

T A M P A B A Y ' S


Health & Wellness[®] MAGAZINE

April 2024

St. Petersburg/St. Pete Beach Edition - Monthly

www.healthandwellnessFL.com

FREE 



**GAINESWAVE
HAS HELPED
NUMEROUS
MEN, JUST
LIKE YOU**

See Page 12

**REVOLUTIONIZING
HEALTHCARE**

**Exploring Regenerative Medical
Treatments at QC Kinetix**

See Page 6

**TIPS FOR
RELIEVING
STRESS**

See Page 7

**WAVE GOODBYE
TO NEUROPATHY
DISCOMFORT**

See Page 8

**HYPERBARIC
OXYGEN
THERAPY**

**Can it Boost the
Immune System?**

See Page 13

RESET • REBALANCE • RECLAIM

Your Life!

Dr. Kim's treatments allow you to live life to its fullest.

Sustainable wellness is about living better... longer! Dr. Kim Windschauer, Acupuncture Physician, believes that sustainable health is achieved through the greatness of the whole. Through the integration of Eastern therapies, Dr. Kim takes a balanced approach to optimal physical and emotional health.

Let Dr. Kim create a treatment program for you.



Dr. Kim Windschauer

Doctor of Oriental Medicine, Acupuncture Physician

727-490-6060

www.acuofwestfl.com

3001 Executive Dr., Suite #150, Clearwater, FL 33762

ACUPUNCTURE TREATMENTS

Below are just a few of the most common health issues that Dr. Kim treats:

PAIN RELIEF

- Back • Sports Injuries • Cancer Related
- Headaches • Migraines • Fibromyalgia
- Knee • Neck • Sciatic • Arthritis

CARDIOVASCULAR

- Hypertension • Hypotension • Palpitations

NEUROLOGICAL

- Peripheral Neuropathy • Bell's Palsy
- TMJ • Stroke

WOMEN'S HEALTH

- Fertility • Post-Partum Support • Menopause
- Dysmenorrhea • PMS • Labor Induction
- Breach Fetus • Labor • Delivery

MEN'S HEALTH

- Overall Men's Health • Prostatitis • Fertility

RESPIRATORY

- Common Cold • Allergies • COPD

IMMUNE SYSTEM

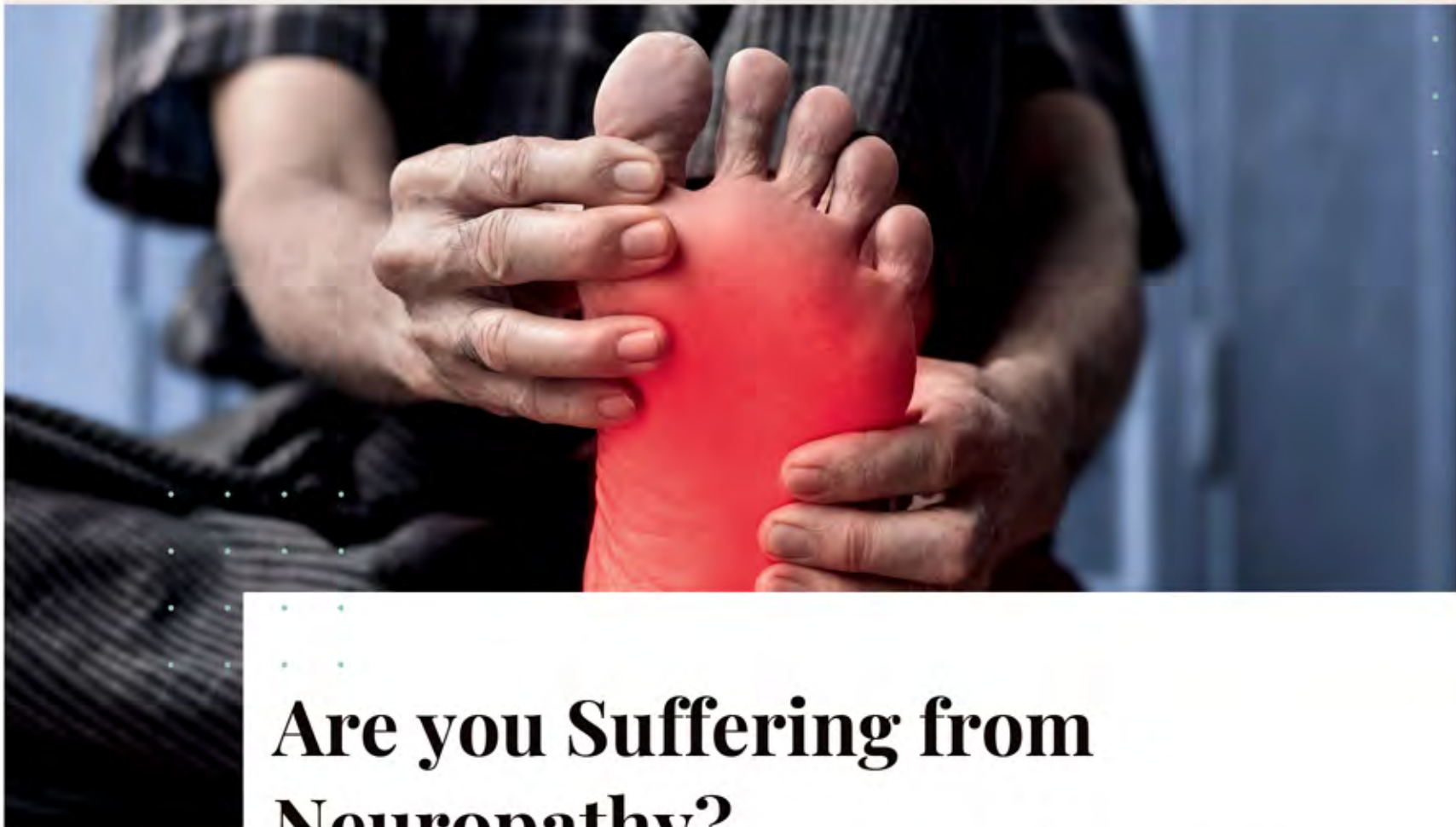
- Adversity to Radiation • Chemotherapy
- Cold & Flu • Fatigue • Immune Support

