

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

July 2021

Lake/Sumter Edition - Monthly

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FREE

**Lasting
Relief for
Thirsty
Eyes**

**Let's Get Back to
Enjoying the
Florida Sunshine**

Fish Oil and Fiber

How to be Number
One at 'Number Two'

**Balancing
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**UV Safety
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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

If you suffer from varicose and spider veins, you are not alone.

WHAT ARE VARICOSE VEINS?

Although veins and arteries are both part of the circulatory system, they work in very different ways from each other.

WHAT CAUSES VARICOSE VEINS?

Some predisposing factors include aging, standing occupations, and leg injury or trauma.

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

"Do veins require treatment?" and "What treatment is best?"

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
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- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

Technological advances in evaluation and treatment methods allow spider and varicose veins to be treated more effectively and safely than ever before.



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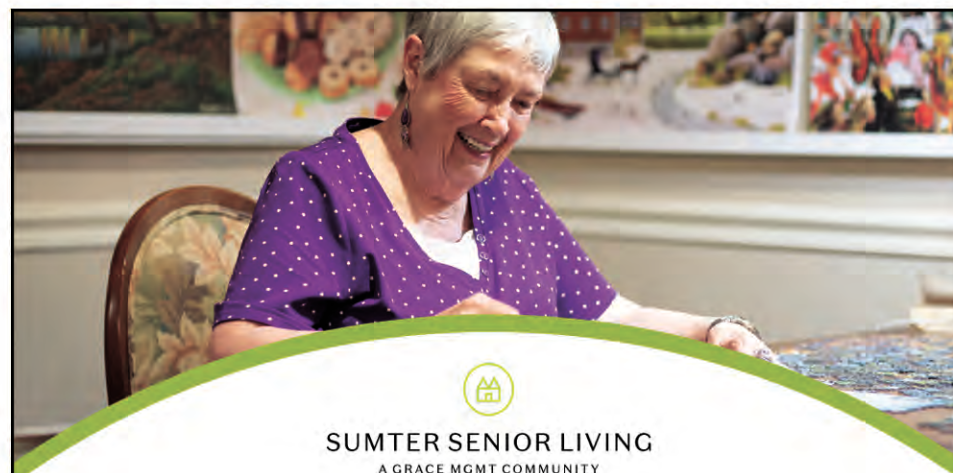
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It's your heart. It should be personal.

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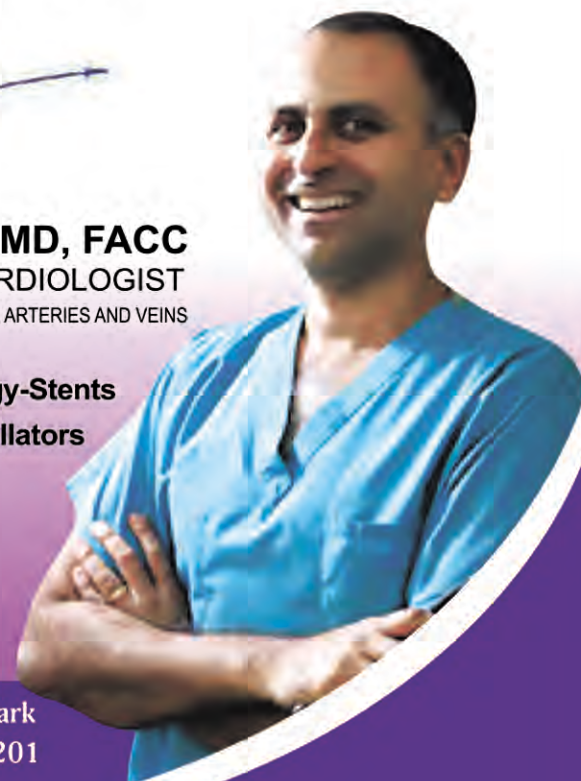
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LASTING RELIEF FOR THIRSTY EYES

If you suffer from dry, scratchy, itchy eyes, you have likely googled related search terms to find out what causes it. The search term "dry eye syndrome" has doubled in the past decade, largely due to an aging population. Chronic dry eye affects millions of Americans, the majority being 50 and older. And though chronic dry eye may be caused by different sources, including contact lenses, smoky environments, autoimmune diseases and certain medications, it is estimated that up to 86% of cases may involve Meibomian Gland Dysfunction, or MGD.

What is MGD?

MGD is a progressive disorder in which the meibomian glands, which secrete oil to trap moisture against the surface of the eye, become blocked, preventing this crucial oil from contributing to the tear film. Once the oil layer is removed, the aqueous element of the tear film quickly evaporates from the eye's surface, creating a feeling of dryness, grittiness and discomfort. In an effort to keep the ocular surface moist, eyes may also over-tear, causing watery eyes, so even if your eyes appear to have plenty of moisture, they may be reacting to chronic, unhealthy dryness. "It may seem counterintuitive that chronically dry eyes can overproduce tears," says Doctor of Optometry, Alexandria Rawls, OD. "But people who experience chronic weepiness are often having symptoms of MGD."

Is MGD dangerous?

Left untreated, blocked meibomian glands can atrophy, creating chronic dry eye symptoms and possible damage to the surface of the eye, which can lead to corneal damage, increased risk of eye infection and impaired vision, so dry eye should not be ignored. "Chronic dry eye is more than just uncomfortable, it can be harmful," says Dr. Rawls. "Getting the right treatment can protect eye health and make eyes much more comfortable."

Effective Treatment for MGD

Your Lake Eye doctor can diagnose dry eye disease and MGD, and provide treatment to help reduce symptoms and prevent related damage. The FDA-cleared Lipiflow® Thermal



Pulsation System is a highly effective external treatment that delivers a combination of heat and gentle pressure to congested eyelids, loosening plugs from meibomian glands so they can function more efficiently. You simply rest comfortably in a reclining chair while the system heats and massages the eyelids and extrudes blockages as it protects the delicate eye tissues. "Lipiflow can restore healthy gland function and lessen or eliminate one's dependence on moisturizing eye drops," says Dr. Rawls. "Because it actually helps to correct the problem instead of just masking it, Lipiflow presents a true breakthrough in eye health care."

The procedure takes only twelve minutes and provides relief that can last up to twelve months. If you have symptoms of chronic dry eye, talk to your Lake Eye doctor about appropriate treatments designed to provide lasting relief.

"Chronic dry eye can lead to infection, vision impairment and corneal damage. Lake Eye has a quick, painless, drug-free treatment for this common disorder, so come in today for lasting, soothing relief."

- Dr. Alexandria Rawls



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UV Safety Can Reduce Your Risk of Cancer

In July, UV Safety Month reminds us of the connection between ultraviolet (UV) light and cancers of the skin, lips and eyes and it educates us about ways we can protect ourselves from UV rays. The majority of all skin cancers are caused by overexposure to UV light rays – either from the sun (a natural source) or from an artificial source, such as tanning beds. Especially here in Florida, it is important to learn the risks of too much sun exposure and take precautions to protect yourself and your family, so that everyone can enjoy the outdoors safely.

About one in five Americans is likely to develop skin cancer, according to the American Cancer Society (ACS), making it the most common form of cancer in the U.S. Generally, it is highly treatable; however, it should still be taken seriously and you should seek a medical evaluation if you notice a suspicious lesion or mark anywhere on your skin. The good news is that, in addition to being the most common type of cancer, skin cancer is also the most preventable cancer. In fact, research indicates that protecting your skin before you turn 18 can cut your risk of some types of skin cancer by as much as 78%.

There are three main types of skin cancer – basal cell, squamous cell and melanoma, which is the most serious type. Basal cell skin cancer is the most prevalent and least dangerous type of skin cancer. It generally appears on the head, neck or upper torso and it grows slowly. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless, but if you notice them changing, see a doctor.

