

TAMPA BAY'S

Health & Wellness[®] MAGAZINE

April 2025

Tampa Bay Edition - Monthly

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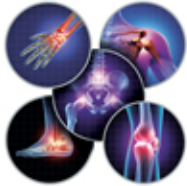
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Tampa Bay's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 20,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

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.

How well does it work? It works great! People are amazed by the changes. Please visit our website for more information and view our many testimonials. We are located on Fletcher across from USF.

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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THE INFLUENCE OF DAILY SOCIAL INTERACTIONS ON SENIORS' WELL-BEING

Loneliness affects your health more than obesity and physical inactivity. In fact, loneliness can be attributed to:

- 29% increase in heart disease
- 32% increase in risk of stroke
- 50% increase in dementia

Senior day care centers like the new Generations Club in Tampa, offer a full daily schedule of activities that can drastically change the lives of mature adults. Socialization is crucial for the well-being of older adults, as it helps combat feelings of loneliness and isolation. Engaging in regular social activities can significantly enhance mental and emotional health, as it fosters a sense of belonging and purpose. Interaction with peers provides opportunities to share experiences, stay mentally active, and build supportive relationships which improves self-esteem and overall happiness.

Generations Club has various themed activity rooms that make socialization fun. From art classes in the Groovy Art Studio to musical performances in the Legends Music Studio, there is always an opportunity to engage with other members. With a team of experienced and compassionate staff, they offer a safe and engaging environment alongside specialized programs and activities which benefits seniors and is vital for their overall well-being.

Members also enjoy the Generations Connections program in *partnership with Seniors in Service* which matches members with volunteers who provide caring friendships that help the elderly who otherwise may feel isolated and lonely.

THE GENERATIONS CLUB DIFFERENCE

Tampa's first full-service senior day care center is much more than the premier place for mature adults to socialize and engage in daily activities. Generations Clubs offers a supportive, caring environment for seniors in Tampa and nearby areas, to get full-service care in one convenient place.

Generations Club stands out from the rest due to their distinctive and innovative approach to delivering exceptional care tailored specifically to members



while simultaneously ensuring convenience and support for their caretakers. A commitment to enhancing the quality of life for members is reflected in the comprehensive range of services offered, all designed to meet diverse needs in a nurturing environment.

Generations Club has established partnerships with some of the leading medical and personal service providers in the industry. These collaborations enable them to bring a wide array of services directly to the club, allowing for members to receive high-quality care without the stress of traveling to various locations. Whether it's routine medical check-ups, specialized therapies, or personal care services, members can access everything they need in one welcoming and familiar setting.

For caretakers, the Generations Club model offers unparalleled convenience and peace of mind. Knowing that their loved ones are receiving top-notch care in a safe and supportive environment allows caretakers to focus on their own well-being and responsibilities.

Additionally, Generations Club, a non-profit organization, goes the extra mile by offering valuable online and onsite resources for caretakers, further showcasing our dedication to supporting Tampa Bay seniors. For families facing the challenges of caring for a senior with dementia, having access to a caregiver support community can be a game-changer.

If you or a loved one are seeking quality daytime care for a senior including those with cognitive issues, consider Generations Club for the support you deserve.

SPECIAL GRAND OPENING OFFER

We are so certain that seniors and their caretakers are going to love Generations Club more than any other option in Tampa that we are offering a special grand opening promotion. Join us for a free half day and experience the difference, plus if you are currently enrolled at another senior day care center, we will match their price indefinitely and waive the one-time membership fee.

As a nonprofit, our goal is to enrich the lives of seniors and provide an invaluable service to the mature adults in our community. Call today to schedule a tour 813-565-7611!



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Hyperbaric Oxygen Therapy: Can it Boost the Immune System?

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

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

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

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

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

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

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

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

Patient Testimonials

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

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

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

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

Currently, There Are 15 FDA Approved HBOT Conditions:

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

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

Common Off-Label Indications:

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

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

Reference:

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

 **Hyperbaric Centers of Florida**
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Are Certain Alternative Therapies Effective for Primary Cancer Treatment?

How does cancer start? There are several leading theories that explain different ways that cancer may develop.

Among them are the Somatic Mutation Theory (SMT) — that cancer arises from a buildup of changes in a single cell, caused by such factors as genetics, aging or exposure to harmful chemicals. The Tissue Organization Field Theory (TOFT) suggests that cancer is driven by disruptions in tissue interactions — meaning that different parts of the body that normally work together aren't communicating or functioning properly.

