

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2021

Polk/Brandon Edition – Monthly

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**DO YOU SUFFER
FROM HEARTBURN?**

**UNSIGHTLY VEINS
CAN INDICATE
DEEPER PROBLEMS**

**SAVANNAH COURT
SENIOR LIVING COMMUNITIES –
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Health & Wellness MAGAZINE



DO YOU SUFFER FROM HEARTBURN?

An Innovative Procedure Can Alleviate Your Pain & Get You Off Medications



GERD causes delayed emptying of the stomach acids and food, creating numerous symptoms, including esophageal burning, chest pains, and regurgitation. Along with discomfort and systemic health-related factors, acid reflux can adversely affect your lifestyle.



There are over-the-counter and prescription medications that can help control acid reflux, but there are some long-term implications that adversely affect individuals. Long term, these medications may stop working altogether, and if you ask most people, they'd rather not take medicine for the rest of their lives if there is a viable alternative.

FOR MANY PEOPLE, THE LINX PROCEDURE IS THE ANSWER.

The LINX is a string of small magnetic beads that form a ring at the base of the esophagus and stomach, which creates a mechanical barrier for reflux and regurgitation. Acid can get into the throat in the middle of the night and aspirate, which is a common yet dangerous side effect for many people. The LINX device prevents acid reflux and regurgitation from happening.

Because hiatal hernias and acid reflux are so often interconnected, this procedure allows us to repair both the hernia and place the LINX device simultaneously.

Before we decide which procedure is best for a patient, there are several issues that we consider with LINX or traditional repair treatment, which is a laparoscopic antireflux surgery (also called Nissen fundoplication).

Often, a hiatal hernia causes the stomach to protrude into or put pressure on the esophagus, causing more acid and regurgitation issues. Before we decide which procedure is optimal, a gastroenterologist will do a PH study to check the levels of acid. We also do an EGD scope (tiny camera) to check for hiatal hernia, and we scope the esophagus to check for functionality. Once these are established, we customize a plan of action for the patient's specific needs.

HOW LINX WORKS

The tiny ring of beads is placed around the base of the esophagus and stomach, allowing the patient to

swallow naturally. With LINX, the normal expansion and contraction mechanisms are still in place. LINX is customized for each patient's anatomy and function.

LINX is often performed with robotic-assisted surgery, but it can also be accomplished with laparoscopic ports. The benefits of robotic surgery are that it is extremely precise due to the extensive magnification of the images, and it allows the patient to recover quickly with minimal pain or discomfort. Patients that have the LINX procedure via robotic-assisted surgery will stay overnight in the hospital. Patients may have some discomfort as they get used to the device for a few days to a week, and their overall healing is usually about ten days to two weeks.

TRADITIONAL REPAIR

The Nissen fundoplication is also a viable treatment that I've successfully performed on patients for the past several decades. It is a more in-depth procedure done laparoscopically; however, the healing times will be longer than with robotic-assisted surgery.

LINX OFFERS CONSISTENT RESULTS

There is demonstrated consistent symptom improvement across multiple studies.¹ 88% of patients reported that bothersome heartburn had been eliminated 5 years after treatment with the LINX Reflux Management System.² 85% of patients were free from dependence on daily reflux medication after treatment with the LINX Reflux Management System. 99% of patients eliminated regurgitation at 5 years.³

The goal is for our patients to not have to take medications any longer and to enjoy their lives.

If you are struggling with Heartburn, contact your physician to discuss your treatment options.

Pascal E. Spehar, MD



Dr. Pascal Spehar is a board-certified general surgeon affiliated with South Florida Baptist Hospital. He received his undergraduate degree from Rockhurst College in Kansas City, Missouri, and then earned his Doctor of Medicine from the University of Kansas Medical School in Kansas City, Kansas. Dr. Spehar completed his internship and residency at the University of Kansas Medical Center in Kansas City, Kansas. Dr. Spehar performs a wide range of operations, focusing on the abdomen and related organs. His goal is always to provide the best results for his patients with the quickest recovery, guided by experience and innovation, using both invasive and minimally-invasive surgery, including robotics. Dr. Spehar is a Diplomate of the American Board of Surgery, as well as a Fellow of the American College of Surgeons.