While not as dangerous as melanoma, squamous cell skin cancer can spread to other parts of the body over some months. It usually appears as a thickened, red, scaly spot that may bleed easily, crust or ulcerate. It is generally found on those areas of the skin that are most often exposed to the sun.



Risks and Warning Signs of Skin Cancer

Most moles, brown spots and other growths on the skin are usually harmless; however, it's a good idea to have an annual skin check by a professional healthcare provider. Older adults, people who are fair-skinned, or those who have a lot of moles are generally at greater risk, so it's important to know your skin well and recognize any changes that you see on your body.

Here is an easy way to recognize if a mole or other skin lesion may be cancerous – just remember the **ABCs of skin cancer:**

Asymmetry: one half of the mole doesn't match the other

Border: is irregular

Color: is not uniform

Diameter: greater than 6 mm (about the size of a pencil eraser)

Evolving: size, shape or color changes

To reduce your risk of skin cancer:

- Whenever you are in the sun, wear a sunscreen with a sun protection factor (SPF) of 30+
- Do not use tanning beds
- Have an annual skin check by a medical professional
- Watch for any changes in moles or new suspicious skin growths

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, in locations throughout Florida. FCS is also a strategic partner with Sarah Cannon, one of the leading research and clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and 24/7 access to Care Managers, who help deliver the most advanced and personalized care in your local community.

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For more information, visit FLCancer.com

Alzheimer's Disease & Brain Health

At this point, most of us know someone that is affected by Alzheimer's disease. Numerous studies and statistics show Alzheimer's and other related dementias are on the rise. According to the Alzheimer's Association's latest figures, nearly 6.2 million Americans have Alzheimer's disease, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by mid-century. Currently, every 66 seconds, someone develops dementia in the United States.

What are the risk factors and causes of Alzheimer's and dementia?

For years, medical professionals and researchers have been trying to find the exact cause of Alzheimer's disease (AD). Even with the top three speculative triggers, it's still unclear as to what is causing this devastating disease to rob so many people of their cognition.

The main characteristics of the disease are attributed to amyloid plaques, cerebral amyloid angiopathy, and neurofibrillary tangles. While these pathological markers are evident in many individuals with Alzheimer's disease, they are not always present in all; consequently, they cannot entirely account for the umbrella of cognitive disorders.

In a recent study, top neurologists and researchers went a few steps further, to shed light on a new discovery in the causes of Alzheimer's. The study looked at the cerebrovascular pathologies, cardiovascular health, and microvascular disorders. Almost all individuals with dementia show signs of some vascular impairment on various levels.

What are the signs?

The signs and symptoms of dementia are different throughout the various stages of the disease, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdraw
- Aphasia (speech disorders)
- Sundowning (confusion and sleeplessness in the evening)



What are the treatment options?

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. However, we do know that following helps patients stave off the disorder:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

Staying active and social is also a useful method for maintaining optimal brain health.

Along with socialization, staying physically active is imperative in the production of oxygen-rich blood flow and can decrease your risk of Alzheimer's and dementia.

A few years ago, there was a cognitive study performed, the first of its kind, which incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of healthcare providers.

The trial called the **FINGER Study** was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets and performance studies three to four times per week.

The multi-domain intervention group's protocol consisted of:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

The conclusion of the study showed that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and by lower metabolic risk factors.

If caught early, this progressive disease can be delayed through specifically advanced treatment options like diet, exercise and refining memory skills. Primary Care Doctors, Neurologists and other professionally trained practitioners are essential in putting the pieces back together.

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HEAT SAFETY PRECAUTIONS FOR THE SUMMER MONTHS

With weather approaching the upper 90's and, on some days, triple digits, the heat can be unbearable at times and downright dangerous, this is especially true when we factor in the high level of humidity. Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we also perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. If you suffer from any heart conditions, the loss of these minerals can be detrimental to your cardiac health.

Sweating can quickly escalate into dehydration; therefore, it's critical to stay hydrated with cool water, not sugary drinks. If we become dehydrated, we increase our risk of raising blood pressure and having heart palpitations. When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. When the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or to take in cooler air from, as the temperature is higher than your bodies.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue stress on its muscle contractions.

Syncope is a fancy medical term for fainting. Syncope can occur due to many different complications but is commonly seen due to heat exhaustion. What happens is, the body's oxygen and blood are not able to adequately reach the brain, usually due to a drastic change in blood pressure, which creates a pooling of blood into the lower extremities, and this will cause collapsing and fainting. If the person is not put in a reclined position with the feet elevated, they could potentially suffer additional complications, including a seizure. Syncope can quickly escalate into a dangerous outcome for many individuals. If you have any heart irregularities, you may be more susceptible to these types of fainting spells.



Heat Disorder Symptoms can include muscle cramping, heart palpitations, dizziness, fainting, headache, nausea, and fatigue. If you experience any of these symptoms, it's imperative to get to a cool place, drink cool water and call 911 if symptoms persist.

Tips to stay cool and avoid heat-related heart issues

- Drink extra water
- Talk to your physician about reducing your diuretic pills
- DO NOT exercise in the heat
- Avoid the hottest times of the day (10:00 am to 4:00 pm)
- Eat plenty of cooling foods like vegetables and fruit
- Stay in an air-conditioned room
- Avoid caffeinated and sugary drinks

If you have congestive heart failure, you should talk to your cardiologist about specific ways to stay cool that will not interfere with your fluid and sodium intake issues.

Dr. Vallabhan

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

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.

Leg Swelling Causes and Concerns

By Bryan Carter, MPA-C, Phlebology-Surgery

It's all too common for many people to walk around daily unable to see their ankles, and yet, they don't realize the seriousness of the bigger problem happening on the inside. Other individuals may be so affected by the swelling of their ankles and calves that they cannot walk or even get their shoes on.

It is normal to experience a little ankle and leg edema, and it is even expected after a long holiday weekend when we've eaten more foods with a high sodium content, and have had a few extra alcoholic beverages than normal. But the Edema should be resolving overnight. If not then other considerations are to be presumed. One of the most common causes of leg swelling by far is bad veins circulation.

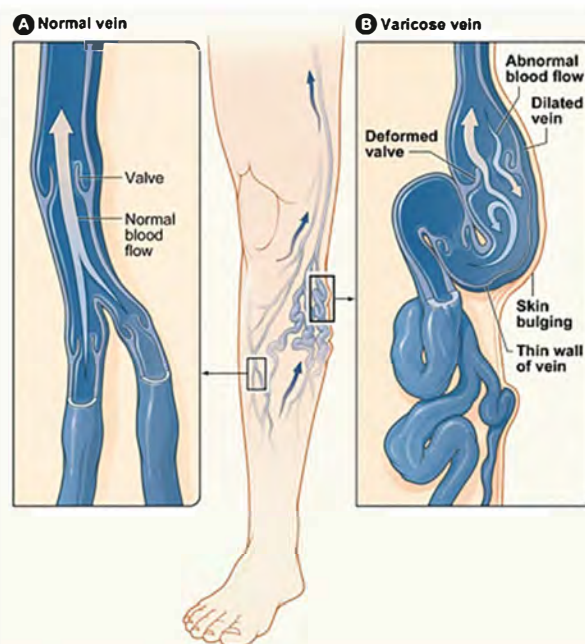
Other Common Causes:

1. Heart Failure—Heart is not pumping efficiently
2. Medication side effects—Especially blood pressure medicines
3. Kidney function decline
4. Liver function decline
5. Lymphatic functional decline
6. Infections
7. Most critical—blood clots in the legs

If someone does have leg swelling, many tests are available to find the cause. One of the most important causes is the possibility of a leg blood clot from the "damaged

veins" or the Venous Insufficiency. This is the most critical possibility, due to the likelihood of it being life-threatening.

