

CENTRAL FLORIDA'S

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

October 2025

Lake/Sumter Edition - Monthly

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**FREE** 

October is Mental Health Month

## MENTAL HEALTH SUPPORT

HOW DR. DHANANI  
IS TRANSFORMING  
VETERAN CARE WITH  
EXOMIND TECHNOLOGY

See page 6 for full article



VIGILANCE AND REGULAR  
CHECK-UPS SAVE LIVES

THE ROLE OF TECHNOLOGY  
IN MODERN EYE CARE

FOUR WAYS EXERCISE  
PROTECTS YOUR BRAIN



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TOUCH *wellness  
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# EVERY LINE TELLS A STORY.

*Ours begins with connection.*



Artwork by Susan Burlock, a valued team member at The Villages Health

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# It's your heart. It should be personal.

## And that's how I treat it.

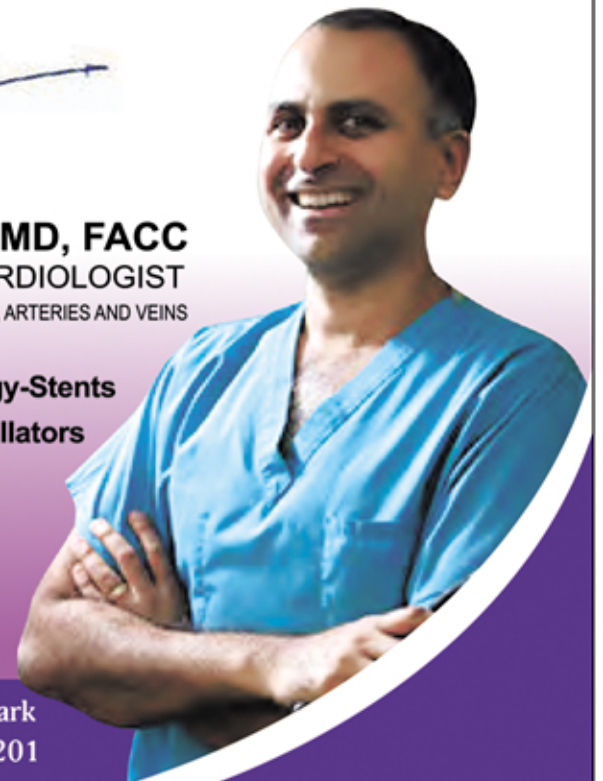
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# MENTAL HEALTH SUPPORT:

## How Dr. Dhanani is Transforming Veteran Care with Exomind Technology

For many veterans, the transition from military service to civilian life presents complex challenges that extend far beyond physical health. Depression, post-traumatic stress disorder (PTSD), anxiety, and emotional regulation difficulties affect countless veterans who have served our country with honor. While traditional approaches like medications and therapy provide valuable support, they don't always offer complete relief for every individual. This reality has driven healthcare providers to seek innovative, safe, and effective alternatives that can complement existing treatments and provide hope where conventional methods fall short.

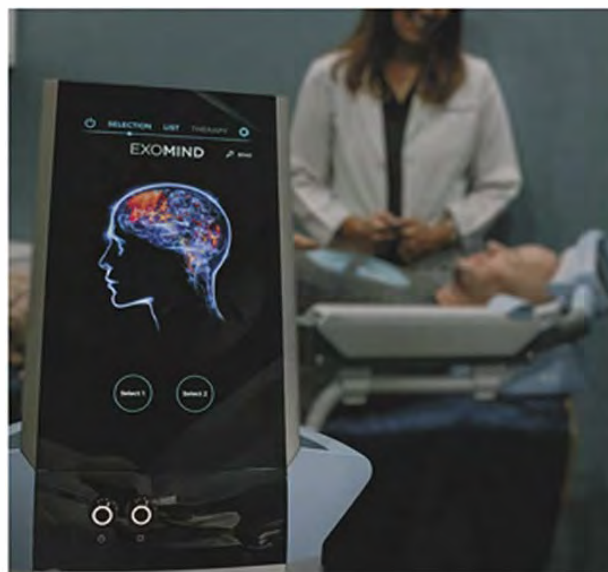
### Understanding Exomind: A Breakthrough in Mental Health Treatment

Exomind represents a revolutionary advancement in non-invasive mental health therapy, specifically designed to target symptoms of depression and anxiety. This cutting-edge technology works by enhancing the brain's natural ability to regulate emotions, improve impulse control, and manage stress responses more effectively. What sets Exomind apart is its foundation in proven neurostimulation technology that has received FDA clearance, ensuring both safety and efficacy for patients seeking alternative treatment options.

Unlike traditional pharmaceutical interventions, Exomind operates without introducing chemicals into the body, making it an attractive option for veterans who may be concerned about medication side effects or drug interactions. The therapy harnesses the brain's inherent neuroplasticity, encouraging positive changes in neural pathways associated with mood regulation and emotional stability.

### Dr. Dhanani's Commitment to Veteran Wellness

Dr. Dhanani has built her practice around a fundamental belief in whole-body wellness and comprehensive patient care. Her passion for serving veterans stems from a deep appreciation for their service and a recognition of the unique health challenges they face. At her Leesburg practice, she has successfully integrated Exomind technology as part of a holistic approach to veteran care, understanding that mental health is intrinsically connected to overall well-being.



Working closely with VA patients, Dr. Dhanani has witnessed remarkable transformations. One veteran, struggling with chronic insomnia and persistent anxiety, experienced significant improvements in sleep quality after several Exomind sessions. Another patient, who had been battling feelings of depression and hopelessness for years, reported a renewed sense of emotional balance and optimism. A third veteran found that the therapy helped reduce the intensity of mood swings that had been straining family relationships, leading to improved communication and stronger connections with loved ones.

These success stories reflect a pattern Dr. Dhanani has observed consistently: veterans often respond positively to Exomind therapy, experiencing improvements in areas where traditional treatments alone had provided limited relief. The technology's ability to work alongside existing therapies means patients don't need to abandon treatments that are partially helpful, but instead can enhance their overall treatment effectiveness.

### Addressing Veteran-Specific Mental Health Barriers

The veteran community faces unique obstacles when seeking mental health care. Many veterans hesitate to pursue treatment due to persistent stigma surrounding mental health issues or concerns about how seeking help might affect their military records or future opportunities. Additionally, fears about medication side effects, dependency issues, or interactions with other prescribed treatments create additional barriers to care.

Exomind addresses these concerns directly by offering a completely non-invasive, drug-free alternative that doesn't carry the risks associated with pharmaceutical interventions. Veterans can pursue this treatment without worrying about cognitive impairment, physical dependence, or unwanted side effects that might impact their daily functioning or employment opportunities.

### Taking Proactive Steps Toward Mental Wellness

Mental health challenges rarely improve without intervention, making early action crucial for long-term wellness. Veterans and their families are encouraged to explore innovative treatment options like Exomind as part of a comprehensive approach to mental health care. The importance of addressing symptoms before they worsen cannot be overstated, as early intervention often leads to better outcomes and improved quality of life.

