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November 2024

Tampa Bay Edition - Monthly

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Help for Alzheimer's?

Saving Your Brain is a state-of-the-art facility that offers non-drug programs that offer viable solutions for almost any neurodevelopmental, behavioral, academic, psychological, or mental health issue. Currently we are seeing people from age 2 to age 88 and every age group in between. Some of our younger school age children and young adults we help have been diagnosed with conditions such as ADHD, Dyslexia, Social anxiety, OCD, ODD, and Autism Spectrum. We help children and adults who have been diagnosed with anxiety and depression. We work with people that have auto-immune issues. We help people who have had traumatic brain injuries or strokes. We also help aging adults improve their memory and balance and other symptoms associated with Alzheimer's.

All of the above conditions except TBI, Strokes, and Alzheimer's fall under the heading of "Functional Disconnection Syndrome". There is no pathology in the brain. There is just a functional imbalance between the two hemispheres of the brain. We have found there are several common features in all the conditions that were mentioned earlier. There are some commonalities that are found in every significant academic, behavioral, psychological, or mental health issue. They are the following: retained primitive reflexes, a weakness in one or more of the three major sensory systems that develop and grow the brain – the postural/balance system, the vestibular system, or the oculomotor system, a weakness in either the left or right cerebellum, and a weakness in the opposite hemisphere. The retained primitive reflexes are associated with a hard-wired negative neurobehavior. This can make us a bit "quirky". Integrating the primitive reflexes makes us less "quirky". In the case of Alzheimer's, there has been damage done in certain areas. Even when the brain has been injured, it often can re-route pathways to compensate.

Correcting these imbalances/weaknesses changes the brain's functions and unwanted symptoms markedly reduce or go away. The corrections occur by having the person do a sensory/motor activity repetitively and frequently, while being stimulated by vibration, electrical stimulation, specific sounds, specific smells and cold laser.

Our brains are divided into some 52 Brodmann areas, named after Dr. Brodmann, who mapped them out over 115 years ago. Each area controls certain brain functions and most of these areas connect to other Brodmann areas forming networks. The network on one side of the brain could be like a 6 lane highway but the corresponding network on the opposite side of the brain may be like a farm road. This imbalance

between the hemispheres produces symptoms that we label as things like inattention, poor focus, impulsivity, anxiousness. If we do a specific sensory/motor activity (an activity that involves us seeing something, hearing something, or feeling something and then reacting to it) - for example like keeping time with our hand or foot to the sound of a cowbell. When it is coupled with sensory inputs of vibration, light, and electrical stimulation on one side of the body, it creates neuroplastic changes in the networks on the opposite side of the brain. Over time, as this sensory/motor activity is repeated the changes become "sticky", meaning they stick and are now permanent. This is how neuroplasticity in the brain works. Neuroplasticity is the creation of new pathways or expansion of existing pathways.

Think about going to the gym to work out. There are stations for your chest, stations for your back, stations for your legs, stations for your arms, and stations for cardiovascular fitness. When your muscles are fairly balanced you can use a barbell for things like bench press or curls. What happens if you are in an accident and you break one arm and it was in a cast for 8 weeks? You could not use the barbell to lift weights like before because the casted arm is too weak. You would have to build the weaker arm up using dumbbells or pulleys until it got stronger. Then you could use the barbell again. At Saving Your Brain, we have different stations for working different networks in your brain. We intentionally work only the weaker side to help it "catch up" to the stronger side.

Most people do not realize that Alzheimer's and dementia are the same. Alzheimer's is the most common form of dementia accounting for 70% of those afflicted below the age of 71 and 90% over the age of 71. Parkinson's accounts for the next largest group of dementia.

Alzheimer's is known for its characteristic beta amyloid plaquing and Tau protein accumulation. The production of beta occurs in many cells and is protective in nature. Beta acts as an antibiotic protecting our precious neurons from infection. It also acts as a binder to heavy metals like aluminum and mercury which are both neurotoxic and accumulate in the brain. Beta production also increases when blood sugar levels exceed normal levels. Beta production is a natural protection mechanism to help protect the brain. However, problems occur when chronic infections persist, blood sugars stay too high for extended periods of time, and heavy metals accumulate in the brain.