First, see your primary care physician, they should evaluate you with checking your blood work, examining your legs, checking medications and simultaneously getting you referred to a cardiology /vascular office to evaluate you for heart function and a leg ultrasound to rule out the potential blood clot and to check for Venous insufficiency. This Venous insufficiency study is a specialized test that hospitals and your local imaging centers are not accustomed to. This test is a very detailed ultrasound, and it's utilized to determine the functional status of the veins as well as to find any blood clots in the veins.



Vein Disease:

Should your test come back positive for Venous Insufficiency, that means your veins have either been damaged to the point where the valves do not control the blood flow back up to the heart, or the Veins have been significantly stretched out. With both of these diagnoses, again the same situation hold true; your valves can not control the blood flow back to the heart.

Genetics are the number one cause of Venous Insufficiency along with secondary complications like, standing or sitting for extended periods of time, trauma to the legs, obesity, pregnancies, as well as other possibilities.

As you notice the swelling worsening, more and more irreversible damage is occurring under the skin plus you're increasing the risk of potential blood clot formation.

As seen below in the picture the swelling can progress to the varicose vein's and then leading to the stasis dermatitis skin discoloration and then Venous ulceration and skin breakdown which can lead to cellulitis.



Treatment Options:

If you do have a positive test confirming Venous Insufficiency, treatment options are much better than in the years past. No vein stripping is needed, and diuretics are NEVER a long-term treatment option. Daily use of medical grade and accurately measured support socks are the initial start to control the Venous insufficiency. Daily Pool exercising is highly beneficial, as well as intermittent leg elevation. All of these will aid in keeping the edema control.

The best outcomes for Venous insufficiency are with treatment options that include Venous thermal ablation and Venous chemical ablation. There are no sutures and no down time, and best of all, these procedures are performed in the office. You are able to resume normal routine activity right after your treatment.

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

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



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Urinary Incontinence

Having an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by “bearing down” and releasing. Also, the use of Botox is an option. When we hear the word “Botox”, it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.



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Let's Get Back to Enjoying the Florida Sunshine

Sun Safety Tips for Outdoor Explorations

Now that you are vaccinated and plan to spend more time with your loved ones as safely as possible, many of us will be getting tons of fresh air and exploring the great outdoors. Before you jump into the hottest months of the year, your sunscreen isn't the only thing that you should be grabbing for added sun protection.

According to the Centers for Disease Control and Prevention, less than half of older adults protect their skin from the sun when outside for an hour or more on a warm, sunny day. This may raise the risk of getting skin cancer.

For outdoor fun, it's important that you have proper:

Shade: Be sure to take a few moments from the sun's rays and find shading under an umbrella or tree or take a pause in the fun to briefly step indoors.

Clothing: Don't forget to cover up by adding long-sleeve shirts and pants to your wardrobe.

Hats: A wide-brimmed hat helps protect your face and your eyes.

Sunglasses: Ultraviolet eye protection creates added covering for the skin of your eyelids, corneas, lenses and other parts of the eye.

Drinks: Consume plenty of non-alcoholic fluids for hydration. Water is best.

Sunscreen is a must whether you are headed to the beach or on a leisurely walk in the park. The CDC recommends using a broad-spectrum sunscreen that blocks the sun's rays and has an SPF of 15 or higher. In this case, lathering is your friend. It is best to reapply your sunscreen at least every two hours, and don't forget to give yourself 15 minutes before heading outdoors for it to work at its optimum. Remember, although it has a lengthy shelf life, sunscreen can expire. Be sure to discard sunscreen after one to two years.

Taking these easy steps, and making them some of your everyday habits, can help prevent sunburn and skin cancer risk.



Safely is the best approach when enjoying the summer months. The CDC recommends that you immediately seek medical attention if any of the following occur:

- Severe sunburn, especially if it covers more than 15% of the body.
- Dehydration.
- High fever (above 101° F).
- Extreme pain that lasts more than 48 hours.

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Health and Wellness Are Critical Components of Aging Well And Staying Healthy

Living well can mean lots of things. It's seizing opportunities to connect with others, explore interests, grow spiritually and nurture a healthy lifestyle. It's being part of a community where you feel valued and welcome. At Sumter Senior Living, we provide all the ingredients you need to live up to your full potential. From fitness lessons to therapeutic programs and everyday activities that define our vibrant community, everything we do is guided by a sense of purpose.

Legacy Rehabilitation Therapy Partners

Sumter Senior Living is proud to offer onsite therapy for their residents. There is no inconvenience of having to leave the facility to receive treatment. Legacy Rehabilitation Therapy is available throughout the week on campus.

Aging is a natural process, and one that presents both joys and challenges along the way. Sometimes we need a little extra help, which is why our community partners with therapy providers to ensure mobility stays high and stress remains low. We have carefully selected partners who are known for their therapy skills, tailoring programs to meet your individual needs. Guided by professionals who have experience working with a range of issues, we help you get the compassionate and convenient care that helps you live your best life.

See Yourself Here

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

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

Our **Assisted Living** lifestyle is truly catered to the individual, providing support and care that stands out from any other. Enjoy the comforts of home to call your very own and personalized assistance with daily



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

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

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

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

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We look forward to hearing from you!



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Learn How P+G EQUALS an R Rating in The Bedroom

There are two secrets that are starting to gain more attention due to their ability to treat the root cause of erectile dysfunction. And when they are coupled together, the results are remarkable, and numerous men and their partners are clamoring to find out more.

With these two alternative treatment options, you can kiss the little blue pill goodbye—forever.

For men between the ages of 40 to 70, erectile dysfunction is extremely common. It's critical to see a medical professional if you are experiencing difficulty in getting and maintaining an erection, but most physicians will not try to get to the root cause of your condition.

The standard treatments for erectile dysfunction are prescription medications that cause an erection for a limited amount of time. However, there is a better way than the standard of care that actually TREATS erectile dysfunction at its core. These are GAINESWave and the P-Shot.

WHAT IS GAINESWave?

The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronie's disease (scar tissue) as well as enhance sexual performance.



WHAT IS THE P-Shot?

The P-Shot is a spun down platelet rich plasma that is taken from the patient's own blood and injected into the penis. The P-Shot is comprised of the patient's stem cells that stimulate new tissue growth, collagen formation. Because it's not a foreign substance, the body accepts it naturally, and the results are amazing. Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged tissue and help to regenerate new healthy tissue and cells.

The P-Shot also helps men with Peyronie's disease by stimulating circulation and lessening the scar tissue associated with the disorder. No longer do men have to rely on the tiny blue pill that causes so many adverse side effects. Now, there is a safe, natural alternative to help so many men with ED and Peyronie's disease.

Added Benefits

GAINSWave and the P-Shot also helps men with Peyronie's disease by stimulating circulation and removing the plaque and scar tissue associated with the disorder.

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TNT offers free monthly seminars to find out more about GAINSWave and the P-Shot.

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Emotion takes control and overrides logic and facts.

Continuing the discussion from last month's article of whether the market is primed for a pullback it leads to the problem of heavy social media involvement in markets that furthers the problem of making logic and fact-based decisions.

So, the missing critical facts are...

1. When did someone get information and buy in or get out?
2. Was the information obtained legally?
3. How accurate is the information?

Euphoria or Panic? Both are emotional with very little fact or process.

Although this has been going on for decades the rapid growth of social media and even alternative investment choices like crypto currency are accelerating the amount of misinformation which pushes emotions to the limit.

Another way to look at how you react to greed and emotion is if you have played a slot machine. Did you put in a reasonable amount based on your income and net worth? Did you cash out with a small profit or loss?

Did you put in more than you should have and let it ride up, down and maybe to zero?

In other words, how do you personally react to greed and desire? Does it have a similar influence on your investment decisions?

Do you have a process that helps you identify facts, clear up misconceptions, and control emotion when you make major investment decisions? Most people don't.

