” status recognizing their continuing commitment to excellence and having met exceptional educational criteria.
- **IAHRS** – International Alliance of Hair Restoration Surgeons. This elite group was hand-selected by the premier consumer organization dedicated exclusively to protecting hair restoration patients through their commitment to excellence. IAHRS members represent only the best in the discipline and the true leaders in surgical hair restoration.
- **AHLA** – American Hair Loss Association. The AHLA is committed to educating and improving the lives of those affected by hair loss. They are the authoritative source of information for people with hair loss and the healthcare professionals that care for them.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRs Hair Loss Expert

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 30,000 patients, has performed nearly 10,000 hair transplant procedures and over 7000 PRP’s since starting his medical hair loss practice, Bauman Medical in 1997.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS).

Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive FUE Follicular Unit Extraction, VIP|FUE™, Low-Level Laser Therapy, PRP Platelet Rich Plasma, PDOgro™, Eyelash Transplants and others.

Dr. Bauman was voted “#1 Top Hair Restoration Surgeon” in North America by Aesthetic Everything for the 5th consecutive year, “Top Hair Restoration Surgeon of the Decade”, and he was recently named by Forbes as one of “10 CEOs Transforming Healthcare in America.”



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By Linda A. Kiley, MD

Food Sensitivities, Inflammation, Leaky Gut and More

One of the common complaints I hear from patients when they come into the office for a visit is abdominal bloating. I also see patients with chronic constipation, other types of bowel disturbances, skin and lung problems along with fatigue and a host of other symptoms that may seem unrelated to their stated issue. A common thread among these complaints is the periodic worsening or improving of symptoms seemingly without any cause. In some cases, I see patients with multiple immune system related problems such as chronic pain, lupus, fibromyalgia, urinary tract infections, and a host of other similar problems with some common periodic symptom in the gut. We start to talk about what they are eating and drinking, and in many cases, they seem to have a fairly healthy diet. However, one of the important things to realize about living in the modern world is that our food supply has changed, and because of mass production, common practices in terms of pesticide use, growth factors and taking food before it has ripened naturally and treating it to make it appear ripened creates a set of exposures that our ancestors didn't have to deal with. Some of the things used in mass food production actually get into the food, and

the byproducts bind with proteins in the plant itself, creating something unique to present to the gut and the body's immune system. When the substance is presented to the gut and the immune system, it may trigger a mild reaction leading to an immune response. Although this response is not a typical allergic reaction, the irritation of the intestinal lining by the presence of this food may create a situation wherein the protective tight junctions between the cells in the gut are opened up exposing the immune system to these compounds. This then leads to the production of inflammatory chemicals in the body which in turn creates a negative effect on the microorganisms living in the intestine (the gut microbiome) leading to suboptimal digestion, increased gas production, impaired nutrient absorption and in some cases, a chronic immune response creating problems in other parts of the body. When I see someone who has suspicious complaints, I recommend food sensitivity testing in order to determine what foods and food additives may be causing this problem or worsening it. The advantage of doing testing is that we don't need to put someone on a random diet that is not customized to their particular needs and sensitivities. Some of the



common diets we prescribe for Interstitial Cystitis, Irritable Bowel syndrome and other inflammatory problems can be helpful but are not specific enough. A food sensitivity test is an excellent way to determine what specific foods are likely to cause the greatest problems and then create a customized plan to help the gut, and the rest of the body, begin to heal. We perform food sensitivity testing on a regular basis for our patients in an effort to help them achieve optimal health and wellness as well as more appropriately treat their specific problems. If you have symptoms that do not seem to respond to the standard dietary changes, or if you have an autoimmune issue, you might benefit from food sensitivity testing. Contact our office at **561-671-0041** to learn more about food sensitivity testing and achieving your optimal health and wellness.



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IT'S HOT EVERYWHERE IN JULY

Brent Myers



Have you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was

poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.



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