BayCare Medical Group General Surgery

1601 W Timberlane Dr Ste 100

Plant City, FL 33566

Phone: (813) 708-1312

Source: <https://www.jnjmedicaldevices.com/en-US/product/linx-reflux-management-system>

1. Based on 192 patients who underwent MSA with LINX as well as a matched pair analysis in which 47 patients underwent MSA2. 98.1% (p=0.118) and 97.8% of patients, respectively, reported symptom improvement or resolution. In a study of 100 patients implanted with LINX, bothersome heartburn decreased to 11.9% (p<0.001) and bothersome regurgitation decreased to 1.2% (p<0.001).

2. Based on a 5 year prospective, multi-center, single-arm study observing 100 patients who were implanted with LINX, the success criteria for quality of life (50% reduction in total GERD-HRQL score, and PPI use 50% reduction) were met.

3. Ganz R, Edmundowicz S, Taiganides P, et al. Long-term Outcomes of Patients Receiving a Magnetic Sphincter Augmentation Device for Gastroesophageal Reflux. Clin Gastroenterol Hepatol. 2016. 14(5):671-7. Based on a 5 year prospective, multi-center, single-arm study observing 100 patients who were implanted with LINX, regurgitation was 57% at baseline and decreased to 1.2% at 5 years. (p<0.001)

UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

“YOU CAN’T TELL A BOOK BY LOOKING AT ITS COVER.”



Many women are concerned about the appearance of spider veins and varicose veins. These veins, which can cause a spider web appearance in the skin, or big, unsightly bulges underneath the skin, can also cause a person to have symptoms and are signs of vein disease.



Ignoring these problems and not treating them can lead to a progression and further damage to the tissue of the lower leg. Some of the symptoms and signs of vein disease occur **predominately in the lower leg.**

Some of the symptoms include:

- Subtle feeling of fullness
- Mild aching, heaviness or pressure
- Fatigue as the day progresses

Some of the signs include:

- Swelling, which can be minimal but significant
- Rough, dry skin sometimes accompanied with itching
- Big, unsightly bulging veins underneath the skin
- Spider veins, the unsightly 'webs' in the skin itself, while considered cosmetic, usually indicate deeper problems

Over time, if untreated, vein disease can lead to more significant issues and more damage to the lower leg including, thickening and drying of the skin and discoloration, prominently a brownish color or, if the patient has been up on their feet for long periods of time, these sometimes subtle signs can lead to the possibility of an ulceration or sore around the ankle area.

Fortunately, with today's technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins. We then use a foamed chemical to treat the actual varicose or bulging veins. These two measures are used to close the source veins. We then use a foamed chemical to treat of the actual varicose or bulging veins. This is done in an outpatient clinical setting avoiding surgery. These procedures are covered by most medical insurances, including MEDICARE.

Anyone concerned about the appearance of their veins should have a thorough physical and ultrasound evaluation to examine the underlying cause. This can be done quickly with very little disruption in one's normal schedule and activities. We strongly recommend wearing graduated compression stockings, hose or leggings while working or in situations where a person is on their feet or sitting for prolonged periods of time.

Vein health equates to leg health.

"A stitch in time to save mine"!

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



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

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

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

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

SAVANNAH COURT OF LAKE WALES SENIOR LIVING OPTIONS

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

Assisted Living

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

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

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

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

Short Term Respite Care in Lake Wales, FL

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

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



Adult Day Programming

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

Community Benefits

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



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

COMMUNITY AMENITIES

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

APARTMENT AMENITIES

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



\$1000 off
Community Fee

BARBARA BERRY

Senior Director of Lake Wales & Haines City

ANGELA ROSS-BROWN

Executive Director of Haines City

RACHEL LOPER, LPN

Resident Care Director of Lake Wales & Haines City

TILLIE BRICKNER

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Haines City

FL 33844, 301 Peninsular Dr.

T.: 863-422-5204

Assisted Living License 9382

www.SLM.net



is this you?



Do you experience **pain** or **numbness** in your **lower back** when **standing** upright?