EMOTIONAL INVESTING

Generally, research shows over 80% of our investment decisions are based on emotion and possibly 100% of other decisions in our life. This is hard to control and hard to determine and we usually end up taking too much risk, paying too much in taxes, and not preparing properly for our future.

Going through a proper discovery meeting or attending an educational event on how you arrive at decisions will help you determine if you have too much emotion, misconceptions, myths, or other missing facts built into your investment, tax, and estate planning.

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Obstructive Sleep Apnea & Oral Appliances:

A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSM

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

What Causes Sleep Apnea?

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

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

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

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

What are the symptoms of Sleep Apnea?

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

Obstructive Sleep Apnea & Oral Appliances:

Have you tried CPAP therapy and failed?

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

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

COVID-19 and Sleep Apnea

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

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This recommendation is being made based on the following information:

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

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

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

Meet Dr. Rozensky

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

Village Sleep Dentistry

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

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



By Dr. J. Mandume Kerina

OPIOID FREE ANESTHESIA for OUTPATIENT TOTAL HIP AND TOTAL KNEE REPLACEMENT

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

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

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

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

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

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

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Fish Oil and Fiber: How to be Number One at 'Number Two'

By Anne-Marie Chalmers, MD

Countless articles detail how exercising, eating well, and sleeping better are crucial for healthy aging. But there's one aspect to good health that people rarely mention: pooping.

Yes, pooping.

Maybe as a physician, I should be medically correct and write "defecating" instead. But whatever the term, one thing is certain: Regular bowel movements are essential for feeling good.

Chronic Constipation Could Be a Symptom of Intestinal Dysbiosis

A proper poop depends on a healthy gut. So if you regularly struggle with constipation or diarrhea, it could be a sign that your gut is not functioning optimally.

In medicine, we use the term intestinal dysbiosis. This means that the populations of different gut bacteria that colonize the intestines have become imbalanced.

Today, we know that these gut bacteria dictate not just bowel-related disorders — like Irritable Bowel Syndrome (IBS) and chronic constipation — but also our weight and immune response to chronic diseases.

The composition of our gut bacteria depends on a variety of factors, including genetics, age, previous antibiotic use, and environment. Diet, however, plays an especially big role.

Let's focus on two stool-facilitating nutrients that promote good intestinal health: fiber and fish oil.

The Digestive Benefits of Fibers

Almost every constipation-related article talks about the importance of eating enough fiber — and with good reason. Fiber has a profound impact on our digestive system.

First and foremost, fiber promotes good microbial health. Gut bacteria feed on fiber through fermentation, breaking them down in the digestive system. During this fermentation process, the bacteria create short-chained fatty acids (SCFAs) that support the integrity of the cells in the stomach. SCFAs also influence our metabolism, appetite, and immune response.



Different types of fiber also affect our digestive system in unique ways. For instance, beta-glucan soluble fibers (found in oats and barley) bind together with cholesterol to remove it from the intestines.

Insoluble fibers are generally not fermented by the gut bacteria. However, insoluble fibers are still important since they push food through the intestinal tract. Certain types of insoluble fiber also bind together with water to help soften the stool, providing a natural laxative effect.

Why Fiber-Rich Foods Are Important

Because different fibers feed different bacteria species and impact our digestive system in unique ways, eating a variety is best for promoting good health.

Unfortunately, most of us here in the United States do not get enough. While studies show massive improvements in microbial diversity when people consume more than 30 grams of fiber daily, most Americans only get between 12-18 grams on average.

The Benefits of Omega-3 Fish Oil for Constipation

Since oils act as natural lubricants, most varieties will help get the "ball rolling" in the restroom.

For better bowel movements, however, omega-3 fish oils have clear advantages for 3 key reasons:

1) Fish oil increases the production of intestinal alkaline phosphatase (IAP). IAP plays a crucial role in maintaining gut homeostasis and reducing inflammation in the intestines. Researchers have also found a link between lower IAP concentrations and conditions like IBS.

2) Full-spectrum fish oils have antimicrobial properties that keep certain "bad" endotoxin-producing bacteria from wreaking havoc in the gut. Since endotoxins cause inflammation, blocking their build-up helps reduce inflammation in the intestines.

3) Fish oil also promotes a better composition of gut bacteria. In clinical studies of IBS patients, researchers found that omega-3 supplementation increased the population of certain healthy bacteria species. Omega-3s also decreased the levels of harmful bacterial groups, resulting in an overall healthier gut.

How Often Should I Be Pooping?

If you take fish oil, enjoy a high fiber diet, and practice other healthy habits — like drinking lots of liquids and exercising regularly — chances are that you've mastered the art of pooping. Still, what does it mean to be 'regular'?

While most people defecate once a day, the so-called 'normal' interval between defecations varies greatly. Constipation is defined as having fewer than three bowel movements every seven days. On the flip side, some people produce two to three stools a day, which is still considered within the normal range.

Given such a wide definition for 'regularity,' the most important thing to remember is that consistency is key.

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

<https://omega3innovations.com/blog/fish-oil-and-fiber-how-to-be-number-one-at-number-two/>

About Anne-Marie Chalmers, MD

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



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The Weight of Obesity

Weight loss may save you from severe joint pain and brittle bones

Dr. Brent Carter

Obesity is a common focus in health-related industries, but did you know that excess weight can also affect your joints and weaken your bones? Obesity is frequently the foundation of osteoarthritis and brittle bones. Osteoarthritis is the most common form of arthritis and is caused by the wear and tear and overuse of joints. Excess body fat can also promote the development of arthritis by releasing chemicals that increase the development of inflammation within the body.

Harvard Medical School reports that on level ground, a 200 pound person puts about 300 pounds of pressure on his or her knees just by walking. This is equivalent to 1.5 times the individual's body weight. This burden increases significantly when walking up and down the stairs or squatting. According to Johns Hopkins Arthritis Center, an additional 10 pounds of weight can increase the force on the knee 30-60 pounds with each step.

If you are affected by excess weight or obesity, you are likely putting extra stress on weight-bearing joints, such as the knees, hips, feet, ankles and spine. Because of the stress that additional body weight is putting on your joints, wear and tear is more likely to occur. This can put your body at risk of developing osteoarthritis because the excess weight will put additional strain on the cartilage, causing it to wear down. Without the cushion of the cartilage, the surface of the bones in the joint will rub against one another causing severe joint pain, swelling and stiffness.

Aside from joint-related issues, obesity also puts you at risk of developing weakened bones that are prone to breaks or fractures. When higher levels of stress are placed on bones, they will eventually wear down, creating fragile and easily broken bones.

The important thing to learn is how to protect your body from the painful consequences of obesity and the overuse of your joints. Losing weight is a proactive measure for fighting osteoarthritis. Exercising and eating healthy, well-balanced meals can help to not only lose weight but to maintain healthy bones and joints as well. Low-impact exercises, such as walking, biking, swimming, yoga and stretching can help build strength and promote proper range of motion in your joints. In addition, incorporating calcium and Vitamin D in your meals will promote bone mass development and help prevent brittle bones.

Weight loss can prove to be advantageous for your joint health. Studies have shown that obese individuals who lost approximately 11 pounds reduced their risk of developing osteoarthritis by 50 percent. Losing weight not only decreases your likelihood of developing arthritis, it also prevents bones from becoming brittle and prone to breakage.

If the damaged joint causes severe pain, the best option may be to replace the injured joint with an artificial joint. According to Obesity Action Coalition, obese individuals are 20-times more likely to need a knee replacement surgery than one of average weight

and they are also likely to need this surgery many years before someone who is not affected by obesity.

If you are preparing for joint replacement surgery, it is important to shed those extra pounds to ensure that your body will be able to heal without additional stress being placed on the joints. Many doctors recommend reducing your weight and body mass index (BMI) before surgery. In fact, weight loss may allow you to delay surgery, or reduce the need for it at all. Obesity makes you a potentially high-risk patient for replacement surgery.