The beta amyloid plaquing occurs in an attempt to wall off and protect areas of the brain from the above offenders. Our bodies are built for survival. It is better to die of Alzheimer's after 15 plus years of plaquing than to be overcome with infection, heavy metal poisoning, and the affects of high blood sugars.

There will never be a magic pill for Alzheimer's because it has multiple causes and pathways. The key is to make the production of the beta amyloid unnecessary. How do we do that? We do this by identifying chronic infections and correcting these, by identifying environmental toxins and eliminating them from the body, and by controlling our blood sugar levels in the blood.

Alzheimer's causes a slowing of the left hemisphere of the brain. It often affects not only the frontal cortex but the parietal area, which is the area of the brain that helps connect all the dots. This adversely affects our deductive reasoning as well as our mood. Usually the right cerebellum is adversely affected as well. The cerebellum which controls much of our balance has 51% of all the neurons in the brain! This can be helped.

The brain responds positively to specific light, sound, and vibrational frequencies. The left hemisphere can be speeded up and strengthened. Alzheimer's has 7 stages. We have seen good results when it is at stage 4 and sometimes stage 5.

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Saving Your Brain was founded by Kelly Miller NMD who has a background in Chiropractic, Acupuncture, Naturopathy and post graduate studies in Functional Medicine and Neurodevelopmental Brain, and Neurofeedback. His 44 years of experience assessing and treating over 16,000 patients make him the ideal "Brain Health Coach". His book, *Saving Your Brain: Causes, Prevention, and Reversal of Alzheimer's/Dementia* was an Amazon Best Seller.



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YOUR FAMILY MEDICAL HISTORY CAN UNLOCK VALUABLE TREATMENT OPTIONS

By Parveen Vahora, M.D.

Your family's medical history holds valuable insights into your health journey. From potential genetic predispositions to early detection of health conditions, the information encapsulated in your family tree can profoundly shape your healthcare experience. Sharing this medical history with your healthcare provider is not just a routine task but a vital step in ensuring personalized care. In this article, we delve into why patients must share their family medical history with their medical providers, exploring how it influences treatment decisions, guides preventive measures, and empowers individuals to make informed choices about their well-being. Let us unravel the significance of this often-overlooked aspect of healthcare.

- **Genetic Predispositions:** Family medical history can reveal potential genetic predispositions to certain health conditions.
- **Early Detection:** Some diseases and conditions have a hereditary component, aiding in early detection through screenings and tests.
- **Treatment Decisions:** It can influence treatment decisions, guiding the choice of medications, therapies, or surgical procedures.
- **Preventive Measures:** Allows for personalized advice on lifestyle modifications to reduce the risk of developing certain conditions.
- **Screening Recommendations:** Guides healthcare providers in recommending appropriate screening tests.
- **Informed Decision-Making:** Patients can make more informed healthcare decisions.
- **Research Opportunities:** Sharing can lead to research opportunities and contribute to scientific knowledge.
- **Proactive Care:** Patients can proactively approach their health, seeking advice promptly.
- **Healthcare Costs:** Early prevention and detection can potentially reduce long-term healthcare costs.
- **Emotional Support:** Provides emotional support and a sense of connection with family members facing similar health challenges.

If you are unsure of your complete family medical history, the MyRisk Myriad can help. Myriad MyRisk is a genetic test offered by Myriad Genetics, a company

specializing in molecular diagnostics and personalized medicine. This test is related to assessing an individual's genetic risk for diverse types of cancer, including those that primarily affect women. Here is how it relates to women's cancers:

- 1. Breast Cancer:** Myriad myRisk assesses the risk of hereditary breast cancer. It can identify mutations in genes such as BRCA1 and BRCA2, which are associated with an increased risk of breast and ovarian cancer, particularly in women.
- 2. Ovarian Cancer:** This test is also relevant to ovarian cancer risk assessment. Mutations in BRCA1 and BRCA2, as well as other genes, can increase a woman's susceptibility to ovarian cancer.
- 3. Uterine Cancer:** While not as commonly associated with hereditary factors as breast and ovarian cancer, certain genetic mutations can elevate the risk of uterine cancer. Myriad myRisk may provide insights into this risk as well.
- 4. Other Women's Cancers:** In addition to the above, the test may provide information about genetic predispositions to other cancers that can affect women, such as cervical cancer, fallopian tube cancer, and peritoneal cancer.