For veterans interested in learning more about how Exomind therapy might benefit their mental health journey, My Wellness Studio offers consultations to discuss individual needs and treatment options. Taking that first step toward better mental health is an act of courage that honors both personal well-being and family relationships.

To schedule a consultation and explore how Exomind technology might support your mental wellness goals, contact My Wellness Studio at 352-728-0786.



### DR. SHIREEN DHANANI

Dr. Dhanani is always keeping up-to-date with the latest advancements in dentistry enabling her to provide her patients with the best quality of care. She dedicates herself to numerous continuing education hours each year and offers all phases of Cosmetic, Implant (both surgical placement and restorative) and Esthetic dentistry including Botox and Juvéderm dermal fillers. Dr. Dhanani is certified to treat patients using Invisalign and Cerec 3-D CAD/CAM technology, as well as sleep apnea.



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# Breast Cancer Awareness Month: VIGILANCE AND REGULAR CHECK-UPS SAVE LIVES

By Chand Rohatgi, MD

In the United States, approximately 310,000 women will be diagnosed with breast cancer in 2025 alone. Even more sobering is the fact that about 1 in 8 women will develop breast cancer during their lifetime, making it the most common cancer among women after skin cancer.

"Early detection remains our most powerful weapon against breast cancer," said Dr. Rohatgi, MD, a UF Health breast surgeon specializing in oncology. "When caught in its earliest stages, breast cancer responds better to treatment, leading to significantly improved survival rates."

As we commemorate Breast Cancer Awareness Month, Dr. Rohatgi emphasizes the critical importance of knowing what to look for and maintaining regular screening schedules.

"Women should be familiar with the normal look and feel of their breasts," explains Dr. Rohatgi. "Watch for any new lumps, skin changes, including dimpling or puckering, nipple discharge or persistent pain in one area. These warrant immediate medical attention."

While breast self-exams are valuable, they don't replace clinical screenings. Dr. Rohatgi stresses that mammograms can detect cancers up to two years before they become palpable.

Beyond obvious lumps, Dr. Rohatgi recommends being alert to these additional warning signs of breast cancer.

"Pay attention to changes in breast size or shape, skin irritation or redness, nipple retraction, swelling in the armpit area, or any persistent discomfort," he advises. "These symptoms don't automatically mean cancer, but they deserve prompt investigation."

Regular mammograms form the foundation of effective breast cancer detection. Women should begin annual or biennial mammograms at age 40, or earlier if they have risk factors such as family history or genetic mutations.

"Many women skip routine mammograms because they feel fine or find them uncomfortable," notes Dr. Rohatgi. "But breast cancer often develops silently, with symptoms appearing only in advanced stages. By then, treatment options may be more limited and less effective."



Dr. Rohatgi emphasizes that breast cancer survival rates have improved dramatically over recent decades, with death rates falling steadily since the early 1990s. This progress stems largely from better screening protocols leading to earlier detection.

"Today's breast cancer survivors – numbering over 4 million in the United States alone – are a testament to the power of vigilance and medical advancement," Dr. Rohatgi explains. "Breast Cancer Awareness Month celebrates these victories while reminding us all that proactive health monitoring saves lives."

For those with a family history of breast cancer, Dr. Rohatgi recommends discussing personalized screening schedules with healthcare providers, as genetic factors may necessitate earlier or more frequent testing, including breast MRI or genetic counseling.

"Breast cancer screening guidelines continue to evolve as we learn more about risk factors and detection methods," notes Dr. Rohatgi. "What remains constant is that early intervention dramatically improves outcomes. The difference between catching breast cancer at stage one versus stage three or four can literally be lifesaving."

Dr. Rohatgi also emphasizes the importance of lifestyle factors in breast cancer prevention. Maintaining a healthy weight, limiting alcohol consumption, staying physically active, breastfeeding if possible, and limiting hormone therapy can all reduce breast cancer risk.

"While we cannot control all breast cancer risk factors, many are within our power to modify," he adds. "These healthy habits complement regular mammograms to create your strongest defense against breast cancer."

Remember: when it comes to breast cancer, knowledge and action are your strongest allies.



**Chand Rohatgi, MD**  
Breast Surgeon

As a board-certified breast surgeon at UF Health, I serve patients across central Florida with specialized care for cancerous and noncancerous breast conditions. "My patients drive my energy," and I remain committed to the latest medical guidelines and technologies to provide optimal care.

Previously, I established a comprehensive breast care center in Easton, Pennsylvania, offering in-house mammography, biopsies, lymphedema therapy, and genetic testing. During my nearly two-decade professorship at Drexel University College of Medicine, I received the Dean's Special Award for Teaching Excellence four times.

I completed my medical education in Varanasi, India, with surgical training in India and New Jersey, before finishing my residency as chief resident at Easton Hospital in Pennsylvania.

Outside medicine, I volunteer with the American Cancer Society—receiving their St. George National Award in 2014—and at my community's historic State Theater. While I enjoy cultural travel, my greatest joy comes from time spent with my wife, three children, and extended family.



**For questions or to learn more, visit our website [UFHealth.org/conditions-and-treatments/breast-cancer/central-florida](https://www.UFHealth.org/conditions-and-treatments/breast-cancer/central-florida) or call 352.323.5665.**



# THE ROLE OF TECHNOLOGY IN MODERN EYE CARE

**T**hanks to cutting-edge technology, modern eye care is evolving from traditional eye exams — leading to better results and an overall improved experience for patients. Here's how the role of technology can improve your visual health, both in and out of the optometrist's office.

## HOW TECHNOLOGY HAS IMPACTED MODERN EYE CARE

For a long time, traditional eye exams relied on low-tech methods. Eye charts and handheld instruments were the main tests that helped determine your prescription and overall eye health. To see your retina, optometrists often have to dilate the eyes, leading to a delayed recovery time after appointments. Today, modern eye care is much more effective and efficient, leading to better and faster results. Some of the main improvements technology has made in modern eye care include:

- **Improved Accuracy:** Digital imaging and diagnostic tools allow for a more holistic eye exam that can notice more minute changes than traditional tools. This leads to earlier detection of serious eye conditions, including glaucoma, macular degeneration and diabetic retinopathy.
- **Personalized Care:** With advanced diagnostics, optometrists and ophthalmologists can help lay out a detailed plan that's suited exactly to their patient's needs. Instead of a one-size-fits-all approach, vision correction plans can be tailored to specific requirements.
- **More Treatment Options:** Some advanced treatment options, such as LASIK, wouldn't be possible without advanced technology. These procedures can greatly help improve vision and overall quality of life. LASIK consultations can take just a few minutes, providing a proactive step forward into these advanced treatments.
- **Streamlined Care Process:** Automated tools and other advanced technologies can streamline the eye exam process, reducing wait times and creating a more comfortable patient experience.

## USING TECHNOLOGY TO MODERNIZE EYE CARE

Not all technology has to be advanced to improve patient care. Telemedicine, for example, has become increasingly popular for general practitioners and other forms of medicine over the past few years, and it's beginning to make its way into optometry. The *American Optometric Association* sees telemedicine as a benefit, allowing optometrists to expand their reach to patients who can't come to the office. Telemedicine helps practices



manage their resources while providing more access to harder-to-reach individuals. It's also a more convenient option for people who may not have time to come into a traditional optometry office.