If you are experiencing joint pain, it is important to speak with a doctor to discuss your options for pain relief. Dr. Brent Carter and his staff are ready to answer your questions.

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WHY DO SO MANY PATIENTS TRUST COMPTON CHIROPRACTIC CARE? THEIR STORIES MIGHT HELP YOU!

By Compton Chiropractic Care

When you have suffered an injury, Compton Chiropractic Care LLC can help you on the road to recovery. Our golf cart accessible facility located in The Villages, FL offers a variety of services to people just like you who are suffering with many different ailments. No matter what condition you are suffering from, the experienced team of professional Chiropractors at Compton Chiropractic Care LLC will work with you to properly diagnose and develop a personalized treatment plan to meet your needs.

Chiropractic care can help solve a wide range of problems that just don't include back and neck pain, we can also help patients who suffer from headaches, migraines, shoulder pain, arthritis, hip pain and personal injuries like car accidents. Our experienced physicians are also highly skilled in decompression therapy.

All four of our doctors are graduates from the Palmer College of Chiropractic. No matter what type of care you need, if you live in The Villages, you can certainly come to Compton Chiropractic Care and expect your needs to be met!

But don't just take our word for it—Find out what our patients have to say:

Patient Testimonials

"Doc thanks! My back is better than it has been for years." - Male Patient

"I wish I would have found your clinic years ago. I am playing the best golf of my life and without that lousy pain. Thanks again Doc. See you soon." - Female Patient

"Dr. Compton, I cannot begin to thank you enough for helping my husband and myself. We can actually enjoy our retirement now pain free." - Female Patient

"Doctor, I must be sure to mention again how very grateful i am for the care i was given at Compton Chiropractic. I am back north for the summer and I am feeling excellent. I will be making an appointment as soon as I return to Florida." - Female Patient

"I have been going to Chiropractors my entire life and I have never experienced a more genuinely sincere Doctor than yourself. I was very impressed with your extensive examination and ability to correct my pain so swiftly." - Male Patient

"Dr. Compton and staff have impressed me from the first phone call all the way to check out. The entire staff is pleasant and made me feel welcome. They were able to explain each step of my care and asked AND WAITED for response if I wasn't clear about an explanation. Dr. Compton explained what he was doing and why throughout my entire examination. He didn't seem bothered by my questions or long explanations that required more than yes or no responses. The therapist was great as well and she follows the same practice of explaining the hows and whys. I am very comfortable with Dr. Compton and staff and will continue with them for my chiropractic care. Great job!!!" -Female Patient

"I am happy with the sophistication and good "bedside manners" of the doctors and pleasant, effective service offered by the office personnel. In my two years as patient, I also have been satisfied with their handling the payments with fairness and full disclosure. This is an important part of chiropractic care which reimbursement by insurance is usually very difficult." -Male Patient

If you have pain, or other immobility issues, call Compton Chiropractic Care Today and discover how so many others, just like you are finding long term relief without drugs and without surgery!

The Compton Chiropractic Center:

- Friendly, Knowledgeable Staff
- Personalized Therapy Treatments
- Patients Are Our Number One Priority
- Treating More Than Neck And Back Pain
- Chiropractor With A Medical Approach
- Top Quality Health Care For A Reasonable Fee
- Palmer Graduates
- Call Today For A Free Consultation

No matter what type of care you need, if you live in The Villages, you can rest assured that you will receive superior care at the Compton Chiropractic Center. Please call today, to schedule your appointment.



COMPTON CHIROPRACTIC CARE

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

Our Philosophy

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

Our Facility Offers

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- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
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INNOVATIVE THERAPIES GROUP: Get Back to Playing Golf & Break Free From Pain

When your golf swing is lacking, it may be because of underlying mobility issues that are actually affecting your entire body. Whether impinged muscles, injury, stiffness or pain are limiting your range-of-motion, physical therapy will not only get you out of pain but can improve your golf game by increasing you mobility and strength.

Instability, especially in the core and spine, along with hip and ankle limitations can also be impeding upon your ability to drive the ball like you used to. With the right method of physical therapy exercises and stretching, you can regain control of your active lifestyle within a short period of time.

Innovative Therapies Group works with you to customize your specific plan depending on your injuries, health, goals and needs. These plans include increasing mobility, stability, strength, and endurance. The area's most commonly needing physical therapy are hips, spine, posture, and lower extremities.

Return to Golf Program

If you are having pain, limited range of motion, stiffness or unable to swing your golf club like you once were, Innovative Therapies Group has a **Return to Golf Program** to get you back in the game you love.



The **Return to Golf Program** are customized, individual-specific programs, which are determined in order to promote improved swing mechanics, balance, flexibility, and muscular strength and balance. These techniques are used to enhance function and maximize your golf swing and dynamic stability.

Masking your pain with pain medications is not the answer. Getting to the root cause of your condition is the key to healing your body and living the life you deserve.

For numerous individuals Physical therapy is the leading way to relieve pain and discomfort at its core. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

Common Conditions That Improve Significantly With Physical Therapy

- Assessment and Evaluation Programs
- Difficulty Walking
- Fall Prevention and Balance Retraining
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with at-home exercise guidelines and self-help management to promote and maintain independent function and increase mobility, Innovative Therapies Group has got you covered.

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical and occupational therapy.

Mention the Back to Golf Program in Health and Wellness Magazine/online and get 10% off the program!

To find out more about Innovative Therapies Group **Return To Golf Program** or to schedule your appointment, please contact them today.

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U.F. Graduate - B.S. Nutrition
Military Veteran

Dr. Brent Compton
Chiropractic Physician
Palmer Graduate
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By Physicians Rehabilitation



We all know that being and staying active is critical for aging well. But as we age, we can sometimes exacerbate injuries especially for those who are active in sports like tennis, running, biking, pickleball and working out. Physicians Rehabilitation has a several options to treat and retrain your joints and improve your range of motion. The best part is its non-surgical!

Whether you have knee injuries, shoulder, ankle, hip and the list goes on and on, Physicians Rehabilitation has numerous advanced treatment options to get you back in the game.

Physicians Rehabilitation specializes in the diagnosis and treatment of acute and chronic pain. Some of the most common conditions we treat here include osteoarthritis of the knee, strains and sprains, herniated discs, bulging discs, spinal stenosis, failed back surgery syndrome, facet arthrosis and soft tissue injuries.

- acute neck/back pain from muscle strains or “throwing your back out”
- shoulder pain (sprain, strain, rotator cuff injury)
- elbow pain due to golfer’s/tennis elbow
- wrist sprain/strain
- carpal tunnel
- trigger finger/thumb
- hip pain/bursitis/arthritis
- quadriceps/hamstrings strains
- knee pain
- calf strains
- ankle sprains, heel pain/plantar fasciitis

Our care combines the unique talents of medical doctors, physical therapists and wellness specialists all under one roof. This team approach provides you with the unique opportunity to benefit from the highest quality of health care services to help restore each patient to optimal health and well-being. A completely individualized program will be designed utilizing the most advanced combination of diagnostics and treatment options available.

Platelet Rich Plasma (PRP) Therapy

PRP therapy is a revolutionary treatment to eliminate pain caused by injuries of the muscles, tendons and ligaments, and osteoarthritis. PRP initiates wound healing, and tissue repair. In essence, it is biologically

enhanced healing, using your body’s natural healing capabilities. PRP provides a long-lasting solution for pain and symptom relief of soft tissue injuries.

Spinal Decompression

Spinal decompression therapy is a medical technology that gently stretches the spine and decompresses discs. The injured disc is located and gently pulled, creating a vacuum, which allows the disc to be “pulled back in,” taking the pressure off the nerve. Spinal decompression therapy treatment is able to reduce the pressure in the disc, allowing fluids and nutrients to re-enter the disc, thus reducing swelling and relieving the pressure on irritated or pinched nerves.