DIGESTIVE

- Acid Reflux • Gastritis • Diarrhea • Nausea
- Constipation • Vomiting

ADDICTION

- Drugs • Alcohol • Nicotine



BREAKING NEWS

Are you Suffering from Neuropathy?

Get ready to “feel” the CEP difference

A groundbreaking study using unique NEUBIE technology offers hope for lasting relief. Take a positive step towards improving your quality of life today!

Schedule your
appointment
today



Learn more at gocepro.com or 813.849.0150

EXPLORE TWO AWARD-WINNING COMMUNITIES

U.S. News 2022-23 Best Senior Living Awards have recognized
Aston Gardens At Tampa Bay & Discovery Village At Westchase for
excellence in senior living.




ASTON GARDENS[™]
At Tampa Bay
By Discovery Senior Living


**DISCOVERY
VILLAGE**
AT WESTCHASE
By Discovery Senior Living



**Come in for a FREE lunch and tour
to see what sets us apart!**



ASTON GARDENS AT TAMPA BAY

813.438.7345

12951 W. Linebaugh Avenue, Tampa, FL 33626
Active Independent Living | Assisted Living | SHINE[®] Memory Care

DISCOVERY VILLAGE AT WESTCHASE

813.502.1069

11330 Countryway Boulevard, Tampa, FL 33626
Assisted Living | SHINE[®] Memory Care



©2022 Discovery Senior Living. All Rights Reserved. Prices, plans and programs are subject to change or withdrawal without notice. Void where prohibited by law.
Managed and Operated by Discovery Senior Living. Assisted Living Facility License #10546 & #13328. AGTB_DVW-0027 7/22



CONTENTS

APRIL 2024

- 6 Revolutionizing Healthcare:
Exploring Regenerative Medical Treatments at QC Kinetix
- 7 Tips For Relieving Stress
- 8 Wave Goodbye to Neuropathy Discomfort:
Breakthrough Approach at CEP
- 10 Peripheral Neuropathy Breakthrough
- 11 How Nancy Went from Excruciating Neck Pain All Day,
Everyday.... to No Pain!
- 12 GAINESWave Has Helped Numerous Men, Just Like You
- 13 Hyperbaric Oxygen Therapy:
Can it Boost the Immune System?
- 14 Spiritual Wellness: When You Are At Your Wits End

CONTACT US

OWNER / ACCOUNT EXECUTIVE

SOUTH TAMPA - (727) 515-2353
BOB GUCKENBERGER
bobguckenberger@gmail.com

CREATIVE DIRECTOR

SONNY GRENSING
sonny@gwhizmarketing.com

St. Petersburg/St. Pete Beach Health & Wellness Magazine can be found in over 1,000 South Tampa area medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE SouthTampa Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call
St. Petersburg/St. Pete Beach
Bob Guckenberger - 727.515.2353

©Copyright TAMPA BAY HEALTH & WELLNESS Magazine 2024. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of TAMPA BAY Health & Wellness Magazine. TAMPA BAY Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. TAMPA BAY Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in TAMPA BAY Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

PARVEEN S. VAHORA, MD, FACOG GYNECOLOGIST



Dr. Vahora, MD, FACOG



Cammie Acevedo, APRN

SERVICES:

- GENERAL GYNECOLOGY
- MONALISA TOUCH®
- LAPAROSCOPIC SURGERY
- PELVIC PAIN
- ROBOTIC SURGERY
- HORMONE THERAPY/
BIO-IDENTICAL HORMONES
- GENETIC CANCER TESTING

*NOW OFFERING GENETIC
TESTING FOR MEN*

*INSPIRING WOMEN TO LIVE
THEIR BEST LIFE BY PROVIDING
COMPASSIONATE CARE.*

Call or email to set up your consultation today!

727-376-1536

Info@ParveenVahoraMD.com

www.ParveenVahoraMD.com

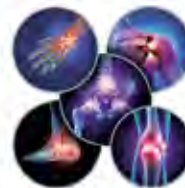
9332 STATE ROAD 54 SUITE 403, TRINITY, FL 34655

ADVANCED AND INDIVIDUALIZED CARE

NATIONAL INSTITUTE OF SPINE & PAIN

- Nerve Injury/CRPS
- Abdominal and Pelvic Pain
- Cancer Pain
- Back, Neck, Hip, Knee Pain
- Sacroiliac Joint Pain
- Headache/Migraine
- Auto, Sports, and Work Related Pain

ARE YOU SUFFERING FROM PAIN?