Artificial intelligence (AI) is also making its way into optometry. AI systems can help improve appointment scheduling, and it can also conduct fast data entry, analysis and retrieval.

Some optometry offices are using AI for note-taking during appointments, providing a summary analysis of the appointment that's beneficial for both the patient and the doctor. AI is also being used to evaluate and analyze diagnostic images, which can lead to a quick and accurate diagnosis.

## GET ADVANCED MODERN EYE CARE AT LAKE EYE

Modern eye care isn't just a thing of the future — it's an industry standard. Fortunately, the experts at Lake Eye are equipped with the latest technology to provide you with comprehensive eye health services.

From full-service eye exams in our optical department to advanced surgical treatments for nearly every eye condition, Lake Eye, a US Eye Company, is dedicated to preserving and restoring your vision. To learn more about the variety of services we provide to help protect your sight as well as slow and reverse vision loss, contact us to schedule an appointment with one of our experts.



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# Minutes Count: Recognizing the Signs & Symptoms of a Stroke Saves Lives!

**E**very 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.

## There are Several Different Types of Strokes:

- Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures
- Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain
- TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

## Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

**B – Balance loss**

**E – Eyesight changes**

**F – Face drooping**

**A – Arm weakness**

**S – Speech difficulty**

**T – Time to call 911**



## Staying Healthy and Avoiding Stroke Complications

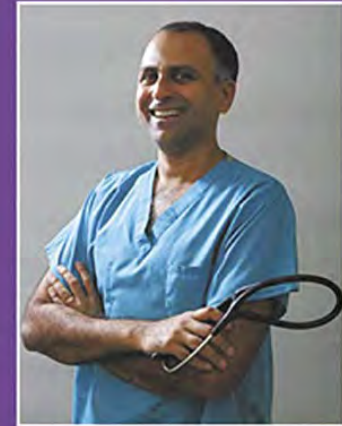
- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

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# Understanding Basal Cell Carcinoma: WHAT YOU NEED TO KNOW

By David Kosiorek, PA-C

**B**asal Cell Carcinoma (BCC) is one of the most common types of skin cancer, affecting millions of people worldwide each year. At Lumen Dermatology, our experienced team encounters this condition frequently and wants to ensure patients understand the importance of early detection and proper treatment.

## What is Basal Cell Carcinoma?

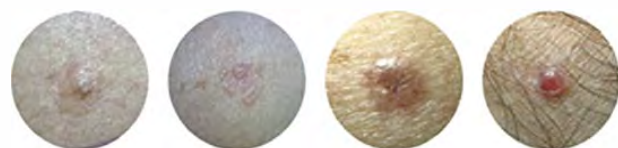
Basal cell carcinoma develops in the basal cells, which are found in the deepest layer of the epidermis. These cancers typically grow slowly and rarely spread to other parts of the body, making them highly treatable when caught early. However, if left untreated, BCCs can become locally invasive, causing significant tissue damage and disfigurement.

## Recognizing the Signs

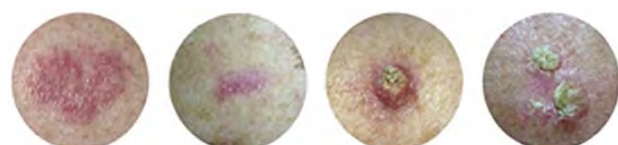
The Lumen Dermatology team emphasizes the importance of knowing what to look for when examining your skin. Basal cell carcinomas can appear in various forms:

- **Nodular BCC** presents as a pearly, dome-shaped bump with visible blood vessels. These lesions may develop a central depression or ulceration as they grow.
- **Superficial BCC** appears as a red, scaly patch that may resemble eczema or psoriasis. These are commonly found on the trunk and can be easily overlooked.
- **Morpheaform BCC** looks like a scar-like, firm, pale area with poorly defined borders. This type can be particularly challenging to detect and treat due to its appearance.
- **Pigmented BCC** contains brown, black, or blue pigmentation and may be mistaken for a mole or melanoma.

## BASAL CELL CARCINOMA (BCC)



## SQUAMOUS CELL CARCINOMA (SCC)



## Risk Factors and Prevention

Several factors increase the likelihood of developing basal cell carcinoma. Prolonged sun exposure and a history of sunburns, particularly during childhood, significantly elevate risk. Fair-skinned individuals, those with light-colored eyes and hair, and people over 50 are at higher risk. Additionally, exposure to radiation, certain chemicals, or having a compromised immune system can increase susceptibility.

Lumen Dermatology strongly advocates for prevention through sun protection. This includes wearing broad-spectrum sunscreen with at least SPF 30, seeking shade during peak sun hours (10 AM to 4 PM), wearing protective clothing, and avoiding tanning beds entirely.

## Treatment Options

When we diagnose basal cell carcinoma, several effective treatment options are available, including Mohs surgery, surgical excision, and superficial radiation therapy. The choice depends on the size, location, and type of BCC, as well as the patient's overall health.

## The Importance of Professional Care

Regular skin examinations by our qualified team at Lumen Dermatology are crucial for early detection. Our professionals can identify suspicious lesions that patients might miss and provide appropriate treatment recommendations.

If you notice any new, changing, or concerning spots on your skin, don't hesitate to schedule an appointment. Early intervention leads to better outcomes and often simpler treatment procedures. Remember, basal cell carcinoma is highly curable when detected and treated promptly by experienced medical professionals.

## Expert Dermatology Care for Your Skin

At Lumen Dermatology, we bring over 70 years combined experience in skin health. Our team specializes in diagnosing, treating, and preventing skin conditions, including acne, eczema, psoriasis, and skin cancer. With a patient-centered approach, we provide personalized care to help you achieve and maintain healthy skin for life.

## Book Your Appointment

Booking a Dermatology appointment is an essential step for anyone looking to address skin concerns or maintain overall skin health. By scheduling an appointment, patients gain access to professional insights and tailored solutions that can significantly improve their skin health.

**Call 352-830-1500 to schedule your appointment today!**

  
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# Protecting Your Spine:

## Essential Strategies for Lifelong Back Health

By Ali Zarezadeh, MD - Orthopaedics

**Y**our spine is the literal backbone of your health and mobility. This remarkable structure of bones, discs, muscles, and nerves supports your body, enables movement, and protects your spinal cord. Yet many of us don't think about spine health until pain or injury occurs. According to specialists at UF Health, proactive spine care is essential for maintaining quality of life and preventing debilitating conditions that affect millions of Americans each year.

### Understanding Your Spine's Needs

The spine consists of 33 vertebrae stacked in a gentle S-curve, cushioned by shock-absorbing discs and supported by muscles and ligaments. This complex system requires proper care to function optimally throughout life. UF Health experts emphasize that spine health influences overall wellness, affecting everything from physical mobility to sleep quality and even mood.

"Many spine problems develop gradually over years of accumulated stress and poor habits," explains UF Health Orthopaedic Surgeon, Dr. Zarezadeh. "What's encouraging is that many of these issues can be prevented through consistent, thoughtful daily practices."

