

T A M P A B A Y ' S

# Health & Wellness<sup>®</sup> MAGAZINE

May 2024

South Tampa Edition - Monthly

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f **FREE**

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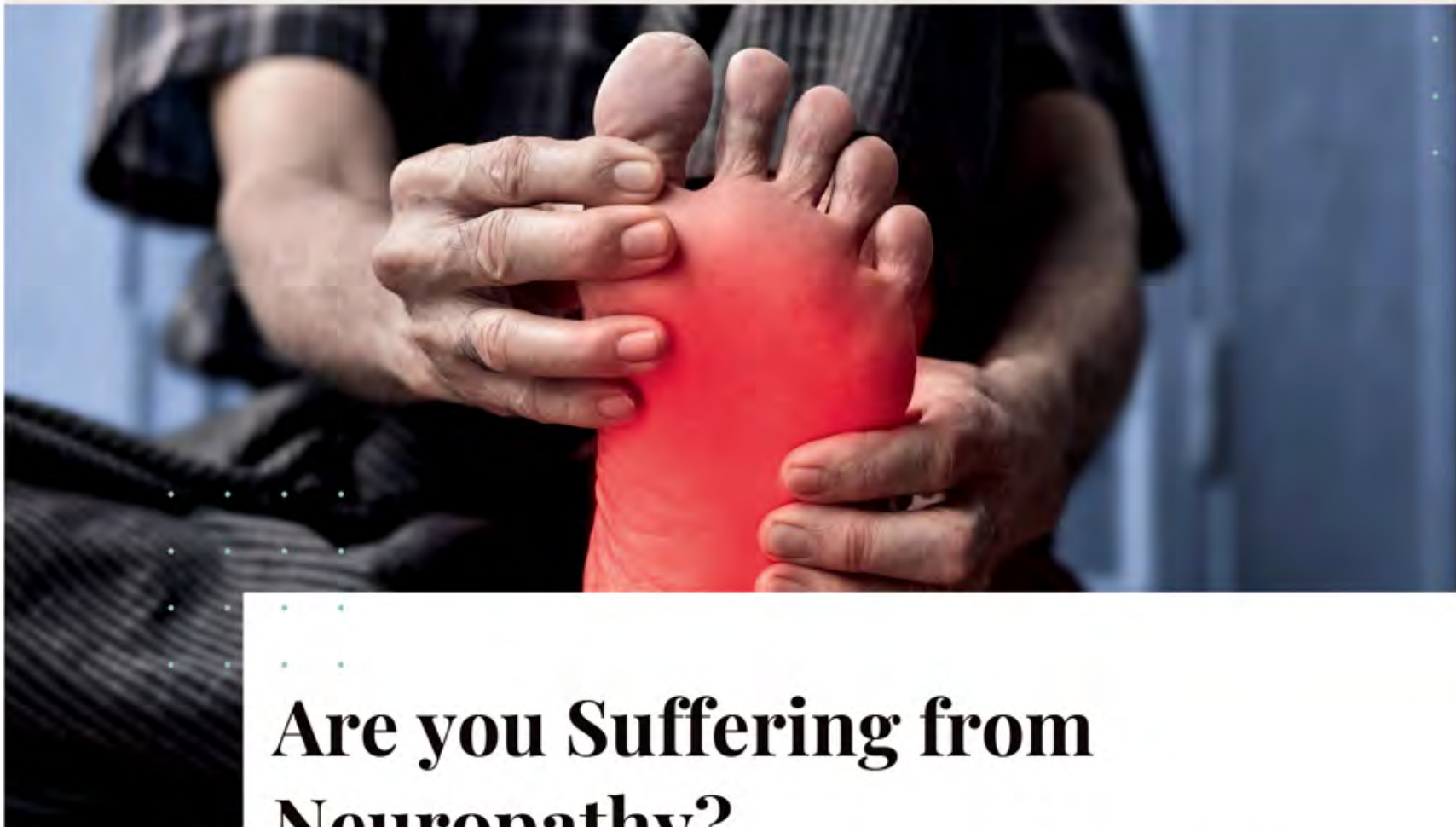
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- Headaches • Migraines • Fibromyalgia
- Knee • Neck • Sciatic • Arthritis