The National Institute of Spine and Pain, a medical organization dedicated to the relief of human suffering by providing advanced pain therapies and also contributing to our scientific knowledge through research.

Sunil J. Panchal, M.D.

(813) 264-PAIN (7246)

fax: 813-264-7249

www.nationalinstituteofpain.org

email: **appt@nationalinstituteofpain.org**

Whatever the source of your pain,
you can benefit from visiting the
Pain Management Center

4911 Van Dyke Rd., Lutz, FL 33558 • 10740 Palm River Rd, Suite 490, Tampa, FL 33619



REVOLUTIONIZING HEALTHCARE:

Exploring Regenerative Medical Treatments at QC Kinetix

By Daniel Sucherman, MD

In recent years, the field of regenerative medicine has emerged as a beacon of hope, offering revolutionary treatments for a wide array of health conditions. Among the pioneers in this field is QC Kinetix, a healthcare provider committed to harnessing the body's natural healing abilities through innovative regenerative therapies. Let's delve into the world of regenerative medicine and explore the groundbreaking treatments offered by QC Kinetix.

Understanding Regenerative Medicine:

Regenerative medicine is a branch of medical science focused on harnessing the body's own regenerative capabilities to repair or replace damaged tissues and organs. Unlike conventional treatments that merely manage symptoms, regenerative therapies aim to address the root cause of ailments, promoting long-term healing and restoration.

QC Kinetix: Leading the Way in Regenerative Healthcare:

QC Kinetix stands at the forefront of regenerative medicine, offering cutting-edge treatments that have the potential to transform lives. Utilizing advanced technologies and evidence-based practices, QC Kinetix specializes in non-surgical regenerative therapies for orthopedic conditions, sports injuries, chronic pain, and more.

Platelet-Rich Plasma (PRP) Therapy:

One of the key treatments offered by QC Kinetix is Platelet-Rich Plasma (PRP) therapy. This innovative procedure involves extracting a small sample of the patient's blood, which is then centrifuged to isolate platelets rich in growth factors. These concentrated platelets are then injected into the affected area, stimulating tissue repair and regeneration. PRP therapy has shown remarkable success in treating conditions such as tendon injuries, osteoarthritis, and ligament sprains, offering patients a safe and effective alternative to surgery.

Stem Cell Therapy:

Another groundbreaking treatment offered by QC Kinetix is Stem Cell Therapy. Stem cells are undifferentiated cells with the unique ability to develop into various cell types within the body. In this procedure, stem cells are harvested from the patient's own

bone marrow, minimally processed to concentrate them, and then reintroduced into the injured area. These stem cells have the potential to differentiate into specialized cells, promoting tissue repair and regeneration. Stem Cell Therapy has shown promising results in treating conditions such as joint degeneration, cartilage injuries, and spinal disc disorders, providing patients with a non-invasive option for healing and pain relief.

Laser Therapy:

QC Kinetix also offers Laser Therapy as part of its comprehensive approach to regenerative healthcare. Low-level laser therapy utilizes specific wavelengths of light to penetrate deep into the tissues, stimulating cellular activity and promoting healing. This non-invasive treatment option is effective in reducing inflammation, relieving pain, and accelerating the body's natural healing processes. Laser Therapy is commonly used to treat conditions such as tendonitis, arthritis, and neuropathy, offering patients a safe and pain-free alternative to traditional treatments.

The Benefits of Regenerative Treatments:

The regenerative treatments offered by QC Kinetix boast a multitude of benefits for patients. Unlike conventional treatments that may only provide temporary relief, regenerative therapies target the underlying cause of the problem, promoting long-term healing and restoration. Additionally, these treatments are minimally invasive, reducing the risks associated with surgery and leading to faster recovery times. Moreover, since regenerative therapies utilize the body's own natural resources, they are generally well-tolerated and pose minimal risk of adverse reactions or rejection.

In conclusion, regenerative medicine represents a paradigm shift in healthcare, offering hope and healing to countless individuals suffering from a variety of ailments. QC Kinetix stands at the forefront of this transformative field, providing patients with access to cutting-edge regenerative treatments that harness the body's innate ability to heal itself. With Platelet-Rich Plasma therapy, Stem Cell Therapy, Laser Therapy, and more, QC Kinetix is paving the way for a future where chronic pain and debilitating conditions can be effectively treated without surgery or medication.

Embracing the principles of regenerative medicine, QC Kinetix is not just treating symptoms; it's restoring lives.

Testimonial from John, a 55-year-old patient:

"I never imagined that I would be able to enjoy an active lifestyle again, especially after years of battling severe knee pain. Simple tasks like walking or playing with my grandchildren had become agonizing chores. I had tried countless treatments, from medications to physical therapy, but nothing seemed to provide lasting relief.