Do you experience **pain**, **numbness**, or **tingling** in your **legs** or **buttocks** when you **walk**?



Is your **discomfort** relieved when you **bend forward** at the waist or **sit down**?

SPINAL STENOSIS

Stand Tall & Walk Farther

Here at Spine & Pain Institute of Florida in Lakeland, Florida, Navdeep Jassal, MD, our board-certified pain management national expert, not only offers highly customized treatments for spinal stenosis, but he can help you protect your back and overall health to prevent back pain.

WHAT IS SPINAL STENOSIS ANYWAY?

Spinal stenosis is a condition that develops when your spinal column narrows. The condition usually develops in either your lower (lumbar) or neck (cervical) spine.

Your spine consists of a series of vertebrae separated by rubbery discs that provide support, flexibility, and shock absorption. Your vertebrae create a column that surrounds and protects your spinal cord. That column is narrow, and any inflammation or structural irregularity can make it narrow.

The narrowing of the spinal canal can cause a number of symptoms such as pain, numbness, or tingling sensation in your lower back, legs, or buttocks. Typically, these symptoms worsen when you are standing or walking and get better if you sit or bend forward. Sitting or bending forward

MANY PEOPLE THINK THAT ACHES AND PAINS, INCLUDING BACK PAIN, ARE AN INEVITABLE PART OF AGING – BUT THEY’RE WRONG. WHILE AGE IS A FACTOR IN CONDITIONS LIKE SPINAL STENOSIS, HERNIATED DISCS, ARTHRITIS, AND OTHER BACK PROBLEMS, THAT DOESN’T MEAN WE’RE ALL IN FOR A FUTURE OF PAIN.

provides relief because it “opens” the space in the spinal canal and alleviates the pressure on your spinal cord. If left untreated, symptoms of spinal stenosis gradually worsen over time, limiting your ability to stand, walk, and perform daily activities.

WHAT CAUSES SPINAL STENOSIS?

Several factors can cause spinal stenosis. For example, herniated discs, arthritis, bone spurs, thickened ligaments, and tumors can all lead to spinal stenosis. You might also develop spinal stenosis from general degenerative wear and tear on your spine.

While your age is a risk factor for all of the conditions that can cause spinal stenosis, that doesn’t mean it’s inevitable.