### 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

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# Revolutionizing Wellness:

By Daniel Sucherman, MD

## QC Kinetix Integrates GLP-1 Weight Loss with Regenerative Medicine for Joint Pain Relief

In the ever-evolving landscape of healthcare, cutting-edge solutions often emerge from the intersection of medical disciplines. One such groundbreaking development is taking place at QC Kinetix, where the integration of GLP-1 weight loss strategies with regenerative medicine is offering an integrated approach to not only shed unwanted pounds but also alleviate joint pain. This innovative combination is transforming the way we address health, providing a comprehensive solution to individuals dealing with both weight management and joint discomfort.

### The GLP-1 Advantage:

QC Kinetix's pioneering approach begins with the incorporation of GLP-1 (glucagon-like peptide-1) into their weight loss programs. GLP-1 is a hormone that regulates blood sugar levels and satiety, and its synthetic analogs have been widely used to address obesity. By enhancing feelings of fullness and promoting weight loss, GLP-1 acts as a catalyst for overall health improvement. You may have heard of some of these GLP-1 medications in the news: semaglutide, Ozempic®, Wegovy®, tirzepatide, Mounjaro®, Zepbound®

### Weight Loss as a Foundation for Joint Health:

Weight management plays a pivotal role in joint health. Excess body weight places undue stress on joints, contributing to conditions like osteoarthritis. QC Kinetix recognizes the symbiotic relationship between weight loss and joint pain relief. As patients shed pounds through GLP-1 interventions, the burden on their joints is alleviated, creating a conducive environment for regenerative medicine to take center stage.

### Regenerative Medicine: A Ray of Hope for Joint Pain:

QC Kinetix's regenerative medicine techniques involve harnessing the body's innate healing mechanisms to address joint pain at its source. Procedures such as platelet-rich plasma (PRP) therapy and stem cell treatments are administered to stimulate tissue repair and regeneration. By combining these regenerative modalities with GLP-1-induced weight loss,



QC Kinetix offers a synergistic approach that not only addresses symptoms but also targets the underlying causes of joint pain.

### The Science Behind the Integration:

GLP-1 weight loss strategies prepare the ground for regenerative medicine by creating an environment conducive to healing. As patients lose weight, inflammation decreases, and the body's response to regenerative treatments becomes more potent. The combined approach enhances the effectiveness of regenerative medicine, providing patients with a comprehensive and lasting solution to joint pain.

### Patient Success Stories:

QC Kinetix's integrated approach has yielded remarkable results for patients struggling with both weight management and joint pain. Individuals have reported not only significant weight loss but also a noticeable reduction in joint discomfort. Improved function and higher energy levels return as well. Our patients are able to return to doing the things they love.

### Jim finds relief at QC Kinetix:

One year ago Jim walked into QC Kinetix with a lot of pain, extra weight, and skepticism. Years of bilateral

knee, ankle, foot and low back pain had reduced his mobility and his health was suffering. "When it hurts to get out of bed, exercise becomes impossible." Jim had been told masking his symptoms was all that could be done. Luckily he found us! QC Kinetix was able to combine regenerative medicine therapies with cutting edge weight loss medications to help Jim regain his health. Over the course of a year, Jim lost a very healthy and sustainable 2-3 pounds per week; ultimately losing over 100lb. Regenerative therapies repaired the damage that had accumulated in his joints. He is back to exercising and doing the things he loves without pain.

In the quest for optimal health and wellness, QC Kinetix has emerged as a trailblazer by seamlessly integrating GLP-1 weight loss strategies with regenerative medicine to address joint pain. Schedule your free consultation at [qckinetix.com/suncoast](http://qckinetix.com/suncoast).

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# CONQUER SHIN SPLINTS: EXPERT CARE IN TAMPA

**S**hin splints are a prevalent condition among athletes, causing significant lower leg pain and impacting up to 15% of runners. If you're a runner in the Tampa Bay area, know that you're not alone in this struggle, and there are specialized solutions right in your community.