Many standard cancer treatments are based on the SMT and target the DNA of cancer cells. For example, chemotherapy, radiation therapy and immunotherapies aim to destroy or slow the growth of cancer cells.

The Mitochondrial-Stem Cell Connection (MSCC) theory was introduced in a study published in 2024. This new theory suggests that problems with energy production in stem cells might cause them to turn into cancer stem cells, which can then lead to tumor growth.

MSCC treatments aim to cut off energy sources that fuel cancer growth using a combination of high-dose vitamins, off-label medications (not approved for use to treat human cancers) and lifestyle changes.

While these treatments may have positive impacts in certain settings, it is still unproven whether they are effective for most patients with cancer. While some have been evaluated, large-scale studies in humans are lacking. Currently none of the following have been proven to be effective, especially as a primary cancer treatment:

- High-dose vitamin C has been studied for decades but has not shown to be effective in treating cancer.
- Ivermectin tablets are approved by the FDA to treat certain conditions caused by parasitic worms, and some topical forms are approved to treat head lice and other skin conditions. Phase 1 and 2 clinical trials show limited or no antitumor activity in humans with advanced cancer.
- Mebendazole is an oral medication used to treat parasitic worm infections, such as pinworm or roundworm. It works by stopping the worms from absorbing sugar (glucose), which they need to survive, eventually killing them. Researchers are exploring whether it may help slow the growth of certain cancer cells. However, a recent Phase 2 clinical trial showed no anticancer activity in treating gastrointestinal cancers.
- Vitamin D and other vitamins and minerals may be combined with traditional cancer treatments after all drugs have been reviewed for possible interactions.



In addition to the lack of data supporting the effectiveness of these treatments, there are potential side effects and risks:

- High-dose vitamin C given intravenously can potentially cause kidney stones or heart problems and can sometimes promote cancer growth.
- Too much vitamin D may be dangerous, and overdose can lead to calcium buildup and kidney failure.
- Ivermectin in high doses can cause neurological side effects.
- Mebendazole can cause liver damage or low white blood cell counts, making infections worse.

Depending on the cancer diagnosis and genetic testing, treatment selection will vary. Currently approved treatments have been tested in robust clinical studies and shown to be effective.

The following are general recommendations that can enhance well-being and help to minimize side effects for patients during cancer treatment:

1. Maintain a healthy, balanced diet focusing on whole foods and limit intake of highly processed products or foods high in sugar.
2. Regular exercise, including walking, yoga and Pilates, can help increase activity.
3. Various vitamin, mineral or herbal supplements may be complementary. Daily doses should remain within the recommended dietary allowances. Inform your health care providers of any new vitamins, supplements or alternative treatment before starting treatment to accurately investigate any possible interactions.
4. Aromatherapy with essential oils, meditation or other alternative practices may be beneficial.

It is important to review all the facts and talk with your health care team to determine if an alternative treatment is right for you. False hope in a treatment that has not been shown to be safe and effective can potentially delay the start of a therapy proven to be effective — leading to poor outcomes.

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For more than 40 years, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.

In Pasco County, board-certified physicians specializing in hematology, medical oncology, gynecologic oncology and radiation oncology provide personalized care for all forms of cancers and blood disorders. With extraordinary skill and experience, they deliver treatments with maximum effectiveness and safety, combined with compassion and concern for patients and their families. From genetic screening to immunotherapies and access to the latest clinical trials, our top-ranked cancer experts provide the newest and most advanced treatments available — increasing cure rates and extending lives.

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EMPOWERING WOMEN: Addressing Genitourinary Syndrome of Menopause with the MonaLisa Touch System

By Parveen Vahora, M.D.

As women transition through menopause, they may experience a range of symptoms related to hormonal changes, including genitourinary syndrome of menopause (GSM). GSM encompasses various vaginal and urinary symptoms, including vaginal atrophy and dyspareunia, which can significantly impact the quality of life. In this article, we'll explore the prevalence of GSM, its impact on women's health, and the role of the MonaLisa Touch system in alleviating symptoms and promoting overall wellbeing.

Understanding Genitourinary Syndrome of Menopause (GSM)

GSM is a common condition affecting menopausal and postmenopausal women, characterized by a constellation of symptoms resulting from estrogen deficiency. These symptoms may include vaginal dryness, itching, burning, dyspareunia (painful intercourse), urinary urgency, frequency, and recurrent urinary tract infections (UTIs).