That's when I discovered QC Kinetix and their regenerative treatments. Skeptical at first, I decided to give it a try as I had nothing to lose. To my amazement, the results were nothing short of miraculous. After undergoing Stem Cell Therapy for my knee, I experienced a gradual but significant improvement in my mobility and overall quality of life.

Now, several months post-treatment, I am delighted to say that I am virtually pain-free and able to do things I never thought possible. I can go for long walks, play with my grandchildren in the park, and even participate in low-impact exercises without any discomfort. Thanks to QC Kinetix, I have regained my independence and can fully enjoy life again.

For anyone suffering from chronic pain or debilitating conditions, I wholeheartedly recommend exploring the regenerative treatments offered by QC Kinetix. It's not just about managing symptoms; it's about reclaiming your life and embracing a future filled with possibilities."

QC Kinetix
NON-SURGICAL REGENERATION

813-305-3000

www.qckinetix.com/suncoast

Tips For Relieving Stress

Stress and anxiety are a normal part of life and usually short-lived, but for 40 million Americans, it's a daily battle. However, many times, stress is inevitable and natural when we face certain unknowns or anxiety-driven circumstances. If you are dealing with worry or fear due to a new issue in your life or out of concern for a loved one, there are steps you can take to help your unwind and promote good mental health.

Take Time for Yourself

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself in a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day.

Get Moving

Most people can benefit from taking a brisk 30-minute walk. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen rich blood flow, and helps you build strength. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

Meditation

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation also reduces stress, reduces anxiety, promotes emotional wellbeing, can help fight addictions, can generate health and improve immune function, and it can stave off memory disorders and increase neuronal plasticity.

Sleep

The body produces cytokines, which are protective proteins that block infection and inflammation. When a person gets the recommended, uninterrupted seven to nine hours of sleep, cytokines are produced. Without quality sleep, they are significantly less. Avoid Blue light. Blue light is a significant cause of circadian rhythm interruptions. Blue light emits wavelengths that contribute to sleep disturbances. Blue light comes from artificial lighting and electronics like fluorescent and LED lightbulbs, laptops, mobile phones, iPad, television, some alarm clocks, fiber-optic cable boxes, and other devices that use blue light. The issue is that blue light makes your brain think that it's still

daytime, which makes it difficult to fall and stay asleep. Blue light disrupts the circadian rhythm and natural sleep cycles, specifically, the delta and beta wavelengths, leading to increased activity in the brain, less relaxation and exacerbates stress and anxiety.

Combining Methods is Best

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

When to Seek Help

If your stress or anxiety are lingering, you should take steps to get treatment. Stress can show itself both physically and mentally. If you feel persistently sad, anxious, or on edge; you start having unexplained physical problems; you're unable to sleep; feel irritable all the time; or just feel overwhelmed, it may be time to seek help.

Aston Gardens

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

Independent living focuses on being as active, healthy and independent as you want to be, but never alone. Choose from one of our independent living apartment homes, or a luxury for-sale villa and enjoy the all-inclusive carefree, maintenance-free lifestyle at America's award-winning senior living community.

Assisted living offers residents a lifestyle of personal attention and help with activities of daily living, including bathing, grooming, dressing, taking medications and eating properly. Our focus is on health and wellness, helping residents to be as independent as possible with a personalized care plan that includes engaging social activities for a healthy body, enlightened mind and renewed spirit.

With beautifully appointed assisted living suites, assisted living at The Inn is easy with the Aston Gardens One Price Personalized Plan. There are no confusing care levels to think about and our residents pay one low price for services.

SHINESM Memory Care offers a private special needs neighborhood for residents with memory care related issues. Residents needing Alzheimer's care and other dementia care receive the very best attention and services in a supportive, compassionate and secure setting. Based on each individual's needs and capabilities, the professionals at Aston Gardens At Tampa Bay create a personalized plan to help our residents live life as fulfilling as possible, in a secure and comfortable environment.

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

Aston Gardens is a luxury senior living community offering the best combinations of active-adult lifestyles and personalized care services. Wake up inspired each morning with a wealth of amenities, activities, and support at your doorstep. Explore the stylish Grande Clubhouse and indulge in our unique lifestyle services: Sensations Dining, Celebrations Activities and Dimensions Wellness. Let our dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Here you will find compassionate people engaged in enriching the lives of seniors, ensuring their needs are taken care of every day. Aston Gardens At Tampa Bay offers the best value in affordable, carefree, senior living. Everything we do is focused on providing you the very best in senior living. It's all right here!

Now is the time to schedule your personalized tour! See why so many people want to call Aston Gardens their home!

Call 813-343-4673 today or visit astongardens.com.



By Discovery Senior Living

AL#10546, 9439, 10175, 10612, 10316



WAVE GOODBYE TO NEUROPATHY DISCOMFORT: BREAKTHROUGH APPROACH AT CEP

Living with diabetes can introduce a myriad of health challenges, but perhaps one of the most distressing is Diabetic Peripheral Neuropathy (DPN). This condition, affecting 60-70% of individuals with diabetes, leads to pain, numbness, and sensory disturbances, predominantly in the feet and hands. Traditional treatments often come with a host of side effects, driving the need for safer, more effective alternatives.