In Tampa, Florida, the physical therapists at Competitive Edge Physical Therapy are equipped with advanced technology and hands-on expertise to diagnose, treat, and prevent shin splints. Whether you're a recreational jogger or a seasoned marathoner, our team is here to ensure your training continues without the setback of shin splints.

## Understanding Shin Splints

Shin splints typically arise from repetitive stress on the tibia and its surrounding muscles, often exacerbated by sudden increases in exercise intensity or duration. Common among runners, military recruits, and those with specific foot arch conditions, this ailment manifests as a sharp or dull ache along the inner or lower leg.

## Symptoms to Watch For

The tell-tale signs of shin splints include:

- A persistent ache in the lower leg
- Sharp pains that intensify with activity
- Swelling in the lower leg (in severe cases)

## Comprehensive Treatment in Tampa

At Competitive Edge Physical Therapy, we utilize the innovative technology to accurately identify and address the root causes of shin splints, such as hip or knee imbalances.

Our approach includes tailored exercises to strengthen and stabilize the affected areas, allowing for a safe return to activity.

Immediate relief measures include:

- Protecting the affected area by reducing aggravating activities
- Elevating the legs and using compression to reduce swelling
- Gentle stretching to enhance lower body mobility



For ongoing management and prevention, our therapists will guide you through:

- Adjusting the duration and intensity of your runs
- Choosing the right footwear and understanding when to replace it
- A progressive exercise regimen focusing on the hips, knees, and ankles

## 5 PROVEN TIPS TO PREVENT SHIN SPLINTS

- 1. Invest in Quality Footwear:** Select shoes that support your unique foot structure and replace them every 350-500 miles.
- 2. Choose Softer Running Surfaces:** Opt for grass, dirt trails, or treadmills to reduce impact.
- 3. Follow a Proper Running Routine:** Incorporate a dynamic warm-up and pay attention to your running form.

**4. Incorporate Strength Training:** Add full-body strength workouts and cross-training to your routine to lessen the load on your legs.

**5. Listen to Your Body:** Recognize the early signs of shin pain and adjust your activity accordingly.

**Partner with Competitive Edge Physical Therapy**  
Ready to take control of your shin splint issues and elevate your athletic performance? Visit Competitive Edge Physical Therapy in Tampa, Florida, for expert care tailored to your needs. Schedule your appointment today at Competitive Edge Physical Therapy or call 813.849.0150 and start your journey towards a pain-free athletic lifestyle.

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# GIVE THE GIFT OF MONA LISA LASER THERAPY FOR MOTHER'S DAY

By Parveen Vahora, M.D.

## MonaLisa Touch

Give the gift of comfort and confidence to all the women in your life, your wife or girlfriend, this Mother's Day with MonaLisa Touch® Laser Therapy, thoughtfully provided by Dr. Parveen Vahora. Say goodbye to the discomfort of vaginal atrophy and embrace the joy of restored intimacy. MonaLisa Touch® offers a noninvasive solution to treat the genitourinary syndrome of menopause (GSM), providing relief from symptoms like vaginal dryness and painful intercourse. Unlike estrogen-based therapies, MonaLisa Touch® offers a safe and effective alternative, making it ideal for those who cannot or choose not to use hormone-based treatments. Let your mom experience the freedom and empowerment of reclaiming her vitality and well-being this Mother's Day with MonaLisa Touch® Laser Therapy.

## MonaLisa Touch and Menopause

The MonaLisa Touch treats symptoms of GSM that most commonly occur in menopause. During menopause, your estrogen levels decrease. These hormonal changes cause your vaginal tissue to become dry and thin. This can lead to several symptoms, such as:

- Painful sexual intercourse.
- Vaginal discomfort and bleeding.
- Frequent urinary tract infections (UTIs).
- Urinary incontinence (leaking pee when you sneeze, laugh or cough).
- Vaginal irritation, itchiness or burning.