According to a study published in the American Journal of Obstetrics and Gynecology, GSM affects up to 50% of postmenopausal women, with symptoms ranging from mild to severe. The prevalence of GSM tends to increase with age, significantly impacting the quality of life and sexual function of affected individuals.

Vaginal Atrophy and Dyspareunia: Addressing Unmet Needs

Vaginal atrophy, a hallmark feature of GSM, results from a decrease in estrogen levels, leading to thinning, drying, and inflammation of the vaginal tissues. This can cause discomfort, pain, and bleeding during intercourse, contributing to sexual dysfunction and relationship strain.

Dyspareunia, or painful intercourse, is a common complaint among women with GSM, affecting intimacy and overall sexual satisfaction. Studies have shown that up to 75% of postmenopausal women experience dyspareunia due to vaginal atrophy and GSM-related changes.

The MonaLisa Touch System: Restoring Vaginal Health

The MonaLisa Touch system offers a minimally invasive, non-hormonal solution for addressing vaginal atrophy and dyspareunia associated with GSM. This innovative laser therapy utilizes fractional CO2 laser technology to rejuvenate vaginal tissues, stimulate collagen production, and improve vascularization.

Clinical studies have demonstrated the efficacy and safety of the MonaLisa Touch system in alleviating GSM symptoms and restoring vaginal health. A randomized controlled trial published in Menopause: The Journal of The North American Menopause Society reported significant improvements in vaginal dryness, dyspareunia, and overall sexual function following MonaLisa Touch treatment.

Furthermore, research published in the Journal of Clinical Medicine found that women treated with the MonaLisa Touch system experienced a significant reduction in vaginal pH, indicating improved vaginal health and mucosal integrity. This suggests that MonaLisa Touch therapy may not only relieve symptoms but also enhance the natural protective mechanisms of the vaginal mucosa.

Empowering Women to Seek Help

It's crucial for women experiencing symptoms of GSM to seek medical advice and explore treatment options without hesitation or embarrassment. Addressing vaginal atrophy and dyspareunia can improve not only sexual function but also overall quality of life and emotional well-being.

As healthcare providers, we encourage open communication with patients about their gynecological health concerns and emphasize the importance of seeking timely evaluation and management. The MonaLisa Touch system offers a safe, effective solution for women seeking relief from GSM symptoms, with minimal discomfort and downtime.

GSM is a prevalent and often underdiagnosed condition that can significantly impact women's health and quality of life during and after menopause. The MonaLisa Touch system provides a promising therapeutic option for addressing vaginal atrophy and dyspareunia, restoring vaginal health, and empowering women to reclaim their sexual wellness and overall well-being. If you or someone you know is experiencing symptoms of GSM, don't hesitate to seek medical advice and explore treatment options tailored to your needs and preferences. Your health and happiness matter; you deserve to live life fully. Now, book your consultation with Dr. Vahora for your genitourinary syndrome of menopause or painful intimacy.

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New Provider: My name is Anaidiel "Annie" Beltran. I have been in the healthcare field for over ten years. I initially graduated from The University of Tampa with a bachelor's degree in nursing. I first worked as a cardiac ICU nurse at a level I trauma center. While I enjoyed and learned working as an ICU nurse, I decided I wanted to have a more active role in the care and decision-making of my patients. I returned to The University of Tampa to complete my master's degree in nursing. As a nurse practitioner, I have worked in primary care, tending to patients of all ages. I am truly grateful for this new opportunity to work in women's health. I am passionate about educating my patients about how to best care for their health so they can live long, healthy lives.

I am originally from Cuba but call Tampa my home. I am fluent in English and Spanish. In my free time, I enjoy spending time with my family. My young daughter keeps me busy but is the love of my life.



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

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

Radiofrequency Denervation

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

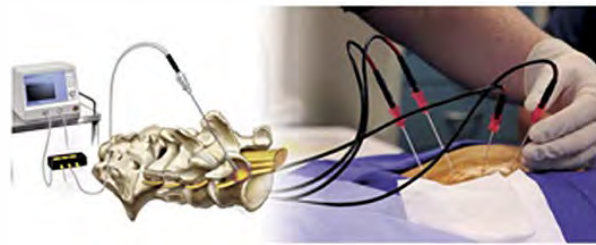
This procedure is entirely safe and effective. It has been used for many years, with long-lasting results for people suffering from pain. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings are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

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

A Patients Perspective

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

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



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

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

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

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

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



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

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

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

The National Institute of Spine & Pain

4911 Van Dyke Rd., Lutz, FL 33558
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GAINSWave Has Helped Numerous Men, Just Like You

BY DR. ROBERT LUPO, D.C.