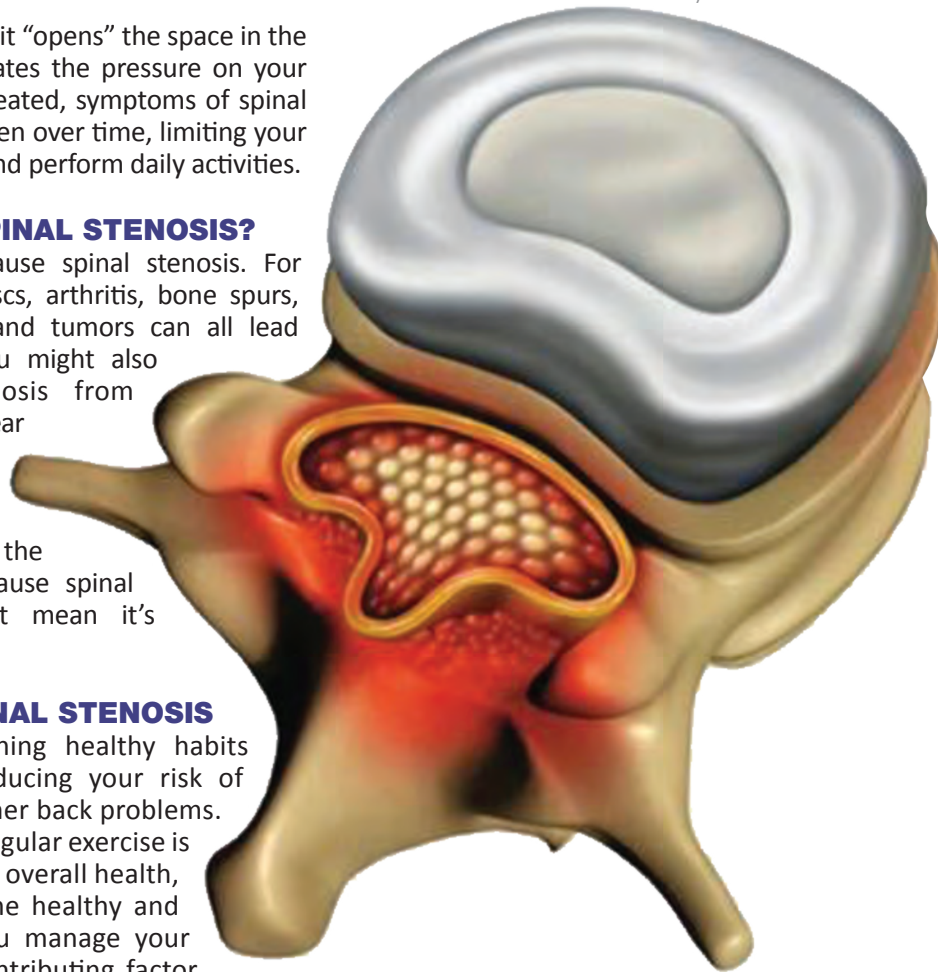
PREVENTING SPINAL STENOSIS

Starting and maintaining healthy habits now is critical to reducing your risk of spinal stenosis and other back problems. For example, getting regular exercise is not only great for your overall health, but it keeps your spine healthy and flexible and helps you manage your weight — another contributing factor to a variety of conditions that cause spinal stenosis. Even taking a brisk 30-minute walk every day can help.

You should also make time to stretch. We’re not saying you have to become a yoga devotee, just take time to stretch your body. Keeping your muscles and connective tissues supple and flexible decreases your risk of injury.

You should also pay attention to your posture. Too many of us spend our days slouched at a desk or hunched over scrolling through our phones. Poor posture stresses your muscles, connective tissue, and vertebrae, which can eventually contribute to spinal stenosis and other problems.

Avoid unhealthy habits like tobacco use, vaping, and excessive alcohol consumption. Protecting your overall health reduces your risk of a variety of health problems.



WHAT IF I ALREADY HAVE BACK PAIN?

Even if you already have back pain, it doesn’t condemn you to a life of discomfort. We offer customized pain management services, including treatments like the mild® procedure and Superior® interspinous spacers, to create more space in your spine. These are two Medicare approved options that will help you decrease pain, stand tall and walk farther. Dr. Jassal has experience amongst his own patients to reduce pain by 72% and opioid reduction by 64% on average with such treatment options.

We’re committed to helping you lead a pain-free life. Give our office a call or make an appointment online today to learn more about how we can help alleviate your back and neck pain and help you lead an active and healthy life.



About Dr. Jassal

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

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

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

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

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

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



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www.spiflorida.com



by Alan J. Bauman, MD, ABHRS

Don't Baldly Go Where Many Men Have Gone Before [AI Can Help]

Dr. Alan Bauman uses HairMetrix® and its AI technology to gather key metrics and vital information to help him make diagnosis and treatment decisions for his patients, and accurately tracks treatment results over time.

IF YOU'RE A STAR TREK FAN, PERHAPS YOU'VE WONDERED WHY TECHNOLOGY HADN'T EVOLVED ENOUGH BY THE 24TH CENTURY FOR CAPT. JEAN-LUC PICARD OF THE USS ENTERPRISE TO HAVE MORE HAIR. MAYBE HUMANS WERE SPENDING ALL THEIR ARTIFICIAL INTELLIGENCE (AI) RESOURCES FIGHTING ALIENS.

Fortunately, without an extraterrestrial problem here on Earth thus far, humans have created some remarkable AI tools, centuries sooner, for use in more pragmatic areas, including hair restoration.

In our efforts to always stay on the leading edge of technology, we've recently added two of these innovations to our toolbox here at Bauman Medical that will save our patients time and money, and achieve better hair restoration results.

HairMetrix®

Earlier this year our practice became one of the first in the world to offer HairMetrix®, a major advance in helping us evaluate your hair and track your restoration progress.

Frankly, it's a game-changer.

Why?