Recent research offers a beacon of hope for those suffering from DPN. A comprehensive study, across the country, has brought non-invasive therapy treatment with the NEUBIE into the spotlight. Over six weeks, subjects received treatments aimed at alleviating DPN symptoms, with Neubie therapy emerging as a clear frontrunner in providing significant relief.

NEUBIE therapy has shown remarkable efficacy in reducing neuropathy severity, enhancing sensory perception, and significantly decreasing pain levels. Objective measures, such as vibration sensation time and nerve function—indicated by improvements in nerve conduction velocity, distal latency, and amplitude—underscored the therapy's superiority over traditional TENS, making it a promising option for those seeking an alternative to conventional drug treatments.

For individuals battling the daily discomforts of DPN, the findings of this study are more than just numbers; they represent a pathway to improved well-being and quality of life. Recognizing this potential, Competitive Edge Physical Therapy (CEP) has embraced the NEUBIE technology, ready to support patients in their journey towards recovery. With the NEUBIE device, CEP is at the forefront of offering this innovative treatment, providing hope and tangible benefits to those afflicted by DPN.



If you're searching for a way to manage your DPN symptoms effectively and minimize reliance on traditional drug therapies, CEP might be the solution you've been seeking. It's an opportunity to reclaim a sense of normalcy and start feeling your best, embracing a life with less pain and more joy.

CEP
COMPETITIVE EDGE
PHYSICAL THERAPY
813-849-0150 | GOCEPPRO.COM

UTI Prevention

Break the treat-and-repeat cycle of antibiotics.

• Clinically Effective • All Natural • Money-back Guarantee

96% of patients taking Utiva Cranberry PACs for 6+ months had a significant decrease in UTIs.*



Use Code: **HW25** to get 25% off your first purchase

1-888-622-3613 • utivahealth.com | * Based on a survey of over 500 participants

Tampa Bay's Health & Wellness Magazine



On the Web

HealthAndWellnessFL.com



On Facebook

facebook.com



On Twitter

twitter.com



In Your Inbox

Receive our monthly newsletter. Sign up online



Providing information  that will promote living a healthy, well-balanced lifestyle.

Tampa Bay's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 20,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

INTRODUCING OUR CBD PRODUCTS!

From Our Family To Yours

Enjoy **20% OFF** on Our Locally Made, Lab-Tested CBD Products!

PROMO CODE: APRIL24



LEESBURG

426 N 3rd Street
Leesburg, FL 34748

352-350-0200

M-F 10am-5pm | SAT 12pm-5pm

WILDWOOD

1212 S Main Street
Wildwood, FL 34785

352-661-7650

M-F 10am-4:30pm

Are you a group interested in CBD knowledge?

We're happy to provide a **FREE CBD 101 session!**

- Wholesale options available for businesses looking to sell our organic CBD products.
- Free Consultations available! Explore the benefits of CBD today.
- Proudly using locally made, organic ingredients, all lab tested for quality assurance.

WWW.BANNERHARVEST.COM

Free Shipping on orders of \$75 or more - Gift Certificates Available



»» www.hyperbariccentersofflorida.com

Hyperbaric Centers of Florida

Hyperbaric Oxygen Therapy HBOT for Autism, Stroke, Lyme Disease, Cerebral Palsy, and more.

Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

Call Today for More Information! 813-788-3969

PERIPHERAL NEUROPATHY BREAKTHROUGH

"My feet feel like they are on fire."

"Each step feels like I'm walking through wet paint."

"I live in constant fear that I'll fall."

"I can't sleep, my hands and feet tingle all night."

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Dr. Kim Windschauer of Acupuncture of West Florida in Clearwater Florida share this belief. "I've been treating neuropathy in all various forms for many years, and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my ads or read the testimonial of another patient and say to themselves, "hey, I feel the same thing."

Kathy of Largo testifies to this. "I remember my husband driving me to my consultation, and I saw a woman running. I was so envious. I just kept thinking 'I would give anything just to walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately, Kathy would eventually see Dr. Kim's ad, describing similar symptoms, and how she offers a real solution at **Acupuncture of West Florida**. "I just knew I had to see her; it was my last hope."

"Almost all of our patients come to us with a story like Kathy's. They've been everywhere else. They've been told, "it's just a part of growing older," shares Lauren, a Patient Care Technician at Acupuncture of West Florida, "it just breaks my heart, but I know how much we can help people like Kathy so I'm always so happy when they walk through our door.

Those diagnosed with peripheral neuropathy often face a very grim reality, Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer little to no resolve. Which is why Dr. Kim and the staff at Acupuncture of West Florida pride themselves on being "the last resort with the best results."

Peripheral neuropathy is a result of damage to the nerves and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in the lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate, they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case the absence of pain is not necessarily a good thing," shares Dr. Kim. "This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Dr. Kim able to reverse the effect of this degenerative disease?

"Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance Bio-Therapy. This is technology that was originally developed by NASA to expedite recovery and healing."

"I just can't say enough about Acupuncture of West Florida," Kathy shared through tears of joy. "My husband and I moved here 3 years ago, and he's gone to the beach almost every day. I always stayed home because of the pain and discomfort. Yesterday I walked on the beach with him! And next week we're starting dancing lessons. I am truly living life these days!"