### ESSENTIAL STRATEGIES FOR SPINE PROTECTION

#### 1. Maintain Proper Posture

Poor posture places excessive stress on your spine. UF Health recommends being mindful of your alignment throughout the day:

- When sitting, keep your feet flat on the floor with knees at hip level
- Maintain a small gap between the back of your knees and your chair
- Position your computer monitor at eye level to avoid neck strain
- Take regular "posture breaks" to reset your alignment if sitting for extended periods

#### 2. Practice Spine-Friendly Movement

Regular movement nourishes spinal discs and strengthens supporting muscles. UF Health suggests:

- Engage in low-impact exercises like walking, swimming, or cycling
- Incorporate core-strengthening exercises that support the spine
- Practice gentle stretching to maintain flexibility
- Avoid high-impact activities that jar the spine if you have existing back issues



#### 3. Lift and Carry Correctly

"Improper lifting technique is one of the most common causes of acute back injuries," note UF Health experts. Follow these guidelines:

- Bend at the knees, not the waist
- Keep objects close to your body when lifting
- Avoid twisting while lifting
- Ask for assistance with heavy items
- Use mechanical aids when available

#### 4. Create Spine-Supportive Environments

Your daily surroundings significantly impact spine health:

- Invest in a quality mattress that maintains proper spinal alignment
- Use ergonomically designed chairs and workstations
- Wear supportive footwear that promotes good posture
- Consider a standing desk option if you work at a computer

#### 5. Maintain Healthy Weight

Excess weight, particularly around the midsection, increases strain on the lower back. UF Health research shows that even modest weight loss can significantly reduce back pain for many patients.

#### 6. Stay Hydrated and Nourished

Spinal discs are approximately 80% water and require proper hydration to maintain their shock-absorbing properties. Additionally, calcium, vitamin D, and magnesium are essential nutrients for bone health.

### WHEN TO SEEK PROFESSIONAL CARE

While prevention is ideal, being proactive about seeking care is equally important. UF Health recommends consulting a spine specialist if you experience:

- Pain that radiates down your arms or legs
- Numbness or tingling in extremities
- Back pain accompanied by fever
- Pain that persists despite rest
- Any back pain following trauma

### THE LONG-TERM VIEW

"Spine health is a lifelong journey, not a one-time fix," emphasize UF Health spine specialists. "The habits you establish today can determine your mobility and comfort decades from now."

By implementing these evidence-based strategies recommended by UF Health experts, you can protect your spine and enjoy greater mobility, comfort, and overall wellness throughout your life. Remember that small, consistent actions typically yield better results than dramatic but short-lived changes to your routine.

### About Ali Zarezadeh, MD



Dr. Ali Zarezadeh is a highly skilled spine surgeon with extensive expertise in treating both common and complex spine conditions. Specializing in chronic and degenerative spine disorders, spinal deformities, trauma, fractures, and spinal tumors, he offers comprehensive care for a wide range of issues.

Expertly trained and focused on delivering advanced, motion-preserving treatments, Dr. Zarezadeh is dedicated to restoring function and improving his patients' quality of life, providing personalized care to meet their unique needs.

When he is not caring for patients, Dr. Zarezadeh enjoys spending time outdoors, often hiking with his family. He is also an avid sports fan, attending football games and playing tennis.

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# UNDERSTANDING THE CONNECTION BETWEEN VARICOSE VEINS & HEART HEALTH

**V**aricose veins affect up to 35% of the U.S. population at some point in their lives, with women being more commonly affected than men. According to the *American Vein & Lymphatic Society*, 25% of adults suffer from chronic venous insufficiency, a condition that can lead to varicose veins.

Varicose veins occur when blood pools inside the veins due to valve failure, preventing proper blood flow. This leads to painful, achy, blue bulges, most commonly in the legs. While many individuals see varicose veins as a cosmetic concern, it's important to understand if and how this condition is related to heart health.

## The Role of the Arterial System in Heart Health

Coronary artery disease, one of the leading causes of heart complications, results from damage to the arteries responsible for transporting blood to and from the heart. This damage is often caused by the buildup of plaque, which reduces blood flow and causes symptoms like shortness of breath and chest pain.

Heart problems may exacerbate the appearance of varicose veins, as poor cardiac function can increase pressure in the veins. This leads to excess fluid pooling in the tissues, often causing leg swelling and increased pain in existing varicose veins. While heart issues may worsen the symptoms, they do not cause hypertension or directly lead to venous insufficiency.

Treating underlying heart conditions may improve venous health. For example, managing fluid retention and improving circulation can reduce the swelling and discomfort associated with varicose veins. Compression therapy and other treatments can also help alleviate symptoms, providing patients with a non-invasive option for managing their condition.

## Understanding Venous Insufficiency

Venous insufficiency, the root cause of varicose veins, does not threaten heart health. Untreated heart problems can increase the severity of symptoms, making it crucial to address both venous and cardiac conditions in patients experiencing both.

## When to Seek Treatment for Varicose Veins

While varicose veins are often considered a cosmetic issue, they can cause significant discomfort and affect your quality of life. The good news is



that treatment options are available, and you don't have to live with the pain and unsightly appearance of varicose veins. Seeking medical intervention can help alleviate discomfort and improve the appearance of the veins.

It's important to prioritize heart health and seek treatment for any cardiovascular conditions as soon as possible. Addressing heart problems can have a positive effect on varicose veins. Specialized care for venous insufficiency should be sought from a vascular specialist. They can evaluate your condition and recommend appropriate treatment options, ranging from lifestyle modifications to more advanced procedures, such as sclerotherapy or endovenous laser treatment (EVLT).

## Advanced Treatment Options for Varicose Veins

At Central Florida Vein & Vascular Center, we offer comprehensive care for patients suffering from varicose veins. Our team of experts uses state-of-the-art diagnostic tools and treatment methods to provide relief from venous insufficiency.

- **Compression Therapy:** A conservative approach often used as a first-line treatment, compression therapy can reduce swelling and improve blood flow, helping to manage symptoms.
- **Sclerotherapy:** A minimally invasive procedure where a solution is injected into the varicose veins, causing them to collapse and fade over time.
- **Endovenous Laser Treatment (EVLT):** Using laser energy, this procedure targets the damaged veins, causing them to close and reroute blood flow to healthier veins.
- **Radiofrequency Ablation (RFA):** Similar to EVLT, this method uses radiofrequency energy to seal off problematic veins.
- **Varithena:** Varithena is minimally invasive and doesn't involve surgical vein stripping, removing the associated risks. You avoid general anesthesia,

sedation and incisions. Varithena does not require multiple injections to numb the treatment site, unlike most thermal procedures, and doesn't leave permanent foreign bodies behind after treatment.

- **Microphelebectomy:** The procedure is performed by making a tiny 1-2mm micro-incision and the vein is teased out with a small hook. It is then divided and removed. The incisions are so small that stitches are not needed to close them. They heal with excellent cosmetic results with only a butterfly closure.

- **Ultra Sound Guided Foam Sclerotherapy:** is unique because it removes unsightly or unhealthy veins without stripping them. First, an ultrasound will be used to find the affected vein, and then a needle is inserted to inject a sclerosing agent into the vein being treated. This agent causes a chemical reaction, which causes the vein to collapse leaving the body to then absorb that vein. This removes the varicose vein without creating any scarring or skin conditions. Veins generally need two to three treatments, and patients enjoy long-lasting cosmetic results afterward.