For almost 20 years we've used microscopes to observe hair loss and hair restoration results, but as you can imagine it's literally difficult to count hairs, so we've had to use our best estimate. HairMetrix® uses AI to take a snapshot of your scalp, without trimming any hair, and applies an algorithm to get a readout of your *precise* hair quantity and quality (and other metrics). No "educated guess" or other tools required. And we can track this over time. This information helps us make diagnosis and treatment decisions and monitor how well you're responding to your treatment *better than ever before*.

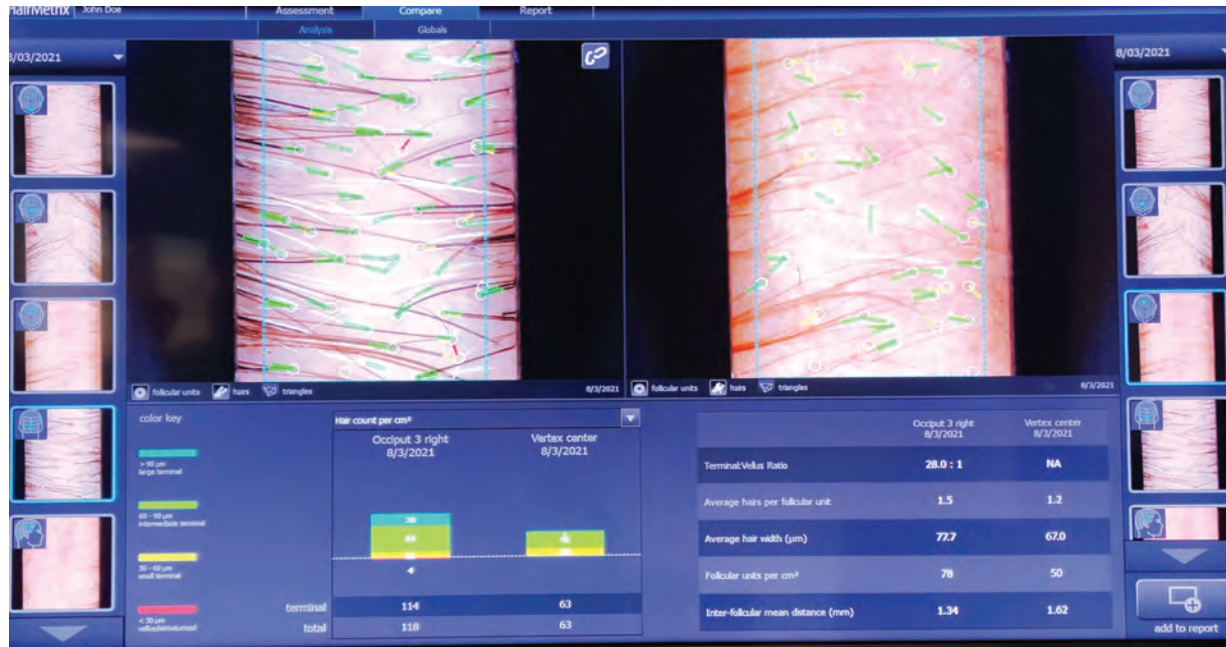
Trichotest™

Trichotest™ is a genetic test based on state-of-the-art DNA microarray analysis technology. It's designed to identify the exact hair loss treatments that will perform best for you, based on your genetics.

All it requires is a saliva sample and some details about your lifestyle. The AI then analyzes the characteristics of your specific metabolism that are contributing to your particular hair loss situation. An algorithm identifies the treatment options that are likely to be the most successful for you.

The Trichotest™ can be performed from home or in the clinic and is for anyone who wants to understand how genetics affects their hair loss and treatment options. It's useful for men and women with a family history of hair loss and for those who have tried different treatments with minimal or no success.

It's a one-time test, as your genetics won't change. And it gives your doctor a deeper understanding of your genetic characteristics, how they relate to your hair loss, and what treatments will work best for you.



HairMetrix® provides digital readouts with the exact number of hairs and the caliber of those hairs, comparing them in different zones. Dr. Bauman believes that HairMetrix® is a gamechanger for the scalp that eliminates any guess work.