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

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

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

Treat ED’s Cause with GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has



developed a protocol to treat ED and Peyronie’s disease (scar tissue) as well as enhance sexual performance.

it’s Never too Late

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

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

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

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

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

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

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

Dr. Robert Lupo, D.C.

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

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

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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.

TRUSTED HOMECARE SERVICES

MISSION STATEMENT

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.

Contact our team at
Trusted HomeCare and let's discuss
how we can support
you or your loved one
727-771-5053

When You Are At Your Wits End

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

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

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

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

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

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

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

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



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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
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- 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

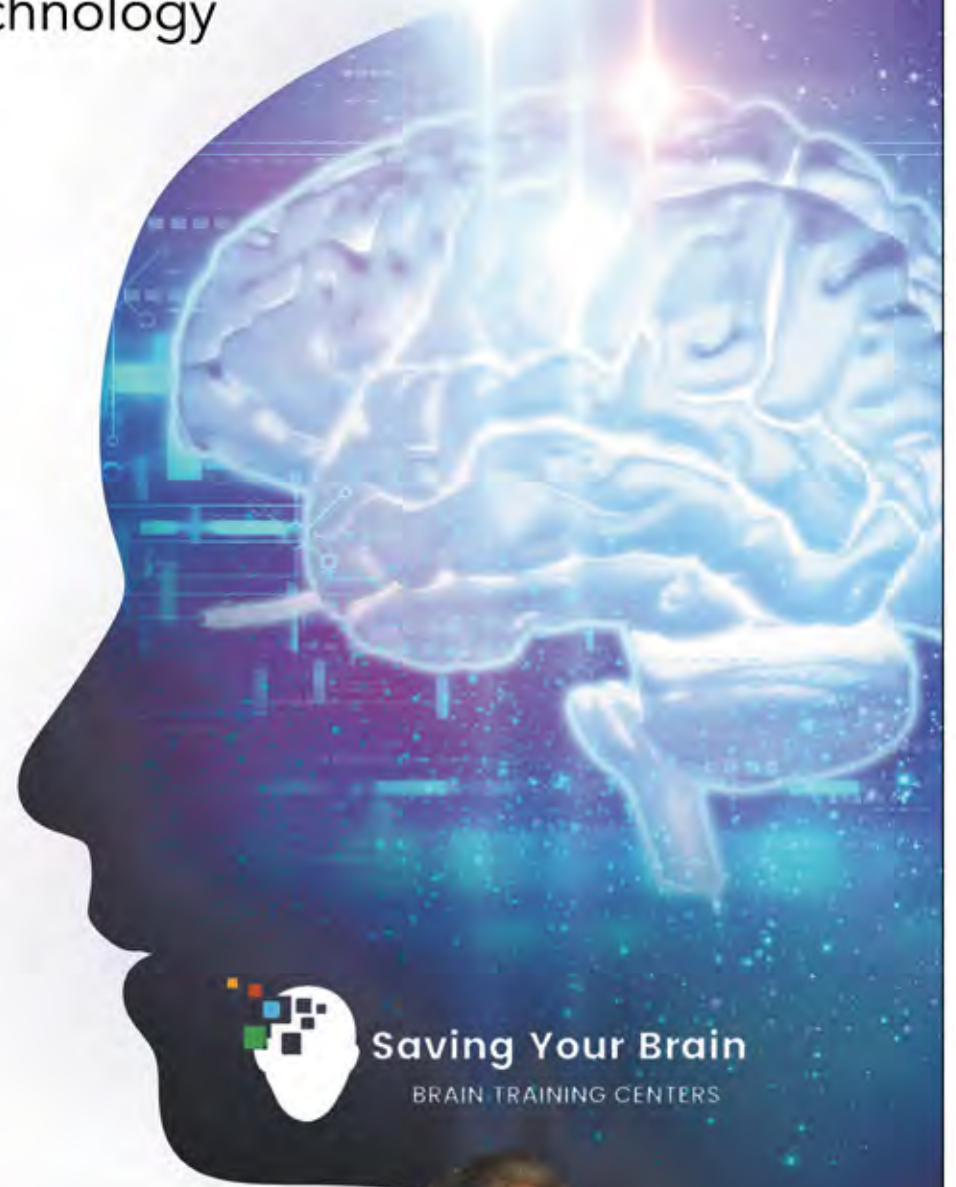
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