By addressing varicose veins early, you can prevent complications like skin ulcers and bleeding, while also improving the appearance of your legs. Get support for your veins and circulation problems today.

You may need medical treatment for your veins, and the Central Florida Vein and Vascular Center wants to help. Contact us today to learn more about our services and how we can help you live better. Our board-certified Vascular Surgeons and Phlebologists specialize in minimally invasive vein therapy.

For more information regarding the prevention of varicose veins, please see our blog at: <https://cfvein.com/blog/heart-conditions/>

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# The Power of Emsella:

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Living with urinary incontinence can significantly impact quality of life, affecting everything from daily activities to social interactions. For millions of people experiencing this condition, Lake Sumter Urology now offers an innovative, non-invasive solution: Emsella therapy. This revolutionary treatment is transforming how we approach pelvic floor dysfunction and urinary incontinence management.

### What is Emsella?

Emsella is a breakthrough treatment that utilizes high-intensity focused electromagnetic (HIFEM) technology to strengthen pelvic floor muscles without surgery, medication, or downtime. The treatment involves sitting fully clothed on a specialized chair that delivers thousands of supramaximal pelvic floor muscle contractions during each 28-minute session. These contractions are equivalent to performing 11,000 Kegel exercises, making it far more effective than traditional pelvic floor training.

### How Does Emsella Work?

The electromagnetic energy penetrates deep into pelvic floor tissues, stimulating motor neurons and triggering intensive muscle contractions. These contractions strengthen the entire pelvic floor musculature, including muscles that are difficult to target through voluntary exercises. The treatment rebuilds muscle tone and restores neuromuscular control, addressing the root cause of many incontinence issues rather than simply managing symptoms.

### Who Can Benefit from Emsella?

Emsella is effective for both men and women experiencing various forms of urinary incontinence, including:

- Stress incontinence (leakage during coughing, sneezing, or physical activity)
- Urge incontinence (sudden, intense urges to urinate)
- Mixed incontinence (combination of stress and urge)
- Post-childbirth pelvic floor weakness
- Age-related muscle deterioration

The treatment is particularly beneficial for patients seeking non-surgical alternatives or those who cannot perform traditional Kegel exercises effectively.

### Sit Back, Relax, and Reclaim Control



### The Treatment Experience

Emsella treatment sessions are comfortable and convenient. Patients remain fully clothed while sitting on the Emsella chair, making it a discreet option for busy individuals. During the session, patients may feel intense muscle contractions in the pelvic area, similar to an intensive workout, but without pain or discomfort. Many patients use this time to read, work on their phone, or simply relax.

### Expected Results and Treatment Protocol

Most patients require a series of six treatments scheduled twice weekly over three weeks. Clinical studies demonstrate that 95% of patients report improved quality of life, with many experiencing significant improvement in incontinence symptoms. Results typically begin appearing after the second or third session, with continued improvement over several months as muscle strength builds.

### Why Choose Lake Sumter Urology?

At Lake Sumter Urology, our experienced team understands the sensitive nature of urinary incontinence and provides compassionate, professional care. We conduct thorough evaluations to determine if Emsella is the right treatment option for each patient's specific condition. Our commitment to utilizing cutting-edge technology ensures patients receive the most advanced treatments available.

### Take the First Step

Don't let urinary incontinence control your life. Contact Lake Sumter Urology today to schedule a consultation and learn how Emsella therapy can help restore your confidence and quality of life. Our team is ready to guide you through this transformative treatment journey with the expertise and care you deserve.



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# FROM MELANOMA SURVIVOR TO PATENT HOLDER: Local Inventor Develops Patented Skincare Applicator

**W**hen Kathe D'Alfonso faced melanoma, the Penfield resident knew her daily routine had to change. Suddenly, applying sunscreen to every inch of her body became not just important—it became life-saving. But like most people, she discovered a frustrating reality: reaching the middle of her back was nearly impossible.

Rather than accept this limitation, the 55-year-old inventor decided to create her own solution. Three years of development later, D'Alfonso holds a patent for Solo Beauty, a flexible wand applicator that's transforming how people approach their skincare routines.

## Innovation Born from Necessity

Solo Beauty features a unique design: a sturdy wand topped with a flexible, mitt-covered head that angles perfectly to reach those troublesome spots between the shoulder blades. The interchangeable mitts come in three varieties—a lotion applicator made from material that resists absorption, a body exfoliator, and a face exfoliator.

"I don't know anyone who can reach the middle of their backs," D'Alfonso said with a laugh, highlighting the universal problem her invention solves.

The path to patent approval wasn't guaranteed. D'Alfonso's attorney cautioned her that patent acquisition is far from automatic. When the U.S. Patent Office approved her application in April 2024, it validated not just her design but her persistence through years of prototype development.

## Engineering for Real-World Use

D'Alfonso's commitment to quality shows in her development process. She created eight different prototypes before settling on the final design, testing each version rigorously. Her current prototype has survived more than 550 machine wash cycles—a testament to the product's durability.

"The biggest thing is it has the right angle," she explained. "Just hold it up and put it over your shoulder. The mitt can be washed and dried. There's no product out there that does that."

This washability factor sets Solo Beauty apart from competitors while offering environmental benefits. Unlike similar products with disposable heads, Solo



Beauty's reusable design reduces waste and saves customers money over time.

## Expanding Beyond the Original Vision

While D'Alfonso initially created Solo Beauty for sunscreen application, customer feedback revealed broader applications. People with arthritis, Parkinson's disease, and mobility limitations have found the tool invaluable for maintaining independence in their skincare routines. Others use it to apply topical medications without exposing their hands to the treatment.

***"Customers absolutely love it," D'Alfonso reported. "It solves a lot of problems and has been helping people."***

The response from wheelchair users has been particularly meaningful to her. "Some customers use wheelchairs. They go through a lot of struggles and this helps," she noted, emphasizing how the product addresses accessibility challenges she hadn't initially considered.

## Local Manufacturing, Personal Touch

D'Alfonso has built her business around local partnerships. She cuts all materials herself and works with a local seamstress for mitt construction, while sourcing wands from regional suppliers. This approach keeps production close to home and allows for customization—including one memorable request for Holstein cow print mitts.

Her sales channels reflect this personal approach. Starting at the Webster Farm Market, D'Alfonso now operates a physical store in Irondequoit and maintains an online presence at [solobeautyroc.com](http://solobeautyroc.com). The direct customer interaction has been rewarding, she says, with repeat customers and enthusiastic word-of-mouth recommendations driving growth.

## Looking Forward

Solo Beauty retails for \$28.99 online, with replacement mitts available for \$12.99 to \$14.99. For D'Alfonso, the success isn't just measured in sales figures but in the problems solved.

"For the average person, this product solves a problem and makes your life easier," she reflected. "Once you use it, you'll never stop."

What started as one woman's response to a health challenge has evolved into a solution that addresses universal accessibility needs in personal care. D'Alfonso's journey from melanoma patient to patent-holding entrepreneur demonstrates how personal necessity can spark innovations that benefit entire communities.