The MonaLisa Touch helps the tissues in your vagina regenerate, enabling it to become moist again. It's important to note that the MonaLisa Touch doesn't tighten your vagina. There are other methods your provider may suggest if your goal is to fix looseness or sagging. The MonaLisa Touch helps restore your vagina's lubrication, not necessarily appearance.

## MonaLisa Touch is for YOU

The ideal candidates for MonaLisa Touch treatment are people who:

- Are experiencing symptoms of low estrogen during the transition to menopause or after menopause.
- Tried other methods (such as estrogen therapy) and were unsuccessful.
- Have symptoms as a result of chemotherapy, breast cancer or hysterectomy.
- Can't take estrogen due to other health conditions or treatments.
- Have been diagnosed with vulvar disorders like lichen sclerosus.

## How the MonaLisa Touch treatment works

The MonaLisa Touch is a CO2 (carbon dioxide) fractional laser. A fractional laser delivers thousands of tiny light beams into a specific area. The laser beams destroy vaginal tissue and stimulate your vaginal tissue to generate new blood vessels and produce more collagen and elastin. This essentially causes the tissue lining to regenerate and repair itself.

## PROCEDURE DETAILS

Treatment with the MonaLisa Touch happens in your healthcare provider's office. It's similar to what happens during a Pap smear. Your provider will insert a wand-like device into your vagina to begin treatment. The device delivers tiny energy pulses into your vagina. It may feel like a vibration or a tiny prick — like the poke of a needle. Your provider will treat both the internal vaginal skin and the skin at the opening of your vagina. You need three treatments spaced about three weeks apart. Your provider may recommend annual treatments to maintain relief of your symptoms. Treatment with the MonaLisa takes about five minutes.

Recovery from MonaLisa laser therapy is quick. You can continue with your day as normal. Your vagina may feel a little irritated or uncomfortable. Applying ice packs or a lubricant may help if you feel discomfort. Avoid doing activities that cause you pain.

## RISKS / BENEFITS

Treatment with MonaLisa Touch has been shown to cause significant improvements in vaginal moisture. It can restore a person's sexual intimacy and give them confidence again. MonaLisa Touch treatment is also beneficial for people who can't take estrogen. Treatment for vaginal dryness traditionally involved estrogen medications. This means people who can't take estrogen were left without relief options before MonaLisa Touch laser treatment.

## Effectiveness

Studies show that over 80% of people are satisfied or very satisfied with the treatment results. About 90% of people rate their improvement as better or much better. Many people say they notice relief from vaginal dryness after just one treatment.

## Side Effects

Side effects are mild and don't last longer than 36 hours. The most common side effects are:

- Irritation at your vaginal opening.
- Light bleeding.
- Pink or brown vaginal discharge.
- Itching or burning sensation when you pee.
- Swelling or redness at your vaginal opening.

## RECOVERY AND OUTLOOK

Most people return to their normal activities the same day. You should refrain from intercourse for three days. You can expect to have mild irritation or discomfort for 24 to 36 hours. Discuss specific recovery instructions with your provider so you know what to expect. Contact your healthcare provider if you have uncomfortable symptoms due to vaginal dryness. They can talk to you about possible treatment options, including treatment with MonaLisa Touch.

## Treatment Cost

Your insurance doesn't cover MonaLisa Touch treatment. The exact cost of treatment depends on your location and provider. Some people may need up to five sessions initially. Most people need to return every 12 to 18 months for touch-ups. Be sure to talk to your provider about what you can expect to pay for treatment. At Vahora Gynecology we offer financing options thru Affirm. <https://www.affirm.com>

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# PAINFUL NERVE DAMAGE: HOW ONE PATIENT'S STORY HELPS ANOTHER FIND RELIEF

## Treating Shoulder Pain Successfully with Radiofrequency

**P**aula Sharper and her husband had just recently moved to Florida, and she had been dealing with ongoing shoulder pain for a long time, which seemed to be getting worse. Paula was diagnosed with severe osteoarthritis of the AC joint (acromioclavicular joint) in the shoulder.