Physical Therapy

Your body is much like a machine. If it is in good shape, it works well. However, many things can arise to inhibit, interfere, or even disrupt the proper functioning of the body’s muscles, bones, and joints. When that happens, you need a physical therapist from Physicians Rehabilitation to get you back in the action.

Bracing

At Physicians Rehabilitation we utilize braces for back, neck and knees for pain relief, to allow healing and provide support during treatment. Bracing provides support to the weakened body area by decreasing stress to lessen pain, allow healing and increase mobility.

PATIENT TESTIMONIALS

Improved Golf Game

“My pain level was extreme...I just couldn’t walk. I came to Physicians Rehabilitation after visiting my doctor...who told me I had to have surgery or shots...and I needed help...”

— Joe W.

With Bad Heart – Resisting Knee Surgery!

“When walking my pain level was a 6 or 7. I had taught tennis 25 hours a week...then took care of my wife for a year and a half...afterwards I went to the gym and I could not peddle a recumbent bike...after two weeks of therapy I could pump the bike backwards and forwards”—Paul G.

Why Choose Physicians Rehabilitation?

Physicians Rehabilitation offers the most advanced non-surgical, FDA procedures for relieving pain. Most patients will typically see diminished symptoms in less than 1 month of treatment. We’re certain you will agree that our approach to healthcare is quite different from anything you’ve experienced in the past. Our combination of expertise with multiple disciplines of care enables us to provide for our patients a level and quality of care that is not only unique, but also produces consistent results.

If you are looking for a non-invasive alternative treatment to drugs for pain relief and healing, please call one of our convenient locations to schedule a NO COST Consultation and begin your road to recovery today.

**Why Not Feel Better and Improve your Game?
Call Physicians Rehabilitation Today!**

Physicians Rehabilitation

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient. Our clinical care providers are able to employ a wide variety of physical modalities by utilizing state-of-the-art tools.

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



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Ready to Finally Take Advantage of the Low Mortgage Rates?

Mortgage rates are still very low. If you are thinking about buying a new home, condo or townhouse now is the time to do so. Many people are taking advantage of the low interest rates and refinancing their loans as well. If you are even toying with the idea of selling or making a new home purchase, it's important to speak to a bank about getting you the best rates that fit your needs and budget.

On average, we're seeing rates around 2.65, but that number fluctuates in both directions depending on your financier, length of loan and your FICA score to name a few. These rates will not last forever. As we've seen in the past things eventually do go back up and with inflation, they could soar above what we've seen in a very long time. Staying on the side of caution, you could wait it out and see what happens,

but the majority of researchers and professionals will tell you that they don't foresee these low rates lasting long term. Who can say how long they will be available? Well, that just takes looking back to a few years ago to see what happened after the housing boom.

If you are interested in purchasing a new home, call Amanda Fincher to help make the transition and experience as painless as possible.



Amanda Fincher
352-497-5673



Amanda Fincher

Amanda Fincher is an award-winning, Multi-Million Dollar Producer. Amanda helps home buyers and sellers across The Villages, Ocala, Wildwood, Fruitland Park, and Lady Lake reach their real estate goals by tapping into her relationship-building prowess and high-level real estate training.

Amanda launched her career in real estate sales in 2017, bringing more than a decade of experience living and working in The Villages to her role. She quickly proved herself as a key player in the market, earning the "Rookie of the Year" award from her brokerage, Realty Executives in The Villages, which has ranked as a market leader in the local MLS year after year. She bolsters her commitment to advocating for clients by staying up to date with the latest technology and continuing her real estate education with some of the industry's top mentors and coaches. Amanda lends her outgoing, detail-oriented, kind, and professional outlook to both her real estate endeavors and local volunteer fundraising efforts.

Amanda has been building lasting relationships, by providing top-notch service in The Villages for the past twelve years. She strives to always stay up to date with the latest real estate technology, which keeps her clients equipped with the latest products. Amanda is very detail orientated and her customers are her number one priority. She shows great dedication to achieving results and providing exceptional services in this industry. Amanda has made a high-level commitment to her real estate education, having been mentored and coached by several highly acclaimed real estate professionals.

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How Hearing Loss Affects Your Memory



Could hearing loss be making you forgetful? Find out how and why hearing loss affects your memory function now.

It's common knowledge that unresolved hearing loss can have an impact on stress and anxiety levels, but did you know it can affect your memory too? Memory loss is just one of the side effects of reduced hearing function, but it is one of the most important.

As well as having a significant impact on your confidence and day-to-day lifestyle, memory loss can often be misinterpreted as the onset of dementia. If you develop age-related hearing loss, for example, a subsequent reduction in memory function may not automatically be linked to hearing issues. However, there's a good chance that your hearing loss is impacting your ability to retain and recall information.

Does hearing loss affect your memory?

Research has confirmed that hearing loss does have an impact on memory. In fact, it is believed that hearing loss can affect memory function in numerous ways. To understand why hearing function impacts memory, it's important to look at the overall effect hearing loss can have on an individual.

Concentration

When you are experiencing hearing loss, you will need to concentrate much more simply to recognize sounds. If you have a conversation with someone, for example, your concentration is directed at deciphering what the person is saying and trying to understand it. This means the brain is less focused on actually retaining the information.

Due to the increased concentration required to simply follow the conversation, the brain doesn't store the information. Known as cognitive overload, the brain is too busy trying to listen to and interpret sounds to memorize the content too. Of course, when you try and remember the details of the conversation, the information simply isn't there and so cannot be recalled.

You may feel like you're unable to remember what you've heard but, in fact, the brain hasn't even got as far as storing the information. Due to this, you won't have the data you need for the recall function in your brain to work effectively. While the mechanism is still functioning, the information isn't there to process.

Isolation

Untreated hearing loss often leads to loneliness and isolation. A reduction in socializing is extremely common amongst people with unresolved hearing loss or tinnitus.

When you're isolated, your brain is exposed to fewer stimuli. As a result, it doesn't need to work as hard and becomes less active. This can lead to structural changes and even cause the brain to shrink. Isolation means that your memory function is being exercised as often, which reduces its capacity. Naturally, this has a negative impact on its performance. When it comes time to recall information, the reduced functioning of your memory means it's harder for you to remember things.

Anxiety and depression

If hearing loss isn't treated effectively, it can increase the risk of developing emotional and psychological issues. Many people find that hidden hearing loss has a negative effect on their mental health, with a significant number of individuals experiencing increased anxiety and depression.

Studies into depression have shown that it can change the way your brain operates. When depression impacts the memory, it means you are less able to retain and recall information on demand.

To learn more about the connection between hearing function and memory loss, sign up for the Signia newsletter now. If you want to know whether hearing function could be affecting your memory, take the Signia hearing test today.

Identifying hearing-related memory loss

If you're experiencing memory loss, it's important to seek medical advice. While people often consult their primary care physician regarding reduced memory function, it's advisable to contact a hearing care provider too.

A simple hearing test can assess your hearing function and determine whether you are experiencing any form of hearing loss. Even relatively mild hearing loss can cause cognitive overload, which means people can experience hearing-related memory loss without having moderate or severe hearing problems.

In fact, you may notice your memory loss before you're aware of any reduction in your hearing function. As many people experience a reduction in hearing function gradually, it can take some time before it really has a noticeable impact on their day-to-day lives. While you may be aware of difficulties recalling information, you may not notice just how much you're having to concentrate on following a conversation or listening to sounds, for example.

This is one of the reasons why it's so important to have routine hearing tests. By undertaking a non-invasive exam, such as a pure tone audiometry hearing test, your hearing care professional can confirm whether or not you're experiencing hearing loss. If so, the type, configuration and severity of your hearing loss can also be assessed swiftly.