HERE ARE SOME OF THE ADVANCED TOOLS AND TREATMENT OPTIONS THAT ARE AVAILABLE AT BAUMAN MEDICAL TO HELP YOU LOOK AND FEEL YOUR BEST

- Minimally Invasive, Permanent, No-Linear-Scar Follicular Unit Excision/Extraction (FUE) Hair Transplant using SmartGraft®, NeoGraft®, ARTAS robotic-assisted, or the newest No-Shave VIP|FUE™.
- High-Density Platelet Rich Plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)
- PDOgro™ - Implanted PDO Polydioxanone threads for hair growth
- Non-surgical 3D-Printed Hair Systems or Cranial Prostheses
- Compounded Formula 82M Minoxidil - a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil - designed to reduce the risk of side-effects from oral finasteride (Propecia).
- Low-Level Laser Therapy - FDA-cleared, drug-free, side-effect-free hair regrowth using a powerful physician-only device such as the Bauman "Turbo" LaserCap device for at-home use.
- Vitamins, Nutritionals & Nutraceuticals: BaumanMD SuperBiotin and Nutrafol
- Hair Loss Risk Management - the identification and reduction of medical and lifestyle risk factors that detrimentally impact hair growth.

GENETICS AND HAIR LOSS

- There are now over 200 known DNA locations (genes and SNPs) that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two.
- Hair loss can start as soon as puberty starts, depending on your hereditary sensitivity to DHT, inflammation, stress and other factors.
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding -- all of those put together will determine how quickly you see hair loss occur, how quickly it progresses, and how long it will occur later in life.
- Because it is a recessive gene, hair loss can skip generations, skip siblings, etc.
- Many consumer DNA tests (e.g. 23andMe) include a prediction of whether you are likely to experience hereditary hair loss but physician-directed DNA analysis (e.g., TrichoTest) can determine which treatments might work best for you.

For more information on the causes of and treatments for hair loss or the newest advancements in hair restoration, please visit www.baumanmedical.com.

You can also call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation.



About Dr. Alan J. Bauman



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

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 30,000 patients, has performed more than 10,000 hair transplant procedures and over 8000 PRP's since starting his medical hair loss practice, Bauman Medical in 1997.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS). Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive FUE Follicular Unit Extraction, VIP|FUE™, Low-Level Laser Therapy, PRP Platelet Rich Plasma, PDOgro™, eyelash Transplants and others.

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



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FIXING YOUR GUT

The more we learn about our bodies and physiology, the more we come to appreciate the importance of intestinal health in maintaining good health everywhere. The organisms that live in our intestines have a tremendous effect on our overall health, well-being, and state of mind. It is common for my patients who are experiencing problems with their bladders or having abdominal or pelvic pain to complain of either chronic constipation, diarrhea, bloating, or some combination. I have a separate handout on constipation that I give to my patients. Maintaining health in the gut involves more than just taking probiotics or supplements. It is critical to feed the healthy organisms and starve the harmful ones in order to achieve maximum wellbeing. Every individual has a different intestinal microbiome (my-kro-by-ohm) which will determine what types of foods are likely to be tolerated as well as a number of other important health parameters. We'll go over how to make proper choices to feed the good colonizers and reduce numbers of the irritating, agitating colonizers.

Step 1: Eliminate the toxic foods and liquids from your diet. Good eating and drinking habits are critical in maintaining happy intestinal flora. Sometimes food sensitivities can be present but may not be obvious. Having a stool test to reveal the gut microbiome and ideal foods for an individual may be helpful. We have lab companies we work with to send test kits out to your home for a reasonable cost that will test your blood for food sensitivity and/or stool for the organisms living in your gut and give you some idea of what might be best for you to emphasize or avoid.

Universally unhealthy: Artificial sweeteners, carbonated beverages, processed foods, "fast" foods, most store-bought juices (they are mostly sugar), most "sports" drinks, overly sweetened foods. Lose all of these from your diet! This includes many prepared teas and coffees and snack foods.

Variably unhealthy/best to limit: Dairy, factory farmed meats, fried foods, seafood (due to contaminants like mercury), high glycemic index/starchy "white" foods. Again, this may be individualized through food sensitivity testing.