Myriad myRisk analyzes a wide range of genes associated with hereditary cancer syndromes. The results can help healthcare providers and individuals understand their genetic risk for these cancers, allowing for more personalized and proactive medical management. It is important to note that this test is typically recommended for individuals with a family history of cancer or other risk factors. It can guide decisions about surveillance, prevention, and treatment options for women at an increased risk of these cancers. Always consult with a healthcare professional for more information and guidance on genetic testing and cancer risk assessment.

Women with family history of cancer or personal cancer history are not candidates for hormonal therapy. Dr. Vahora offers many options for menopausal symptoms, painful intimacy, and the Genitourinary Syndrome of menopause, including but not limited to the Mona Lisa Procedure. The MonaLisa Touch procedure is a minimally invasive laser treatment to address vaginal atrophy and related symptoms.

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SENIORS AGING IN PLACE

For today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.

3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.

4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.

5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.

6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

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As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

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Talk Turkey and Your Family's Health History This Thanksgiving

Thanksgiving is traditionally a time to gather with loved ones, express gratitude and enjoy a festive meal. This year, November 28 is also designated as National Family Health History Day. The U.S. surgeon general encourages families to take advantage of this time together to talk about health issues that may run in the family.

Knowing one's family medical history can help in the prevention and early detection of hereditary diseases. By sharing and recording this information, individuals can better understand their potential risks for certain diseases, including cancer, heart disease, diabetes and other conditions that have genetic components.

Genetics and cancer risk

About 5 to 10 percent of cancers are linked to mutations in specific genes that we inherit from our birth parents. In fact, the five most common types of cancer diagnosed in the U.S. are known to have a genetic component. These are melanoma (a form of skin cancer), breast, colorectal, prostate and lung cancers.

Consider skin cancer, for example. People with a first-degree relative who has been diagnosed with melanoma or other types of skin cancer have a 50 percent higher chance of developing it than someone without a family history. A first-degree relative includes your biological parents, siblings and children, who share about 50 percent of your DNA.

Breast cancer is the second most common cancer in American women, representing approximately 30 percent of all new cancer diagnoses among women each year. And although it's rare, men get breast cancer, too.

Mutations that occur in the BRCA1 and BRCA2 genes can significantly increase the risk of breast as well as ovarian cancer. People with a strong family history of breast cancer, especially if it occurs at a young age or in multiple relatives, may carry one of these genetic mutations.

While having a genetic mutation does not guarantee that a person will develop cancer, it does increase the risk.

Genetic counseling and genetic DNA testing are a proactive approach to understanding your health risks and may be recommended for individuals with a family history associated with known genetic mutations.

If someone knows they have inherited a harmful genetic change, they can take steps to reduce their risk of developing cancer or to detect cancer early. Genetic testing can also be appropriate for people who have been diagnosed with cancer. The information may be important for selecting treatment.

Anyone who is concerned that they may have inherited a harmful genetic change should talk with their health care provider.



Genetic counseling will include a discussion of the implications of testing so that someone can give informed consent to the process. Before having testing, people should discuss both the benefits and the possible downsides of genetic testing.

The importance of lifestyle factors

It's important to remember, however, that the majority of cancers arise due to a combination of factors, including environmental exposures (such as smoking or radiation) and spontaneous genetic mutations that occur during a person's life.

There are ways to reduce cancer risk:

- Protect your skin from harmful UV rays from the sun and other sources.
- Don't smoke. The carcinogens in tobacco can damage nearly every organ in the body, increasing risk for cancer and other diseases.
- Maintain a diet high in fruits, vegetables, beans and whole grains and low in red meat, processed foods and sugar.
- Limit alcohol consumption.
- Aim for at least 30 minutes of physical activity daily to help control your weight and avoid obesity and give a healthy boost to your immune system.
- Stay current with screenings. Generally, when cancer is detected in its early stages, treatment is less extensive, outcomes are improved and recovery is faster. Screenings are safe, effective and vital. Talk with your primary health care provider to make the best personal decisions about your health status, the benefits and any risks of testing, and how often you should be screened.

What's your family health portrait?