Paula told us that the pain was excruciating, keeping her up all night and disrupting her daily activities, including driving. While she was in the waiting room of another physician for her pain, she read an article about Dr. Sunil Panchal and how he helped a woman with chronic pain become pain-free.

When Paula left the office, she immediately called Dr. Panchal and scheduled an appointment.

Paula explained, "Dr. Panchal is an amazing doctor and a great person. He takes a lot of time and listens to you. He explains everything in detail, and he pinpoints exactly where the pain is stemming from and what is the best option for you specifically."

She continued, "I've been to many doctors over the years, and it's rare to find a physician that is not only a great doctor but also a kind, genuine person that cares about you. My procedure with Nerve Blocks and Radiofrequency was terrific. I immediately had pain relief. My shoulder no longer hurts at all. I'm back to living a normal routine for the most part."

"Dr. Panchal explained that this is a process. He likes to take things in steps, so we are doing the radiofrequency first, and then if later on my pain starts to return and I need additional regenerative medicine such as stem cell therapy, we will go from there. For now, I'm ecstatic about my pain relief. I would recommend Dr. Panchal to anyone that is in pain."

"It's impressive that so many patients and peers speak so highly of Dr. Panchal. At the surgical center, the staff and medical practitioners are very



fond of him and his work. Everyone you talk to says what a kind and talented physician he is as well. Medicine shouldn't just be about temporary fixes, it should be about treating the cause and helping people find solutions. That's what Dr. Panchal offers his patients."

### Surgery is Not Always the Answer

Many people are familiar with radiofrequency ablation for lower back pain, but they don't realize that it can be used for other areas of the body. With shoulder pain, whether due to osteoarthritis or injury, many people believe or have been told that surgery is the only solution.

**Minimally invasive procedures like radiofrequency and nerve blocks offer remarkable results in long-term pain relief.**

### Nerve Blocks and Radio Frequency

Nerve Blocks are numbing medications that are injected into the area that is causing pain. In conjunction to nerve blocks, Dr. Panchal uses an advanced procedure called Radiofrequency (RF).

With RF ablation treatments, the nerves that are damaged, narrowed, or impinged, are injected with a low-level of localized heat, causing the nerve to stop sending signals to our brain through

## The National Institute of Spine and Pain

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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 nerve back pain.

### Regenerative Medicine

For neuropathic pain, regenerative medicine is also highly effective treatment for relieving pain and regenerating tissue naturally. These options include PRP (Platelet Rich Plasma), Bone Marrow Aspirations, Lipid Aspirations and exosomes.

### More on Exosomes

Always on the leading edge of innovative procedures, Dr. Panchal adds exosomes into his stem cell treatment. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nano-sized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.



**Dr. Sunil Panchal**

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. The National Institute of 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 and Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Spine and Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician.

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



## Emsella - Technology to Get YOU Back to YOU

BY DR. ROBERT LUPO, D.C.

### Emsella for Men

The pelvic floor muscles form the lower part of the pelvis and support the pelvic organs, including the bladder, rectum, and prostate. When pelvic floor weakness occurs, it may lead to erectile dysfunction and premature ejaculation.

Men can suffer from incontinence associated with pelvic floor weakness. Many factors can affect male problems with incontinence and bladder leakage, with the primary cause being due to the prostate. An enlarged prostate after a prostatectomy, bladder surgery, or other prostate cancer treatments can contribute to male incontinence and erectile dysfunction. Other factors that can contribute to male incontinence include, but are not limited to, certain neurological disorders, obesity, smoking, and even family history. Men's incontinence typically involves a small amount of dribbling during exercise or at the end of the day. Chronic coughing or being overweight can put pressure on the bladder and lead to stress incontinence. Urge incontinence occurs when there is a need to urinate frequently or there is dribbling when the bladder is full.

EMSELLA treatment sessions are quick and discreet. The sessions are only about 30 minutes long and allow you to remain fully clothed while you are seated in the BTL Emsella treatment chair. There is no downtime needed after Emsella sessions, normal activities can be resumed immediately after the appointment. Emsella for men is the perfect option for those suffering from any form of urinary incontinence looking to regain control of the pelvic muscle and bladder.