As Solo Beauty continues to reach new customers, D'Alfonso's story serves as inspiration for other would-be inventors: sometimes the best business ideas come from solving your own problems first.



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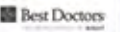
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By Thomas G. Ward, D.O.

# Safeguarding Your Sight: Essential Tips for Eye Injury Prevention

**O**ur eyes are truly remarkable organs, allowing us to navigate the world and experience its beauty. However, they are also vulnerable to various types of injuries that can compromise our vision and, in some cases, lead to permanent damage. Recognizing the importance of eye safety is crucial, as prevention is the best defense against these preventable occurrences.

One of the most common causes of eye injuries is exposure to hazardous materials or objects. This can include chemicals, debris, or even small particles that become airborne during certain activities. To mitigate these risks, it's essential to wear appropriate protective eyewear, such as safety glasses or goggles, whenever engaging in tasks that may pose a threat to your eyes. This applies not only in the workplace but also in the home, where household chores like yard work or DIY projects can present similar dangers.

Another significant threat to eye health is exposure to ultraviolet (UV) radiation, which can come from various sources, including the sun, tanning beds, and certain types of welding equipment. Prolonged or intense exposure to UV rays can lead to conditions like photokeratitis (also known as "welder's flash" or "arc eye"), which can cause painful inflammation of the cornea. To safeguard your eyes, always wear high-quality, UV-blocking sunglasses or specialized protective lenses when working in environments with elevated UV exposure.

Sports and recreational activities can also pose a risk of eye injuries, particularly in contact sports or those involving fast-moving objects like balls or projectiles. Protective eyewear designed for specific sports can significantly reduce the likelihood of sustaining an injury, so it's crucial to invest in appropriate gear and wear it consistently.

In addition to physical threats, eye health can also be compromised by certain medical conditions or treatments. For example, individuals with diabetes are at an increased risk of developing diabetic retinopathy, a condition that can lead to vision loss if left untreated. Regular eye exams and prompt medical intervention are essential for managing such conditions and preventing further complications.



Workplace safety is another crucial aspect of eye injury prevention. Employers have a responsibility to provide a safe work environment, which includes ensuring that employees have access to the necessary personal protective equipment (PPE) and training on proper usage. Employees, in turn, should be diligent about following safety protocols and reporting any potential hazards to their supervisors.

One often-overlooked cause of eye injuries is the use of electronic devices, such as smartphones, tablets, and computers. Prolonged exposure to blue light emitted by these screens can lead to eye strain, headaches, and even more serious conditions like digital eye strain or computer vision syndrome. To mitigate these risks, it's important to take regular breaks from screen time, adjust the brightness and contrast of your devices, and consider using blue light-blocking glasses or screen filters.

Ultimately, safeguarding your eye health requires a multifaceted approach that combines awareness, preventive measures, and proactive healthcare. By incorporating the following tips into your daily routine, you can significantly reduce the risk of eye injuries and protect your precious sense of sight:

1. Always wear appropriate protective eyewear for tasks that may pose a risk to your eyes, both at work and at home.
2. Limit your exposure to UV radiation by wearing high-quality, UV-blocking sunglasses or other protective lenses.
3. Use caution and wear protective gear when participating in sports or recreational activities.
4. Maintain a healthy lifestyle and schedule regular eye exams to address any underlying medical conditions.
5. Be mindful of your screen time and use strategies to mitigate the effects of blue light exposure.
6. Encourage your family, friends, and colleagues to prioritize eye safety as well.

By prioritizing eye injury prevention, you can not only safeguard your own vision but also inspire those around you to take proactive steps toward preserving the health and well-being of their most valuable sense – sight.

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If you are experiencing any changes in your eye health, whether it is blurry vision, pain, impaired vision, or any other visual irregularities, you should see an ophthalmologist right away. The earlier a disease is detected, the better the outcome and treatment options are for you. You will find a friendly and warm environment at Retina Group of Florida.

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# UNDERSTANDING ARTHRITIS: Causes, Symptoms, and Management Strategies

By Dr. Chad Rose, DC

**A**rthritis affects millions of Americans, limiting mobility and diminishing quality of life for many. While often associated with aging, this condition can impact people of all ages and backgrounds. Understanding arthritis is the first step toward effectively managing its symptoms and maintaining an active lifestyle.

## What Is Arthritis?

Arthritis isn't a single disease but rather an umbrella term for more than 100 related conditions affecting the joints and surrounding tissues. The word "arthritis" literally means joint inflammation, though many forms involve various other symptoms beyond inflammation.

The two most common types are osteoarthritis and rheumatoid arthritis. Osteoarthritis occurs when protective cartilage that cushions the ends of bones wears down over time, while rheumatoid arthritis is an autoimmune disorder where the immune system mistakenly attacks the body's own tissues, primarily affecting the joint lining.

## Recognizing the Signs

Early recognition of arthritis symptoms can lead to more effective treatment. Common warning signs include:

- Persistent joint pain, especially during or after movement
- Stiffness, particularly in the morning or after periods of inactivity
- Swelling and tenderness around affected joints
- Decreased range of motion
- Joint warmth and redness
- Fatigue and general malaise (especially with rheumatoid arthritis)

These symptoms may come and go, and their severity varies widely among individuals. Some people experience mild discomfort that barely affects daily activities, while others face debilitating pain that significantly impacts mobility and independence.

## Risk Factors

Several factors increase the likelihood of developing arthritis:

- **Age:** Joint wear increases naturally over time
- **Family history:** Genetic factors play a role in many arthritis types

- **Previous joint injuries:** Damaged joints are more susceptible to arthritis
- **Excess weight:** Extra pounds place additional stress on weight-bearing joints
- **Gender:** Women are more likely than men to develop rheumatoid arthritis
- **Occupational hazards:** Jobs requiring repetitive movements can stress joints

## Comprehensive Management Approaches

While there's no single cure for most forms of arthritis, a multifaceted treatment approach can effectively manage symptoms and slow progression. Successful management often combines:

**Medical interventions:** Medications can reduce inflammation, relieve pain, and in some cases, slow disease progression. These range from over-the-counter pain relievers to prescription anti-inflammatory drugs and disease-modifying treatments.

**Physical therapy:** Targeted exercises strengthen supporting muscles, improve flexibility, and reduce joint stress. A qualified physical therapist can develop a customized program addressing specific limitations.

**Lifestyle modifications:** Managing weight reduces pressure on joints, particularly knees, hips, and spine. Nutritional approaches emphasizing anti-inflammatory foods may also provide benefits.

**Complementary approaches:** Many find relief through acupuncture, massage therapy, and other complementary treatments that address both physical symptoms and overall wellness.

**Chiropractic care:** For some patients, particularly those with certain types of arthritis affecting the spine, chiropractic adjustments may help improve function and reduce pain when provided by experienced practitioners familiar with arthritis management.

## The Importance of Holistic Care

The most effective arthritis management approaches consider the whole person—not just the affected joints. Mental health support, stress management techniques, and addressing sleep issues are equally important components of a comprehensive treatment plan.