The U.S. Department of Health and Human Services offers tools like the "My Family Health Portrait," which helps families collect and organize their health information and learn more about the risk for conditions that can run in families.

This holiday season, be sure to pass the pie, along with some details of your family's health history.

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IT TAKES AN ARMY OF ANGELS

"No man, woman or child should go without basic human needs. It takes an Army of Angels to meet the greater need." ~ Rhonda Miller

Born in Alabama, raised by a single mother, in a house with seven siblings, Rhonda experienced all too well the pangs of hunger. One of her most impactful childhood memories was when local high school students came to her house to deliver "bag after bag of groceries" right before Thanksgiving. Rhonda was 10, but she understood that the community had come together to help them. This event, years later, would inspire Rhonda to open a foodbank for the community in McDonough, United Food Force, Inc., and add the tag line, "Uniting Forces to Combat Hunger."

In March 2013, she filed for 501c3 for United Food Force and signed a lease for the 13,000 sq foot distribution center. Unexpectedly, Rhonda was diagnosed with Stage 4 endometrial uterine carcinoma, and not given much hope for survival. God had different plans. In November of the same year, after winning an eight-month battle with cancer, Rhonda launched United Food Force in McDonough, GA.

That year, United Food Force started a weekly food program that served 72 families a week. Today, they serve over 2000 families in need every week, serve non-profit partners like Haven House, A Friend's House, Operation Lunchbox, Connecting Henry, and Our World at H.O.P.E. Park, and continue to supply emergency food boxes for those who find themselves in sudden need.

With 1 out of every 5 households being food insecure, Rhonda's vision is to open community food banks across the United States. Following that vision, Rhonda opened a second food bank in Odessa, FL in October 2017, Florida Food Force, serving 3000 families per week, and was anticipating a third opening in Daytona Beach, FL in the fall of 2022. This last plan is currently unrealized, as a diagnosis of Stage 4 liver, small intestine, colon, gall bladder and stomach cancer entered the picture for Rhonda. She was given no hope for survival. But it appears that God had different plans once again.

Rhonda will tell you that she will be done fighting against hunger when God decides to take her home, and not a second before that.



"One of the greatest feelings in the world is knowing that we as individuals can make a difference. Ending hunger in America is a goal that is literally within our grasp." ~ Jeff Bridges

Throughout the years, Rhonda and her team at United Food Force has depended on the "army of Angels" to which Rhonda refers often. Those angels are the generous donors, the wonderful volunteers, the amazing community partners, the Board of Directors, and the staff at United Food Force. Some people say it takes a village; Rhonda will tell you it takes an army of Angels. To those Angels, she will always be grateful!

Emergency food boxes are available Monday-Wednesday, 9:00 to 3:00 p.m. with photo identification at United Food Force, located at 1463 Highway 20 W., McDonough, GA 30253. Ask about the weekly food program while you are there. There are no income or geographical restrictions.

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A PATIENT'S EXCRUCIATING BACK AND LEG PAIN...

Relieved in One Day!

One year ago, David was lifting a fire pit in his back yard and fell to the ground in infuriating pain. He could not get up as the pain was completely unbearable. EMS transported him to the emergency room, and he was admitted to the hospital. David had a herniated disc and was prescribed pain medications and discharged.

"The pain medications worked for a while, but eventually, the pain returned, and I had excruciating pain in my left leg as well." Said David.

After seeing multiple doctors, including a spine surgeon, and getting CT scans, ultrasounds, and MRIs, no one could figure out why David's pain was so immense, and they also had no idea why his left leg was painful, even more so than his back. Unable to accurately diagnose and treat him, David was left to suffer for another five months.

His Primary care physician finally referred him to a pain specialist that has been helping numerous patients find relief through regenerative and alternative procedures. Dr. Panchal is the founder of the National Institute of Spine and Pain.

David continued, "At the very first visit that I had with Dr. Panchal, he looked over my images and immediately knew the root cause of my pain, and he explained to me in full detail exactly what he needed to do to relieve it."

From the images, Dr. Panchal saw that David had a nerve that was being impinged and compressed by spinal neural foraminal stenosis of L3. Spinal neural foraminal stenosis refers to the narrowing of the foramen, which are small openings between each vertebra in the spine. Nerve roots pass through the foramen, so in David's case, his nerve was severely compressed in the gap and causing him unyielding leg pain along with lower back pain.