According to Kathy's test result, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients, shares Lauren. "But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great."

RESET • REBALANCE • RECLAIM YOUR LIFE



www.acuofwestfl.com

727-490-6060

3001 Executive Drive, Suite #150
Clearwater, FL 33762

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Dr. Kim has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis, but it helps to define just how much nerve damage has occurred," tells the doctor. "This is important because if a patient has suffered more than 95% damage there is little that I can do to help them. I'm familiar with the medical miracle but I know my limitations as a practitioner as well as the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling or 'pins and needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

Call (727) 490-6060 to schedule an initial consultation or visit AcuofwestFL.com to read more incredible success stories.



ABOUT Dr. Kim Windschauer

I am an Acupuncture Physician, Board Certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) as well as the Florida State Board of Health, to practice both Acupuncture and Herbal Medicine.

I graduated from East West College of Natural Medicine, and am a member of the Florida State Oriental Medical Association (FSOMA). I have a Masters in Science degree in Traditional Chinese Medicine and a Bachelor's degree in Health Services, from East West College of Natural Medicine, as well as a Bachelor of Arts degree from the University of South Florida.

I am one of the few native Floridians, born and raised right here in St. Petersburg. My husband and I have been married for over 35 years, and have nine children: Tyler, Jordann, Gabriel, Kevin, Annalyse, Lucas, Olivia, Cameron, and Addison. While the first five have moved into their own homes, and two are in college, we are far from empty nesters, having teenage twins and several dogs running around the house to keep us on our toes!

How Nancy Went from Excruciating Neck Pain All Day, Everyday...to No Pain!

Millions of people are suffering from chronic pain. Some resort to surgery and some may take pain medications to mask the symptoms or just suffer silently through it all, day in and day out, they are alternative treatments that are helping alleviate pain for countless individuals. One of those methods is radiofrequency denervation (RF).

Radiofrequency Denervation

Using light sedation and local anesthesia called radiofrequency denervation is the answer that many individuals are waiting for to alleviate their pain. Neurotransmitters directly sensitize the nerve endings in our bodies via the brain. With radiofrequency denervation, the nerves that are damaged, narrowed, or impinged, are treated with a low-level of localized heat, causing the nerve to stop sending signals to our brain through an interruption in the nerve conduction.

This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are then located through a probe that is inserted through a tiny needle into the spinal area. Once the damaged nerves are determined, a small lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will alleviate the pain signals to the brain, allowing the patient to be virtually pain-free. The entire procedure takes approximately 20-30 minutes, and patients can resume normal activities within a short period of time. It is easy to reach the nerves of the hip and knee with this approach.

Radiofrequency denervation is able to treat other areas in the body as well. It is commonly used for headaches, facial pain, back pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, and neck pain.

A Patients Perspective

About nine months ago, Nancy began to have pain in her neck, shoulders, and arm. She also started to have numbness and tingling in her fingers. "Every time I put my arms up to use my computer, rest them on a table, or even during a manicure, my pain was excruciating. I was in pain 65% of the day," Nancy explained. Her MRI showed cervical spondylosis, which is narrowing of the vertebrae and impingement of nerves.

Like so many others, she continued to live with her pain with no relief from traditional treatments like NSAIDs (ibuprofen), and massage. When it started to affect her quality of life severely, Nancy knew she had



to do something. Her husband told her about Dr. Sunil Panchal's success in helping many patients with alternative treatment methods.

Nancy had worked in the medical field for over 20 years, and she told her husband that she would never see a pain specialist because Nancy did not believe in that type of patient care, but as time went on, she needed relief and decided to see Dr. Panchal.

"When I met Dr. Panchal, he was very thorough and spent a lot of time with me. He explained that radiofrequency denervation would be a good option, and he also was upfront that sometimes RF takes several attempts to work. I was hesitant at first, decided to give it a try," Nancy continued, "I had my procedure in early November, and my pain is completely gone. Dr. Panchal is a very meticulous physician; his patient care and follow up is also very impressive. I've had three follow up appointments with him since my procedure to track my progress, and things are perfect. In his waiting area, many of the patients like to share their stories, and there are so many people that are pain-free because of his innovative, dedicated care."

The cervical spine is often afflicted with pain and stiffness due to multiple conditions and alignment issues. Commonly arthritis plays a significant role in cervical spine degeneration, which can lead to a limited range of motion and a great deal of pain, but other conditions affect the cervical spine as well. These can include herniated discs, stenosis, facet dysfunction trauma, and improper posture. RF is an ideal procedure for many patients that want to avoid surgery and addictive medications.

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. **The National Institute of Spine & Pain** is a state-of-the-art facility that specializes in the treatment of spine and orthopedic conditions, as well as acute and chronic pain management. They provide the utmost quality of care for patients to address the problem directly, and if needed, provide for their pain management needs.