Living with arthritis requires adaptability and persistence. By working with healthcare professionals to develop an individualized treatment approach, most people with arthritis can maintain active, fulfilling lives while effectively managing their symptoms.

At Rose Wellness Clinic, our team understands the complex nature of arthritis and offers integrated care approaches to help our patients navigate this challenging condition with confidence and improved quality of life. Call us today at (352) 775-2180 to schedule your consultation at our The Villages office and take the first step towards pain-free living! At Rose Wellness Clinic, we're ready to help you step confidently into a more active, comfortable lifestyle—because we believe everyone deserves to enjoy the beautiful weather and all the opportunities it brings.

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# BREAKTHROUGH IN NEUROPATHY TREATMENT:

## HOW SUMMUS LASER THERAPY OFFERS HOPE FOR NERVE PAIN SUFFERERS

**N**europathy is a debilitating condition that affects millions of people worldwide, causing chronic pain, numbness, and significant disruption to daily life. Traditional treatments have often fallen short of providing comprehensive relief, leaving patients searching for innovative solutions. Enter the Summus Laser, a cutting-edge therapeutic approach that is revolutionizing neuropathy treatment and offering new hope to those struggling with nerve-related pain.

### Understanding Neuropathy: A Complex Challenge

Neuropathy is a condition characterized by damage or dysfunction of peripheral nerves, typically causing symptoms like burning pain, tingling sensations, muscle weakness, and sensitivity to touch. Common causes include diabetes, chemotherapy, autoimmune disorders, and physical injuries. The complex nature of nerve damage has historically made treatment challenging, with many patients experiencing limited success from conventional medical interventions.

### The Summus Laser: A Technological Marvel in Pain Management

The Summus Laser represents a significant advancement in medical technology, utilizing high-powered laser therapy to address nerve pain at its source. Unlike traditional treatments that merely mask symptoms, this innovative approach focuses on cellular regeneration and healing. The laser delivers concentrated light energy deep into affected tissues, stimulating natural healing processes and promoting nerve repair.

### Key Mechanisms of Summus Laser Therapy

**1. Cellular Stimulation:** The laser's precise wavelengths penetrate damaged nerve tissues, encouraging mitochondrial activity and accelerating cellular metabolism. This process helps restore normal cellular function and reduces inflammation.

**2. Improved Circulation:** By enhancing blood flow to damaged nerve areas, the Summus Laser helps deliver essential nutrients and oxygen, supporting the body's natural healing mechanisms.

**3. Pain Reduction:** The therapy triggers the release of endorphins and reduces pain-causing inflammatory markers, providing immediate and long-term relief for patients.

### Clinical Evidence and Patient Outcomes

Numerous clinical studies have demonstrated the effectiveness of Summus Laser therapy in treating neuropathy. Patients report significant improvements



in pain levels, sensation restoration, and overall quality of life. Many individuals who previously struggled with chronic nerve pain have experienced remarkable recoveries, regaining mobility and reducing their dependence on pain medications.

### Treatment Process and Expectations

A typical Summus Laser treatment protocol involves:

- Comprehensive initial assessment
- Customized treatment plan
- Multiple targeted laser sessions
- Gradual progression of healing and pain reduction

Most patients experience noticeable improvements within 4-6 treatment sessions, with continued benefits developing over subsequent weeks and months.

### Advantages Over Traditional Neuropathy Treatments

The Summus Laser offers several distinct advantages:

- Non-invasive approach
- No significant side effects
- No pharmaceutical dependencies
- Targets root causes of nerve damage
- Supports long-term healing
- Relatively quick treatment sessions

### Who Can Benefit?

Summus Laser therapy is particularly beneficial for patients with:

- Diabetic neuropathy
- Chemotherapy-induced nerve damage
- Peripheral nerve injuries
- Chronic pain conditions
- Reduced sensation in extremities

### Future of Neuropathy Treatment

As medical technology continues to advance, the Summus Laser represents a promising frontier in nerve pain management. Its ability to stimulate natural healing processes offers hope to countless individuals who have struggled with traditional treatment methods.

### Conclusion

For those battling neuropathy, the Summus Laser provides a beacon of hope. By combining advanced technological innovation with a deep understanding of cellular healing, this treatment approach is transforming how we conceptualize and address nerve pain.

Patients interested in exploring this revolutionary treatment should consult with qualified healthcare professionals specializing in laser therapy and neuropathic conditions to determine their individual suitability and potential treatment outcomes.

**LaserLab** provides safe, effective, non-surgical pain relief and regenerative healthcare services. Our Pain Therapy Specialists use state-of-the-art Class IV Therapeutic Lasers to treat patients suffering from long-term pain. Our advanced laser technology reduces pain and inflammation, enhances healing, and increases circulation with no surgery, drugs, or side effects.

LaserLab believes there's a better way to manage pain. We've pioneered a paradigm-changing health and wellness program that helps to revitalize the lives of people suffering from pain.



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# Four Ways Exercise Protects Your Brain

If you want to keep your brain healthy as you age, scientists will be the first to tell you: It might be time to start getting serious about exercise. Studies have shown that physical exercise is one of eight established ways to reduce dementia risk.

Scott Forbes, an associate professor at Brandon University who studies exercise and sports science, says that a growing number of studies show the positive effects of exercise on brain health. Luckily, you don't need to hit the gym for an hour daily to see an impact.

"We found benefits when individuals exercised at least 3 times a week," Forbes said.

Adding small bursts of high-intensity cardio—researchers call them "exercise snacks"—three to four times throughout the day can have this positive impact.

So, how exactly does exercise protect the brain? Here are four ways.

## 1. Exercise increases blood flow to the brain

In mild cognitive impairment and Alzheimer's, the brain isn't receiving enough blood flow, starving the brain cells of oxygen and other nutrients.

Exercise increases blood flow to regions of the brain, like the hippocampus, which is among the first parts of the brain affected by Alzheimer's. This keeps the cells healthy longer and prevents them from becoming damaged or dying. Since the cells stay healthy, it also prevents the brain's immune system from overreacting and causing even more damage.

## 2. Exercise promotes the growth of new brain cells and connections

Exercise causes the brain to produce a variety of proteins called growth factors (IGF-1, BDNF, and VEGF) that may help the brain make new cells to replace old or damaged ones.

These growth factors can also help the existing brain cells grow in the hippocampus and strengthen existing connections, helping protect the brain against memory problems. Researchers are currently studying some of these growth factors to try and replicate the benefits of exercise in pill form.

## 3. Exercise helps the brain's immune system stay healthy

Some researchers even hypothesize that problems with the immune system, and not amyloid or tau, are the key drivers of Alzheimer's disease. Exercise can



help tone down pro-inflammatory processes in the brain that might contribute to Alzheimer's disease.

## 4. Exercise can help you stay social

Loneliness is one of the major risk factors for developing dementia.

Older individuals who exercise report reduced feelings of social isolation, and it helps people feel more resilient and positive about aging. Many people exercise in groups or play team sports, which might explain these findings.