Dr. Panchal explained that David needed a procedure to shave the disc down to relieve the pressure on the nerve. The procedure is called endoscopic discectomy and decompression of the nerve root.

This procedure is performed while the patient is under light anesthesia, which allows open communication for patients to express pain thresholds with Dr. Panchal. David was not happy about having to have any surgery, even though Dr. Panchal explained that it was minimally invasive. After two months, David decided he needed to do it to relieve his daily pain that was disrupting his life.

David told us that after the surgery, which was this past December, he has no pain! David no longer needs pain medications, and he is back to living the quality of life that he and his family enjoy, pain-free with complete resolution.

Endoscopic discectomy and decompression is an outpatient procedure done under x-ray fluoroscopy to remove herniated disc material through a small, half-inch incision. It's done under light sedation and local anesthetic.

A 3-D video is used to guide guidance, tiny instruments through an endoscopic probe. The procedure takes approximately an hour and causes minimal discomfort, and a small bandage is usually enough for the closure of the tiny incision.

Dr. Sunil Panchal of the National Institute of Spine and Pain has been committed to regenerative medicine and stem cell therapy for several years. Dr. Panchal explains exosome therapy further, "This is an exciting new approach for regenerative medicine. Unlike PRP which has limited growth factors, or bone marrow and fat aspirate, which has an unknown quantity of stem cells, or growth factors from the patient, or the use of fetal cord blood stem cells (which has unknown function after thawing and also the risk

of tumor formation from foreign DNA), exosomes are a highly concentrated and reproducible source of growth factors for regenerative techniques.

"The other approaches typically take six months to see any results. With exosomes, I've had some patients begin to notice improvement as early as 2-3 weeks. And since this is an acellular product, there is no risk of tumor development." said, Dr. Panchal.

Dr. Panchal has treated patients with exosome therapy for pain in the cervical and lumbar facet joints, sacroiliac joints, knees, hips, ankles, elbows, shoulders, ligament injuries, and also degenerative discs. These tiny exosome communicators that secrete therapeutic and regenerative effects to the cells and tissues throughout the body are becoming highly-sought-after by many patients that have suffered from pain and chronic disorders. Some of the additional findings within peer-reviewed studies are as follows:

- Self-Renewing Capabilities
- Cellular Differentiating Ability
- Tissue Repair
- Anti-Inflammatory Effect
- Immunosuppression
- Neuroprotection

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 and 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 The 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, or call them at (813) 264-PAIN (7246).

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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.

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physical  medicine
center

where wellness and beauty meet

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Oxygen Therapy for Stroke:

Can it Help to Regenerate the Damaged Brain?

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications. When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly.

Oxygen is the critical element of every cell in our body. Our bodies take in oxygen, and our bloodstream begins to flood our tissues and organs with oxygen-rich blood.

Countless researchers conceive that increasing the supply of oxygen to a stroke patient's damaged brain areas will alleviate brain damage by reducing swelling and regenerating brain matter.

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.

In 2014 an extensive study called *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke*, researchers studied Acute Ischemic Stroke patients and how HBOT effects oxidative stress, inflammation, apoptosis, neuroprotection and cerebral blood flow. They concluded that HBOT seems promising in reducing secondary hemorrhage of ischemic stroke patients which is worthy of further studies.¹

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 at the person's personal discretion. 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.

References:

1. Z Ding, *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke: A Review*, *Interv Neurol*. 2014 Aug; 2(4):201-211.



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.

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.

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

Diabetic Wound Care:

Harnessing the Power of Amniotic Membrane Technology

The management of diabetic wounds remains one of the most challenging aspects of modern healthcare, with complications potentially leading to severe outcomes including amputation. However, innovative treatments like amniotic membrane therapy from RxWound are revolutionizing the approach to diabetic wound care, offering new hope for patients struggling with chronic wounds.

Understanding the Power of Amniotic Membrane Technology

Amniotic membrane grafts represent a groundbreaking advancement in wound care treatment. Derived from the innermost layer of human placenta, these grafts are ethically sourced from planned cesarean section donations, ensuring both moral integrity and clinical excellence. The procurement process involves rigorous screening and testing for communicable diseases, maintaining the highest standards of safety and quality.