Emsella sessions are non-invasive and allow patients to remain fully clothed throughout the entire session. Emsella harnesses the power of focused electromagnetic technology to stimulate the entire male pelvic floor muscle. As a result, patients attain greater neuromuscular control over the pelvic muscle. Emsella also treats Erectile Dysfunction by increasing penile rigidity and hardness as well as increasing control over time until ejaculation. Emsella patients can also expect to experience enhanced orgasms because of their Emsella treatments.

A full treatment lasts six sessions, spread over three weeks with two sessions a week. Each visit can cost around \$250 and lasts about 28 minutes. They involve thousands of stimulated contractions and should only cause tingling and sensations of pelvic floor contraction. We recommend one session every 1-2 months after the initial 6-session protocol.

### Emsella for Women

Many women do find they may experience incontinence or urinary leakage either during pregnancy or after childbirth. Urinary leakage during pregnancy is often caused by the weight of the baby pressing on the bladder which can put pressure on the pelvic floor muscles and can result in the symptoms of stress incontinence. Childbirth can also affect the pelvic floor muscles, especially with vaginal birth as this can put a strain on the pelvic floor and weaken the muscles. This can make it difficult to control your bladder. Half of the women can experience changes in continence following childbirth. Post-partum pelvic restoration doesn't happen overnight. Every OBGYN will tell you that Kegel exercises are necessary after childbirth to repair the damage childbirth causes to the pelvic floor. Emsella harnesses the power of high-intensity focused electromagnetic (HIFEM) technology, which stimulates the entire pelvic floor at once. A single session provides over 11,800 supramaximal pelvic floor contractions. Read that again. Over eleven thousand Kegels in less than 30 minutes.

Research has found that 95% of those treated reported significant improvement in their quality of life following six 28-minute treatments with Emsella. Most clients either no longer require the use of hygienic pads, or significantly reduced their use of pads in their day-to-day life. We recommend allowing at least 3 months before starting Emsella treatment following childbirth via C-Section and allowing 10 weeks post-natural birth. Emsella is a great prevention treatment for women who are considering starting a family. Having a strong pelvic floor is recommended to help withstand the extra weight and pressure of pregnancy. A stronger core is said to help with a faster delivery too.

You can expect a welcoming, friendly environment at Physical Medicine Center, Inc with a staff who truly cares about your progress. Our goal is your improved quality of life- that's why our comprehensive treatment plans are designed to help you reach your goals. If pain is holding you back, call today to learn more about our natural, non-surgical, non-drug options for pain relief.

Dr. Robert Lupo is the clinic director at the 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 in an auto accident and injury care. Physical Medicine Center also offers massage therapy, treatment for dizziness and balance disorders, Spectra cell nutritional blood analysis, bio-identical hormone replacement therapy for men and women, Gainswave for erectile dysfunction and nutritional IV treatments.

**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.

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# 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."

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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](http://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!

# Autism Spectrum Disorder: Can Hyperbaric Oxygen Therapy Help?

**A**utism is a spectrum disorder that is quickly increasing in rates across the world. Here in the United States, it is one of the fastest-growing developmental disabilities affecting up to 1.5 million. Commonly, social interaction and communication dysfunction are prevalent. While there are degrees of the spectrum disorder and impacts, the most common is Pervasive Developmental Disorders /PDDO.

## Early Intervention

Currently, there is no cure for Autism. However, according to the CDC, There are many types of treatments available. These include applied behavior analysis, social skills training, occupational therapy, physical therapy, sensory integration therapy, and the use of assistive technology.<sup>1</sup>

The types of treatments generally can be broken down into the following categories:<sup>1</sup>

- Behavior and Communication Approaches
- Dietary Approaches
- Medication
- Complementary and Alternative Medicine

## Alternative Treatment

The causes of Autism are still unknown, but many medical professionals and researchers feel that hypoxia (lack of oxygen to the brain) is a key element. Some also feel that infections, toxins, inflammation, and deficiencies also contribute to the disorder.