At The National Institute of Spine & Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The President and Founder, **Sunil Panchal, MD**, is a board-certified interventional pain/ minimally invasive spine physician. He earned his Bachelor's degree in Biology from Rensselaer Polytechnic Institute in Troy, NY, and earned his medical degree from Albany Medical College of Union University in Albany, NY. In addition, Dr. Panchal completed The Business of Medicine Graduate Program at Johns Hopkins University in Baltimore, MD. Dr. Panchal completed an internship in general surgery at the University of South Florida in Tampa, a residency in anesthesiology at Northwestern University in Chicago, IL and a fellowship in interventional pain medicine at the University of Illinois in Chicago. He previously served as co-director of the chronic pain service and director of the multidisciplinary pain fellowship training program at Johns Hopkins University and subsequently as director of the division of pain medicine at Cornell University in New York. He is a member of the North American Spine Society, the North American Neuro-modulation Society, the International Neuromodulation Society, and the American Academy of Pain Medicine. Dr. Panchal has authored numerous peer-reviewed journal articles and has served as a reviewer and editor for several journals. He is the co-editor and co-author of the textbook *Comprehensive Treatment of Chronic Pain by Medical, Interventional, and Integrative Approaches* (2013).

Dr. Panchal is a principal investigator in numerous clinical trials, including a current study evaluating sacroiliac joint fusion. Dr. Panchal also served as the Chair of the National Comprehensive Cancer Network Cancer Pain Panel and has lectured widely at the national and international level. He is actively involved in the development of novel analgesics and neurostimulation devices, and in clinical research protocol design.

At **The National Institute for Spine & Pain**, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries. They have many alternatives to help you with your personalized treatment needs. Please visit their website at www.nationalinstituteofpain.org, or call them at (813) 264-PAIN (7246).

The National Institute of Spine & Pain

4911 Van Dyke Rd., Lutz, FL 33558
10740 Palm River Rd, Suite 490, Tampa, FL 33619

(813) 264-PAIN (7246)

www.nationalinstituteofpain.org



GAINSWave Has Helped Numerous Men, Just Like You

BY DR. ROBERT LUPO, D.C.

Do you have erectile dysfunction? Most standard medical practitioners will start a man on the "little blue pill," but this only masks the symptoms of ED and it definitely doesn't treat the cause.

There is a common misconception that ED is just another sign of aging, but that couldn't be further from the truth. Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical evaluation and treatment from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

Dr. Lupo of the Physical Medicine Center focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. These disorders almost always run parallel to ED. In addition to these conditions, Dr. Lupo employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

Treat ED's Cause with GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. 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.

it's Never too Late

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be, but it's not too late. GAINSWave has helped many patients with advanced ED conditions.

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

Physical Medicine Center has many Google Reviews to Share with you. You can find those at [Google.com/Reviews/PhysicalMedicineCenterTampa](https://www.google.com/Reviews/PhysicalMedicineCenterTampa). We've highlighted a few:

"The minute you call the clinic you get the feeling that you are going to receive excellent treatment. They are very thorough and friendly. Dr. Lupo explains things thoroughly-Is a place that I would highly recommend."—Jose

"The staff of Physical Medicine are excellent. Their professionalism and knowledge of specific procedures being used I find very reassuring. I am trying to regain my ability to become "normal" again after prostate cancer and I am in treatment using the Gain-swave technology along with the P-shot injections..."—Dan

"I have been coming to Physical Medicine Center for many years. I have a number of things wrong with my back, including Osteoarthritis, and a number of herniated discs. If it were not for Dr. Lupo and his great staff, I would have opted for some major back surgery years ago. Over the years, he has been able to let me enjoy a good quality of life, often with very little or no pain..."—Craig

DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

Dr. Robert Lupo, D.C.

Dr. Robert Lupo is the clinic director at Physical Medicine Center located in north Tampa near the University of South Florida and New Tampa. Physical Medicine Center is a multidisciplinary medical center that offers Medical Care, Chiropractic Care, and Physical Therapy. Dr. Lupo attended Life University in Marietta Georgia and graduated with a Doctor of Chiropractic degree in 1985. Dr. Lupo has taken postgraduate education in chiropractic orthopedics, neurology, spinal disc injury care, and auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness, balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women and offers the nationally known Medifast weight system.

If you want drug-free alternative options for your health needs, look no further than the Physical Medicine Center in north Tampa. The Physical Medicine Center treats both male and female patients who desire alternative therapies to get to the root cause of their conditions. Call them today at 813-607-5095 to schedule your appointment.

physical  medicine center

where wellness and beauty meet

Physical Medicine Center, Inc.

14522 University Point Place
North Tampa, Florida 33613

813-978-0020

www.RidetheGwave.com

Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

Hyperbaric Oxygen Therapy (HBOT) is one of the methods used to increase oxygen throughout the tissues cells to destroy anaerobic bacteria, which cannot exist in an oxygenated area. It is also touted as having the ability to improve immune function and repair damaged tissues. Many researchers purport that HBOT can destroy and kill viruses and bacteria. Additionally, many patients report feeling better after HBOT sessions. Repeatedly these same patients show marked signs of improvement rather quickly, and over time, they very often show little to no symptoms or signs of their disease or condition.

Hyperbaric oxygen therapy is a medical treatment that delivers 100% oxygen to a patient's pulmonary system while they are within a pressurized chamber. This saturation of oxygen allows high-levels of life-sustaining oxygen to be delivered to the tissues and organs. This increase of the partial pressure of oxygen at the cellular level accelerates the regenerative processes and assists in the recovery from numerous indications.