Treating and preventing memory loss

When memory loss is related to hearing function, it can typically be resolved quickly and easily. By wearing hearing aids, for example, you can enhance your hearing function. This prevents cognitive overload, as the brain no longer needs to work hard simply to pick up and interpret sounds. This enables your brain to process information normally and means the information is stored in your memory, ready to be recalled as and when it's needed.

In addition to this, wearing hearing aids greatly reduces the risk of social isolation. As you are able to continue with your usual lifestyle while wearing hearing devices, people are able to remain social and active. Similarly, hearing aids mitigate the effects of hearing loss, which means the risk of developing depression and anxiety are reduced.

This ensures your brain isn't subjected to the structural changes that can occur over time due to isolation, reduced activity and depression. As you are able to maintain your lifestyle, your memory function and brain are still being exercised. Due to this, your ability to interpret, store and recall information is unaffected. A hearing test and appropriate treatment can certainly help to combat existing hearing-related memory loss. However, there's no need to wait until you start experiencing a reduction in memory function to consult a hearing care professional. By having regular hearing function tests, any potential hearing issues can be identified and resolved quickly, thus reducing the risk of related memory loss occurring.

Source:
https://www.signia-hearing.com/blog/how-hearing-loss-affects-your-memory/?utm_source=facebook&utm_medium=post&utm_content=555a7a5c-9020-4fa3-b3ed-916bd0e72e94&utm_campaign=ongoing

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There are various forms of medical marijuana such as smoking, tinctures, vapors and edibles, but many people are still uncertain of which form is best for them personally. And that's a critical question and more importantly, it's why a certified medical marijuana doctor with extensive research and experience is your best option. The physicians at Certified Marijuana Doctors take great care to understand your condition and how best to dose your initial medical marijuana trial, or to tweak dosing for those that are already familiar with how it affects them personally.

Without an expert to guide you, you can end up having adverse side effects like nausea and paranoia. And because edibles are one of the most requested forms of medical marijuana, the fact that they can easily be overeaten, often leads to unpleasant effects. Being certain of if you specific dosing is essential.

It's important to understand how and why medical marijuana works

The endocannabinoid system was discovered in 1992, yet most medical schools, and nursing programs have not added it to their curriculum. Studies showing the benefits of cannabis (marijuana) on the endocannabinoid system were mostly blocked by the Federal Government.

The endocannabinoid system (ECS) is a group of endogenous cannabinoid receptors located in the mammalian brain and throughout the central and peripheral nervous systems, consisting of neuro-modulator lipids and their receptors.

The endocannabinoid system can be found in nearly any mammal with a vertebrae. The endocannabinoid system is involved in regulating many key

bodily processes, including blood pressure, immunity, stress, inflammation, neurotoxicity, and digestive functions. The endocannabinoid system within the human body is a network of cell receptors that respond to key molecules found in marijuana – THC and CBD in particular. CB1 receptors are most densely concentrated in parts of the brain and central nervous system, and less densely found throughout the rest of the body. CB2 receptors, on the other hand, are less densely located in the brain regions, and more concentrated in the peripheral nervous system and organs. The mapping of these receptors fits well with the diverse range of symptoms and conditions that are found to respond positively to medical marijuana.

In addition to regulating neuronal excitability and inflammation in pain circuits, the endocannabinoid system has been shown to play a regulatory role in movement, appetite, hypothalamic-pituitary-adrenal axis modulation, immunomodulation, mood, blood pressure, bone density, tumor surveillance, neuroprotection and reproduction. The endocannabinoid system has also been shown to affect sensory perception, cardiac output, cerebral blood flow and intraocular pressure.

A Note on Dispensaries and Vertical Integration

Since Florida's medical marijuana programs inception, vertical integration has been the main force behind each dispensary's operation. What this means is that each dispensary is responsible all the way from seed to sale, making it extremely costly to get your feet wet in the industry. If you include the cost of obtaining a license as a medical marijuana business, the cost to get started can get into the tens of millions. This leaves us the question of "when will small businesses be able to flourish and profit from the industry alongside the conglomerates"?

Industry heavy hitters such as Trulieve, which currently holds the title for 54% of the entire market share in Florida, have completely taken over the state and leaves patients yearning for more options and better competition. Vertical integration inadvertently creates an uncompetitive environment as instead of having thousands of businesses compete for the top, there are about ten multi-million dollar firms coming in with millions ready to invest. Some argue it's unfair but there is a reason behind this; liability. Florida has one of the stricter programs in the U.S. and as such, it was started with an extremely limited selection of products and the laws were made this way so that each company had 100% responsibility for every step of the process. This makes regulation easier for the governing heads in charge of such but ultimately leaves out opportunities for small business to get involved, leading to all the profit going straight into the pockets of companies already set up across the states.

What does this mean in 2020? Well, there is one underdog that has finally had its moment with its single brick and mortar location in Spring Hill, Florida and they go by the name "The Botanist". While they aren't a true underdog, with them being a state-wide company, they are still the smallest dispensary to successfully have operations in the state with products that are actually worth making the trip for. Patients from Miami have made the 10 hour round trip just to see the difference between products of theirs and the rest of the competition. While seeing high percentage flower isn't too unusual in Florida (with Rise's Velvet Glove coming in at a hefty 31.8% THC), it is unusual to see consistent 20% and higher strains with proper curing and high percentages of terpenes. A small glimmer of hope that will eventually set the standard for the rest as they open more stores and create a healthier competition of better product rather than micro efficiencies to squeeze every last dollar out of the process."



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ALTHOUGH MEDICAL MARIJUANA IS LEGAL IN FLORIDA, IT REMAINS ILLEGAL UNDER FEDERAL LAW

Migraines Are the Sixth Most Disabling Disorder Globally

By Alexander C. Frank, DC, DACNB, FABES

Briana, Mom of 3

“When I get a migraine I am done for a couple of days, and with 3 young children it is devastating. I was fortunate to have been given Dr. Frank’s card by a friend when my most recent attack occurred. After a thorough examination, he gently adjusted my neck and applied other therapies including vibration and aroma therapy. Normally the only thing that stops my migraine is going to sleep (or vomiting). However, I left that first treatment with a pain level of 2 out of 10, having started out at level 10 pain; I was thrilled! In addition, Dr. Frank gave me exercises and recommended neurological tools that I could use to help prevent and/or treat my migraines”.

Migraine are the sixth most disabling disorder globally, and the most disabling of all neurological disorders. Migraine affect females greater than males at a rate of 3:1. It is described as a disorder of brain sensory processing that can have many influences such as genetics, environment, stress, etc. It's a complex and multifaceted disorder which can last for moments, or may last over several days. It is widely accepted that Migraine involves activation and sensitization of an orchestras of tissues along with the Trigeminovascular Pathway (TVP). The TVP starts in the deepest regions of the brain that are tasked with maintaining homeostasis, or balance within the body & its systems. The TVP continues through the Brainstem which houses the centers that control light & sound sensitivity, pain inhibition, posture, sleep, arousal, nausea/vomiting centers, and more. It ends in the upper cervical spinal cord around C2/C3. It has been suggested that migraine may be considered a brain state of altered excitability which leads to the failure of the “volume knob” which gaits sensory information.

In simple of terms, a migraine is occurs when the cells/tissues (think engines) that make up your TVP and associated tissues do not have the capacity/integrity to do work and fail, just like an injured muscle. An example of this type of pain is when you eat or drink something cold and you feel a sudden onset of severe head and/or facial pain. This leads to an over-activation of the system that relays facial pain and we experience 30 seconds of what we feel as excruciating pain. However, this is an misinterpretation of the actual level of tissue damage, as there is none. What occurred was an immediate constriction of blood vessels in the upper palate followed by a rapid dilatation (stretch) of those blood vessel. The failure to throttle the information caused the brain to perceive things being worse than they actually were.