Hyperbaric Therapy for Autism – Worldwide, medical researchers are discovering promising results with the effects of hyperbaric therapy on persons with Autism. Hyperbaric oxygen therapy increases oxygen levels, reduces inflammation, helps the body remove toxins and regenerate tissues.

Hyperbaric oxygen therapy (HBOT) 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 healing processes and assists in the recovery from numerous indications.

Hyperbaric oxygen therapy is an FDA approved and lifesaving remedy for multiple conditions such as carbon monoxide poisoning and decompression sickness (the bends), and it has many off-label uses such as autism spectrum disorder.

## HBOT Autism

Over the past decade, HBOT therapy for Autism Spectrum Disorder has been utilized as a way to establish positive effects via anti-inflammatory responses, improved cognition function, behavioral and language abilities, and to reduce apprehension. It's always important to speak to your specialist, talk to other parents that have tried HBOT, and also to research any alternative options on your own. If you decide to try HBOT for your child with Autism Spectrum Disorder, finding a reputable, experienced, trustworthy clinic is critical.

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.

## 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.*

 **Hyperbaric Centers of Florida**  
[www.hyperbariccentersofflorida.com](http://www.hyperbariccentersofflorida.com)

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

## 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

**Hyperbaric Centers of Florida** is a premier Hyperbaric Treatment Facility. We serve all of North America as well as Caribbean, Latin & Central American Markets. The Hyperbaric Clinic is equipped with Real 3ATA Monoplace and Multi-Place Hyperbaric Chamber Systems that are ASME, PVHO, National Board, NFPA, and FDA 510(K) cleared and compliant systems. We are treating all approved indications and selected off-label indications, as directed by a licensed physician with written orders.

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.

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. 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.

\*DISCLAIMER This information is for informational purposes only and is not intended to replace the advice of a physician! Anyone who wishes to embark on any medical program intended to prevent or treat a specific disease or condition should first consult with a qualified physician!

REFERENCE:  
1. CDC, Centers for Disease Control and Prevention, Treatment and Intervention Services for Autism Spectrum Disorder  
<https://www.cdc.gov/ncbddd/autism/treatment.html>

# Menopause and UTIs: What Every Woman Should Understand

**M**enopause marks a significant transition in a woman's life, signaling the end of reproductive years. While it's a natural process, menopause comes with its own set of changes and challenges, including the increased risk of urinary tract infections (UTIs). The chance of recurrent UTIs increases as a person progresses through menopause. A 2019 study found that 19–36% of premenopausal females experience recurrent UTIs and that the rate of recurrence increases to 55% after menopause. Understanding the relationship between menopause and UTIs is crucial for women's health and well-being.

## 1. Overview of Menopause

Menopause typically occurs around age 51, though it can vary widely among individuals. It is defined as the cessation of menstrual periods for 12 consecutive months, marking the end of a woman's reproductive phase. During menopause, hormonal changes, particularly the decline in estrogen levels, lead to various symptoms such as hot flashes, night sweats, mood swings, and vaginal dryness.

## 2. Connection between Menopause and UTIs

The drop in estrogen levels during menopause plays a significant role in the increased susceptibility to UTIs. Estrogen helps maintain the health of the urinary tract by supporting the growth of beneficial bacteria and maintaining the integrity of the vaginal and urinary tissues. As estrogen levels decline, the vaginal pH becomes less acidic, creating an environment conducive to the growth of harmful bacteria like *E. coli*, which can ascend the urinary tract and cause infections.

## 3. Managing and Preventing UTIs during Menopause and Beyond

Managing UTIs during menopause involves a combination of preventive measures and treatment strategies. It's essential for women to:

- **Stay hydrated:** Drinking plenty of water helps flush out bacteria from the urinary tract.
- **Practice good hygiene:** Wiping from front to back after using the toilet helps prevent the spread of bacteria from the anus to the urinary tract.
- **Urinate frequently:** Emptying the bladder regularly helps prevent bacteria buildup.
- **Avoid irritants:** Certain products such as douches, feminine sprays, and harsh soaps can disrupt the natural balance of vaginal flora and increase the risk of UTIs.