The impressive 95% success rate of patients attaining full wound closure within a six-week period, along with a minimal risk of negative side effects, establishes amniotic membrane therapy as a transformative advancement in wound care. This natural approach not only accelerates healing but also aligns with sustainable medical practices, making it an ideal choice for advanced wound management.

The Five Pillars of Healing Process

Amniotic membrane technology works through five fundamental mechanisms that synergistically promote optimal wound healing:

1. Reduced Inflammation: The membrane's natural anti-inflammatory properties help control excessive inflammation, which is particularly crucial for diabetic patients who often experience prolonged inflammatory responses. This regulation creates an optimal environment for healing to begin.

2. Powerful Antibacterial Properties: The inherent antibacterial characteristics of amniotic membrane provide a natural defense against pathogens, reducing the risk of infection without relying solely on conventional antibiotics. This is especially valuable given the rising concerns about antibiotic resistance.



3. Enhanced Tissue Growth Support: Rich in growth factors and essential proteins, the membrane actively promotes tissue regeneration and cellular proliferation. This support is vital for diabetic wounds, which typically struggle with delayed healing due to compromised cellular function.

4. Creation of Optimal Wound Healing Environment: The membrane maintains ideal moisture levels and provides necessary nutrients, creating a perfectly balanced environment for wound healing. This microenvironment supports cellular migration and proliferation, essential components of the healing process.

5. Effective Biological Barrier: Acting as a natural protective shield, the membrane creates a physical barrier against external contaminants while maintaining the wound's optimal healing environment. This dual-action protection is crucial for preventing complications in diabetic wounds.

Clinical Impact and Future Implications

The implementation of RxWound's extensive array of amniotic membrane solutions marks a significant advancement in diabetic wound care. Traditional treatments often struggle with the complexity of diabetic wounds, but this innovative approach addresses multiple aspects of wound healing simultaneously. The therapy's success rate demonstrates its potential to reduce healing time, decrease the risk of complications, and improve patient outcomes.

Healthcare providers report that patients receiving amniotic treatment experience faster healing rates and reduced complications compared to conventional treatments. The therapy's natural composition and lack of adverse effects make it an attractive option for patients who may be sensitive to synthetic treatments or those with compromised immune systems.

The sustainable and ethical sourcing of amniotic membranes, combined with their remarkable healing properties, positions RxWound as a leader in modern wound care solutions. As the medical community continues to seek effective treatments for diabetic wounds, the role of amniotic membrane therapy grows increasingly significant, offering hope for improved outcomes in this challenging aspect of healthcare.

About RxWound

Founded in 2015, RxWound is a team of dedicated wound care professionals serving seniors with advanced care solutions across all 50 states.

The company mission is to improve the outcomes of wound healing and elevate the quality of life for each patient, while respecting the precious gift of donated human tissue. It is dedicated to upholding standards of excellence, integrity, and compassion, with the goal of setting new standards in care and promoting a healthier, more vibrant future.

RxWound looks forward to serving you and making a positive difference in your healthcare journey.

WOUNDS WE TREAT

- Chronic Wounds
- Vascular Ulcers
- Diabetic Ulcers
- Pressure Ulcers
- Trauma Wounds
- Mohs Surgery
- Incision Wounds

LOCATIONS WE SERVE

- Patient Homes
- Independent Living
- Assisted Living
- Long Term Care
- Mobile Wound Care
- Home Health Care



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What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they



knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

Change Your Brain. Change Your Life.

Training the brain with advanced technology to correct brain imbalances.

Innovative Brain Treatment Programs

Our unique brain training facility offers the most advanced, innovative brain treatments and programs to help retrain the brain back to balance. At Saving Your Brain, we are proud to help our patients with several diagnostic procedures and then design a gameplan for treatment and training. Our multi-disciplinary approach has been successful for many patients with conditions as ADHD, Autism, Parkinson's, Anxiety, and other mental health issues. We hope to connect with you soon to provide you with the most comprehensive training program and start your journey towards optimal brain health.