Emphasize: Fresh, preferably locally grown (when possible) vegetables and fruits. Try to get one food of every color in your diet each day. Check out the "Clean 15 and Dirty Dozen" lists of foods. Clean water. If you must have something in your water to flavor it, try getting a bag of frozen mixed fruits/berries and lining the bottom of a pitcher with the frozen items, then fill the pitcher with fresh water and place in the refrigerator. That will give the water a bit of "flavor" without using a lot of artificial flavorings and contaminants. Plant based proteins and



nutrients, particularly coming from fresh sources, provide your gut with the best possible environment and help the most healthy organisms to thrive. This list includes "prebiotics", not to be mistaken for probiotics which are strains of a few bacteria used to repopulate the intestine with some select strains of bacteria. A normal intestine has hundreds or thousands of organisms and having diversity is healthy.

Step 2: Move your body. You need to exercise every day. This needn't involve going to the gym for a major workout, a nice long walk may be enough. Pool exercise, walking, jogging, yoga or Pilates, functional fitness training, martial arts, tennis, or other sports are all options. If you are unable to engage in anything other than moving your arms and legs and torso, even if you are unable to walk, you may be able to move your body to help the blood circulate, get oxygen flowing to your cells, and release the toxins as well as the tension from everyday living. Some form of exercise is necessary every day for optimal health. Find yours and stay with it. Your gut will function much better if you are getting movement nutrition as well.

Step 3: Get some mental and physical rest. A meditation or mindfulness practice can be very helpful in eliminating spasm and promoting better body function. Adequate sleep is important for maintaining health including gut health. If you have difficulties with sleep, be certain there are no underlying disorders creating a bigger problem. A sleep specialist can be helpful in this situation as well.

Step 4: Consider a gut peptide such as BPC157 (500mcg per day up to 1500mcg per day for severe cases) for a few months to help restore balance.

If you are doing all of these things perfectly, can go back to Step 1 and be assured you are doing everything



By Linda A. Kiley, MD

right, and are still having problems, then additional evaluation is important. There are many conditions that can cause problems, including infections, medications, food sensitivities, toxins, autoimmune disorders, among others. The complex interplay between what we ingest and how we manifest symptoms can make it difficult to figure out, but starting with an elimination diet may also be helpful.

Food Sensitivities:

More people are developing food sensitivities, probably due to the environmental impact of organophosphates and other contaminants that are able to bind to molecules in different foods and create an immune response. Whatever the reason, food sensitivities are likely the cause of many chronic ailments, and data have shown that eliminating foods that create an undesirable immune response in an individual can result in a remarkable improvement in health and vitality. In my practice, I encourage patients having multiple chronic complaints which could include bloating, fatigue, skin rashes, muscle aches, recurrent infections, headaches, or sinus problems to explore testing for food and environmental sensitivities. A small change with an elimination diet tailored to the individual's needs can make a huge difference in overall health and well-being. I have a nutrition and fitness counsellor in my office who is able to create a custom diet plan to include balanced meals eliminating foods or food groups that create an undesirable immune reaction in my patients. Very often, this is a critical step in re-establishing health and achieving goals such as better sleep, weight loss, improved energy, as well as clearer thinking and better immune function.

In summary, the gut is a primary force in our bodies for keeping us well and for allowing us to become ill. Food really is medicine, but like medicine, it must be appropriate to the individual. For more information contact Ultra Health & Wellness at 561-671-0041.



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It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

Love one another (John 13:34, others)
Accept one another (Romans 15:7)
Forgive one another (Colossians 3:13)
Don't complain against one another (James 4:11)
Be at peace with one another (Mark 9:50)
Serve one another (Galatians 5:13)
Regard one another as more important than yourself (Philippians 2:3)
Don't judge one another (Romans 14:13)
Encourage one another (1 Thessalonians 5:11)
Pray for one another (James 5:16)

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and*

at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers



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We've enhanced our safety measures to protect your health. We're screening everyone for fever and COVID-19 symptoms prior to entering our offices. All doctors, team members and patients are required to wear masks and we're sanitizing our offices throughout the day.



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