In addition to these measures, incorporating cranberry products into the diet has been shown to help prevent UTIs. Cranberries contain compounds called proanthocyanidins (PACs) that prevent bacteria from

adhering to the urinary tract walls, thus reducing the risk of infection. Utiva Cranberry PACs, with a clinically effective dose of 36mg PACs, offer a convenient and natural way to support urinary tract health during menopause and beyond.

## Utiva Webinar: Navigating Menopause

To further explore the topic of menopause and its associated challenges, Utiva is hosting a free live webinar/Q&A session titled "Navigating Menopause." This informative event will feature guest speakers Dr. Susan Oakley, a Urogynecologist, and Shirley Weir, a Menopause Educator.

## Event Details:

- Date: Tuesday, May 14th
- Time: 7:30 pm EST
- Format: Live Q&A session on menopause

Don't miss this opportunity to gain valuable insights and advice on managing menopause-related issues. Register now to reserve your spot and empower yourself with the knowledge to navigate this transformative phase of life.

For more information and to register for the webinar, visit Utiva's webpage.

<https://www.utivahealth.com/menopause>

## Sources:

- Utiva Health. "Everything You Need to Know About UTIs During Menopause." Retrieved from Utiva Health Blog: [https://www.utivahealth.ca/blogs/resources/everything-you-need-to-know-about-utis-during-menopause?\\_pos=2&\\_sid=4140b6639&\\_ss=r](https://www.utivahealth.ca/blogs/resources/everything-you-need-to-know-about-utis-during-menopause?_pos=2&_sid=4140b6639&_ss=r)
- Utiva Health. "Pelvic Health Issues in Women: Navigating Challenges at Every Age." Retrieved from Utiva Health Blog: [https://www.utivahealth.ca/blogs/resources/pelvic-health-issues-in-women-navigating-challenges-at-every-age?\\_pos=4&\\_sid=d5a2c02aa&\\_ss=r](https://www.utivahealth.ca/blogs/resources/pelvic-health-issues-in-women-navigating-challenges-at-every-age?_pos=4&_sid=d5a2c02aa&_ss=r)



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# Hurricane Preparedness:

## Aston Gardens At Tampa Bay Has Their Residents Covered

**W**e've been forewarned that this year's storm season is going to be much more active than last years. We can hope and cross our fingers that our coast won't get hit, but it's essential to make plans for hurricane season. It's important to have a plan.

- Lists of medication or prepacked bags of extra's (enough for two weeks)
- List of shelters
- Extra COVID-19 PPE (masks, sanitizer, etc.)
- Extra water (two-week's worth)
- Evacuation routes
- Organizing hurricane shutters or buying boards
- Trimming back trees and limbs
- Flashlights and batteries
- Tying down outdoor furniture, garbage cans, umbrellas, etc.
- Pet food, beds, medications and a list of shelters that take pets
- List of friends and neighbors phone numbers
- Homeowners Insurance paperwork
- Medical insurance
- Non-perishable foods
- Keep gas in your vehicle for evacuation purposes
- Sandbags

If you live at an Independent Living Facility like Aston Gardens At Tampa Bay, the hurricane preparation list is taken care of for you. One of the things individuals and couples love most about independent living is no yardwork or hurricane preparations in seasons like this. Aston Gardens is of course always fully stocked on emergency supplies, water, and food for their residents as well.

### 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.

**SHINE® 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 At Tampa Bay** 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](http://astongardens.com).**



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# Slowing the Pace of Your Life

By Pastor Timothy Neptune

**R**emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

*2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.* Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength.* Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *6 But godliness with contentment is great gain. 7 For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things. **Contentment means this:** I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

**Contentment will come easier when you realize two things:** life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.



Jesus said it like this, *15 Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."* Luke 12:15

If you find yourself making statements like this:

- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.

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Daniel Sucherman, MD

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- Chris Poole