Conditions We Help

These conditions have been proven to be clinically responsive to brain-based therapies:

- Addiction
- ADD/ADHD
- Anger Issues
- Anxiety
- Autism
- Chronic Pain
- Concussion
- Depression
- Lyme Disease
- Memory Loss
- Migraines
- PTSD/Stress
- Sleep Issues
- Stroke
- Low Energy

Our Services

- QEEG Brain Mapping
- Neurofeedback
- Braintap
- Interactive Metronome
- Neuro Sensory Integration
- Right Eye Tracking
- Neurosage

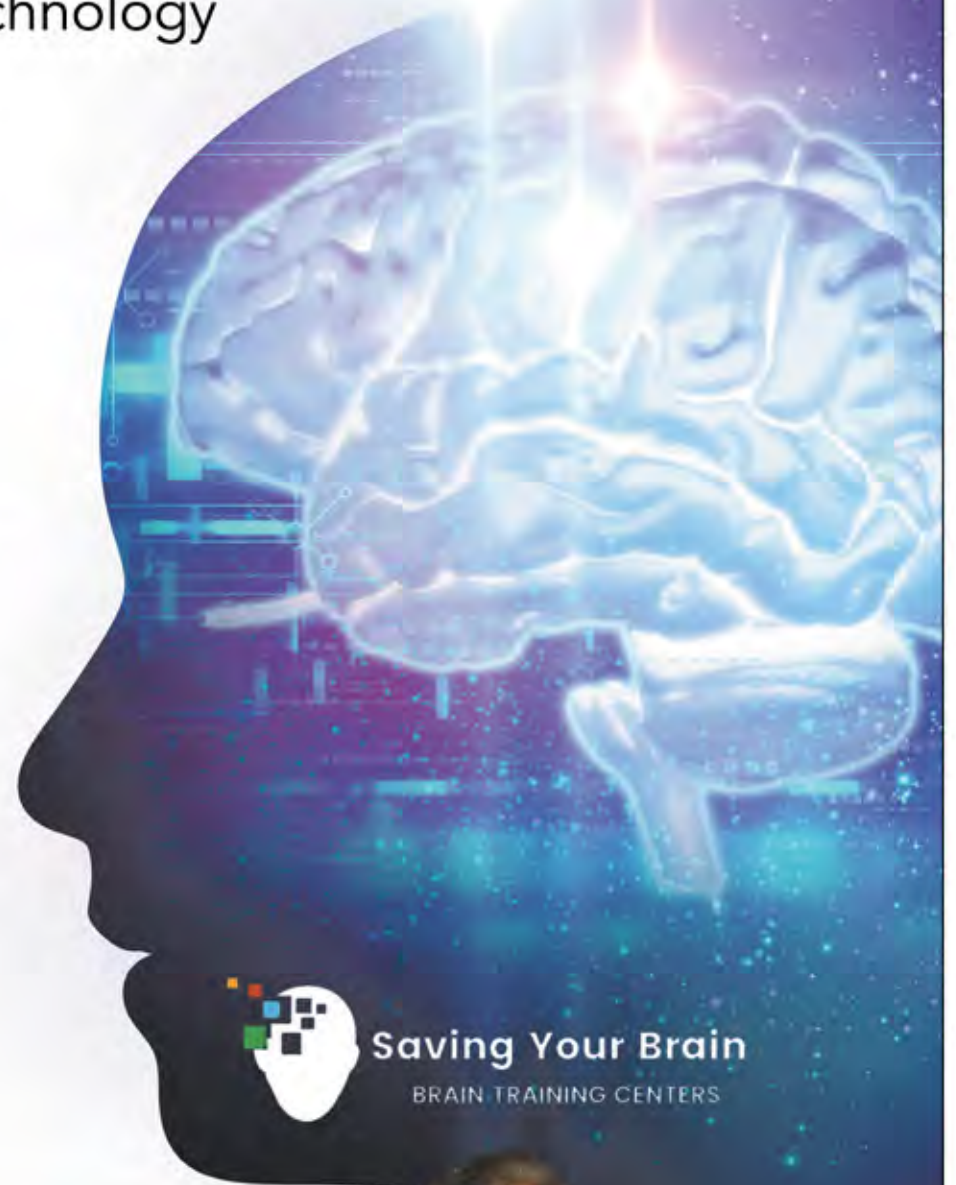
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