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

Many medication aim to block this pain pathway from sending painful information. At Florida Functional Neurology Group, Dr. Frank utilizes his extensive knowledge of clinical neuroscience to apply drug-free treatments to improve the capacity/integrity of the TVP and other tissues involved in head/facial pain. utilizing a combination of neuroplasticity retraining, vestibular rehabilitation, visuomotor rehab, chiropractic, photobiomodulation, & physio therapies. Diet can play a major role in migraines as keeping TVP tissues appropriately “fueled” in order to prevent fatigue□failure of tissue□pain. There other variables that also must be considered when developing a tailored treatment plan for each individual. Many times it is a combination of treatments that provide the longest lasting results. This approach has allowed Dr. Frank to help many individuals suffering from various forms of head and facial pain who have not be able to find relief through traditional methods and have been told to “learn to live with it”.



Dr. Frank understands that no two people are quite alike, and as such, no two injuries or pains manifest themselves identically. He offers a diverse range of cutting-edge neurological, chiropractic, orthopedic, treatments & physiotherapies, along with nutritional support, to better assist his clients on the road to optimal health & maximum potential.



About Dr. Frank

Dr. Alexander Charles Frank is the only Board Certified Chiropractic Neurologist in the North Central Florida area. He also holds a fellowship in Electrodiagnostic Specialties.

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

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

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



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Cornerstone Hospice Focused on Each Patient's Life, Not End-of-Life

Submitted by Cornerstone Hospice and Palliative Care

Nearly 60 years after the end of World War II, former US Army Sergeant and Villages resident Charles Mellott was honored for his service during a special ceremony, surrounded by family and friends. The Cornerstone SALUTES! ceremony was arranged by the Cornerstone Hospice social worker who was part of the team that ensured the 93-year-old lived his last days in comfort and with dignity.

Mr. Mellott's cardiologist had recommended Cornerstone to care for Mellott. His daughter said the time was right. "It took a huge load off of my 90-year-old mother as a caregiver," says Del Hunt. "She was then able to prepare for his passing.

Hunt said the Cornerstone Hospice team treated her father with compassion. "They spent time getting to know him personally, listening to him with their undivided attention. He looked forward to the routine visits from his nurse and she became his friend," said Hunt. The hospice team even coordinated care with her parents' assisted living facility.

"When our teams collaborate on a patient they aren't focused on how this person is going to die, but rather how he'll live out his last days, and that his family receives the necessary support to allow for it," said Chuck Lee, President and CEO of Cornerstone Hospice.

Each Cornerstone Hospice patient is cared for by members of what is called a "multidisciplinary team" which includes a physician, nurses, nursing

assistants, a chaplain, a social worker and a specially-trained volunteer. The team addresses symptom control, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes.

Hospice focuses on caring, not curing and, in most cases, care is provided in the patient's home. It also is provided in freestanding hospice centers, hospitals and long-term care facilities or wherever a patient resides.

Due to misconceptions about what hospice provides, patients often are brought in too late when much discomfort and strain has already been experienced by the patient and the family.

Patients may be eligible for hospice services when a doctor certifies a patient has a terminal illness and a life expectancy of six months or less. Hospice services are available to patients of any age, religion, race, or illness and are covered under Medicare, Medicaid, and most insurance plans.

Cornerstone provides special services to ensure overall comfort and support including its nationally recognized seven-day care model which ensures continuity in the care team and improved communications amongst staff and the patient, the Pet Peace of Mind program, bereavement counseling and Cornerstone SALUTES! for veteran patients. Cornerstone SALUTES! is a comprehensive hospice program respectfully celebrating veterans' service to our country, at home and abroad, and providing care that recognizes the challenges unique to military families.



Cornerstone Hospice volunteer Retired Col. Paul Farineau salutes Charles Mellott at a Cornerstone SALUTES! ceremony. Cornerstone's veteran volunteers provide honorees with a certificate, a commemorative pin and a salute to thank veterans for their service to our country.

"Veterans often have emotional and physical conditions related to their service which require additional insight from the care team," said Lee. "With one in four people dying today being a veteran, we take extra steps to help them during their last days."

"Words could not describe how that made my dad feel. He was finally recognized for his service to this great country. He appeared to be more at peace and held his head higher. I feel in my heart it did bring closure for him," said Hunt.

About Cornerstone Hospice

Cornerstone Hospice is a leading community-owned provider of end-of-life care in Central Florida. For 34 years Cornerstone has set the standard for hospice care as we serve more than 7,000 people in Lake, Sumter, Orange, Osceola, Polk, Hardee and Highlands counties each year. For more information, to donate, or to volunteer, call 866-742-6655 or visit www.CornerstoneHospice.org





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



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

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

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

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

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

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

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BALANCING LIFE

By Rev. J. Keith Long

Do you live a balanced life? When your life seems to be running smoothly and everything is happening just like you suppose it should, you may not give much thought to what it means. When you seem to be at wits end, you may be thinking there must be a better way.

Luke 10:27 reads: He responded, "You must love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind, and love your neighbor as yourself.**

Look closely at what this says. It says with your heart. The heart, the amazing muscle made to provide life giving blood to all of the body. Without the heart, the body cannot do its amazing things. Without blood, the brain will not function, the arms and legs will not move, the body cannot live. One of the best ways to honor God is with your heart, by using the gift of life, of the blood flowing through you to do good things, to say good things, and to be good, or sometimes people say righteous.

Your heart is maintained by exercise. As Americans we are prone to spend too much time in the car, in front of the Television, or at the computer. The heart as a muscle needs work to keep doing what it does at the optimum. The healthy heart provides for you the opportunity to love God with all of your strength. The muscles provide strength to move your legs, your arms, all the parts of you that hugs, carries, moves, speaks, and shares. Health professionals will say this: get moving. Movement maintains, lots of movement builds, but most important is the first step movement.

Love God with your mind. In other words, think. Wisdom and knowledge are two very different things. Wisdom for me is a daily process. Living each day learning something, gaining knowledge is mostly helpful, but I can honestly say some things I hold as knowledge are not always helpful. So, therefore, wisdom is about knowing the difference and what makes your life better becomes the very best wisdom. I skipped over "being" because for me it is the entire package. Your heart, your muscles, your mind, every part of you is combined as the temple for your soul. All of your being means everything about you. Jesus said in answer to the



question, "What must I do to have eternal life?" He said, "Do these things." Not some of them, all of them. Not part of the time or most of the time, but all of the time.

Finding Balance is Key

Balance, the act of having enough, not too much, not too little, this is the key to most things, if not all things. I am really strong on spiritual practices, but I need to work on my physical practices. My emotions seem to be doing OK, my relationships are trending up. My visits to my healthcare providers including the dentist are in check. I am making better decisions about what I eat, when and how much. Thinking about these areas of my life and finding balance is an opportunity. Thinking about these things has shown me there is a better way. I thought I was happy and doing

OK, but consideration of these aspects has given me a way to be happier, to have more joy, even in the midst of crisis and stress, and everything else going on.

Practice is Necessary

Like an athlete, for any sport they will practice and work at keeping their skills up to be their personal best. Like a piano player or any musician, even for a drummer, practice is necessary to maintain the talent. It seems that for all of us the same is true; we must have a routine of practice that keeps our mind, body and soul in its best condition. As you live, be encouraged that your God has given you abundance. How you use it, what you do with it, that is something not to be squandered, it is more precious than gold.

**Bible Reference - Common English Bible



Say Bye-Bye to Dry Eye

Eyes feeling dry and irritated? If you find yourself reaching for over-the-counter eye drops multiple times a day, you may have a medical condition called chronic dry eye. A visit with your Lake Eye doctor can help determine the cause and the right treatment to offer lasting, soothing relief.

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