With hyperbaric oxygen, enough molecular oxygen can be dissolved into a patient's blood stream and tissues to fulfill all metabolic necessities. Breathing 100% oxygen at 1, 2 or 3 atmospheres results in 2,4 and 6 ml of oxygen in solution per 100 ml of blood, respectively. Patients are usually treated with 1.2 to 3.0 times atmospheric pressure for 30 to 90 minutes, which is equivalent to the pressure that a diver is exposed to at a depth of between 5 and 20 meters underwater.¹ A study on rheumatoid arthritis and immune function with HBOT showed that hyperbaric oxygen has immunosuppressive properties modulated by decreasing interleukin 1 (white blood cells) and prostaglandin E2 (mediator in inflammation) production.²

Many patients have tried HBOT for various disorders and disease states, and the majority of them will give glowing reviews for disease reversal and regression. There are no guarantees, and off-label use is always at the patients personal discretion and referral by the physician. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

Hyperbaric Centers of Florida provides a clean, professional and caring environment for all of our patients. The founders of our new center have over 40 years of cumulative experience in Hyperbaric Medicine and providing Hyperbaric Oxygen Therapy for a broad spectrum of indications.

Why Patient's Prefer Hyperbaric Oxygen Therapy at our Center?

Not all clinics are created equal. With Hyperbaric Oxygen Therapy It is always more important to find a safe clinic with a fully trained knowledgeable staff rather than a close clinic, or one that touts false claims. This is one reason people from all over the world travel to Hyperbaric Centers of Florida. We use Real ASME PVHO Chambers capable of 3 Atmospheres Absolute of pressure (29.4psi), Medical Grade oil-less / oil-free breathing air compressors, 100% Medical Grade Oxygen, Sea-Long Hoods, and 100% Cotton Scrubs. Hyperbaric Centers of Florida has a reputation of providing the safest and most comfortable treatments available.

Hyperbaric Centers of Florida is a premier hyperbaric treatment facility located in the Tampa Bay area. Their state-of-the-art hyperbaric clinic provides therapy to outpatients on a 7-day per week basis, closing only on major holidays.

Patient Testimonials

"My son and I had this treatment done for Lyme disease. The staff were amazing and so empathetic to our needs, they really go above and beyond for their clients."—Rachel W.

"Total confidence. We have used several different Hyperbaric Medicine facilities around the country, and this is the best overall experience, by far. Everything is up to date and safe, and the staff makes you feel like you are family. They make a point of it!"—Thomas P.

"Wonderful staff and amazing results. Words cannot describe how it feels to hear your child's voice again after TBI took it away. To see my daughter color, play with her toys, and eat by mouth again is something that is truly amazing. We will definitely be back in the fall. #PrayforGia."—Tyler Z.

"This place is great. They have helped our family out for several years with safe, effective and professional hyperbaric treatments."—The Payne Family

Currently, There Are 15 FDA Approved HBOT Conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss

HBOT is used "off-label" for various disease states and disorders and HBOT may be ordered by a physician for off-label indications. Hyperbaric Centers of Florida makes no claims as to the efficacy for any indications other than the fifteen approved by FDA.

Common Off-Label Indications:

- Autism
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

To find out more, or to schedule your appointment today, please call Hyperbaric Centers of Florida at 813-788-3969.

Reference:

1. DJ Wallace, "Use of hyperbaric oxygen in rheumatic diseases: case report and critical analysis," UCLA, aamhei.com/wp-content/uploads/bibliografia-cientifica/use-of-hyperbaric-oxygen-in-rheumatic-diseases-case-report-and-critical-analysis.pdf
2. Inamoto Y et al Effect of hyperbaric oxygen on macrophage function in mice. Biochem Biophys Res Commun 1991; 179: 886-891.

 **Hyperbaric Centers of Florida**
www.hyperbariccentersofflorida.com

When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "*Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men.*"

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.





Cancer doesn't wait. Neither do we.

When you're diagnosed with cancer, every minute matters — our nearly 100 statewide locations and in-house pathology lab ensure that your treatment is timely and personalized.

With lab results returned faster than the national average, our team of precision oncology experts takes action to quickly match each patient's data with the appropriate targeted therapy or clinical trial.

To learn more, visit
FLCancer.com/TimeToTreat



 **FLORIDA CANCER**
SPECIALISTS
& Research Institute

REPAIR AND RESTORE

YOUR JOINTS TO RETURN TO THAT
LIFESTYLE YOU LOVE



Daniel Sucherman, MD

At QC Kinetix, our regenerative treatments go to the root of your pain to resolve it at its source. We don't try to mask your pain or attempt to manage it for you. Instead, we use regenerative medicine to harness and engage your body's natural ability to renew itself, providing improved function while avoiding surgery.

QC Kinetix®

NON-SURGICAL REGENERATION

www.qckinetix.com/suncoast

813-867-0417

BRADENTON | BRANDON

CARROLLWOOD | LAKELAND | ST. PETERSBURG

"The #1 question I had is if this actually works and after going through the treatments, I can say for certain that this works better than advertised."
- Chris Poole