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# REVOLUTIONIZING WELLNESS: INFINITY MEDICAL INSTITUTE'S COMPREHENSIVE APPROACH TO ANTI-AGING AND LONGEVITY

In the heart of The Villages, Florida, a beacon of medical innovation is transforming how we approach aging and personal health. Infinity Medical Institute has been at the forefront of regenerative medicine since its establishment in 2009, offering a holistic and personalized approach to wellness that goes far beyond traditional medical treatments.

Founded in Tampa and now bringing its cutting-edge services to The Villages, Infinity Medical Institute represents a paradigm shift in healthcare. The institute's philosophy is simple yet profound: it's not just about adding years to life, but adding life to years. This approach recognizes that aging is not something to be feared, but a process that can be optimized and embraced with the right medical support.

## A Comprehensive Suite of Innovative Treatments

What sets Infinity Medical Institute apart is its comprehensive range of advanced therapies designed to address the multifaceted challenges of aging. The clinic offers a diverse array of treatments that target various aspects of health and wellness:

- **Bioidentical Hormone Therapy:** provides a natural approach to hormone balance, addressing common age-related symptoms like fatigue, mood fluctuations, and decreased libido.
- **Testosterone Replacement Therapy:** helps men restore vitality by supporting healthy testosterone levels, enhancing energy, muscle mass, and overall well-being.
- **Sexual Wellness Treatments:** offer targeted therapies to improve intimate health and quality of life.
- **Aesthetic Services:** Including Botox, Derma fillers, laser skin resurfacing, PRP, Body contouring, cellulite reduction.
- **Pulse Wave Therapy:** Improves circulation and activates stem cell regeneration correcting conditions like chronic pain, neuropathy and erectile dysfunction.
- **Platelet-Rich Plasma (PRP) Therapy:** harnesses the body's own growth factors to accelerate healing and tissue repair.

- **Stem Cell Therapy:** represents a groundbreaking regenerative approach to treating injuries and revitalizing aging tissues.
- **Peptide Therapy:** uses specialized treatments to stimulate natural bodily processes, including metabolism and immune function.
- **Weight Loss Programs:** offer comprehensive, sustainable solutions supported by medical expertise.

## Patient-Centered Care: Beyond Treatment

Infinity Medical Institute stands out not just for its advanced treatments, but for its commitment to patient care. The clinic offers free consultations, allowing individuals to explore their health options without financial pressure. This approach reflects their belief in transparency and patient empowerment.

Located at 322 Heald Way in The Villages, the clinic operates Monday through Thursday from 8 AM to 4 PM, and Fridays from 8 AM to 1 PM. Each patient receives a customized treatment plan that recognizes their unique health needs and personal wellness goals.

## The Science of Regenerative Medicine

The institute's approach is grounded in regenerative medicine – a field that focuses on natural, integrative therapies working in harmony with the body's inherent healing processes. Their experienced medical team is dedicated to delivering evidence-based care that optimizes health and longevity.

## A Vision for Transformative Healthcare

Infinity Medical Institute represents more than just a medical clinic; it's a vision of healthcare that sees aging as an opportunity for growth, renewal, and continued vitality. By combining advanced medical technologies with a compassionate, individualized approach, they are redefining what it means to age gracefully and healthily.

For those seeking to take control of their health, optimize their wellness, and embrace a more vibrant future, Infinity Medical Institute in The Villages offers a beacon of hope and innovative medical care.

## About Infinity Medical Institute

Pioneers in Integrative Medicine, Infinity Medical Institute is a company dedicated to benchmarking health in concert with breakthroughs in education through



science. Understanding where individuals are in their "Life Cycle" as opposed to treating symptoms that are often an expression of a greater challenge they are experiencing with their bodies at the cellular level. A new approach in health and wellness based on recently made available research, allowing us to understand the differences in Biological Age as compared to Chronological Age.

Most of us fail to realize that our personal health is the result of the "aging process" complimented and/or penalized by the manner in which we take care of and/or misuse ourselves. Our consumption patterns combined with normal aging and physical activities directly affect our quality of life.

Our approach to wellness is based on meeting people where they are in their personal life and developing an individualized plan of action in and around nutrition, supplementation, and lifestyle.

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# Obstructive Sleep Apnea & Oral Appliances: A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDMSM

**S**leep apnea affects more than 25 million people in the United States. It is a progressive condition that interrupts breathing patterns throughout a person's sleep. People who suffer from Obstructive Sleep Apnea (OSA) may have episodes of stopping breathing up to hundreds of times per night for 10 seconds or longer, and along with this disruption comes many adverse side effects and morbidities.

## What Is Sleep Apnea?

The short answer is the airway collapses during sleep. It is a relatively common condition and is related to lifestyle and age. Once the sleep pattern is disrupted, the lack of oxygen to the brain and heart can cause serious health concerns and implications. Left untreated, OSA can lead to heart attacks, stroke, diabetes, and other serious complications.

## What are the Side Effects and Complications Associated with Sleep Apnea?

- High blood pressure
- Cardiovascular disorders such as A-Fib
- Chronic disease
- Diabetes
- Brain health impairment

## What are the symptoms of Sleep Apnea?

- Snoring
- Gasping for air while sleeping
- Dry mouth
- Cognitive decline or brain fog
- Restless sleeping
- Daytime sleepiness/dozing

## Obstructive Sleep Apnea & Oral Appliances:

### Have you tried CPAP therapy?

The customary first line of treatment for severe sleep apnea is a PAP device. For Mild and Moderate Sleep Apnea an oral appliance is an effective alternative. Approximately 50 percent of patients are unable to tolerate the use of a PAP, and therefore are not achieving optimum treatment results. In many cases those individuals are going untreated. Those



patients are candidates for Oral Appliance Therapy, or OAT. A custom-fit oral appliance is an effective therapeutic treatment option for Obstructive Sleep Apnea and can also help to eliminate snoring. By opening the airway, you increase your oxygen intake, as well as improve your sleep, and your overall health. The American Medical Association, The American Academy of Sleep Medicine and the American Board of Dental Sleep Medicine all recommend OAT to be prescribed by a Sleep Physician and fabricated by an ABDMSM qualified dentist.

The negative effects of poor sleep are numerous. We all know the short-term results of not sleeping well and feeling terrible but what about the more serious health concerns? If left untreated, people may experience poor memory, decreased cognitive function leading to dementia and Alzheimer's disease, cardiovascular disease including high blood pressure, insulin resistance, obesity and worsening symptoms of asthma and COPD due to lack of oxygen to the brain during sleeping hours. The good news is that if properly diagnosed and treated early, the effects of Sleep Apnea can be reversed over time.

*Laurel Manor Dental/Laurel Manor SleepCare*

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## Benefits of Oral Appliance Therapy for the treatment on Sleep Apnea:

- Oral appliances can be easily cleaned and disinfected by patients.
- Oral Appliances are silent.
- Oral Appliances are truly portable. They can fit in a pocket or purse. They require no electricity and are easily transported when traveling.
- Best of all, Laurel Manor Dental/SleepCare provides CDC recommended, single use WatchPAT™ ONE contact less, first and only disposable Home Sleep Apnea Test.

Laurel Manor Dental and SleepCare is not only qualified but is a Medicare approved provider as well. If you have Sleep Apnea, consider improving your health and your quality of life. Your body and mind will thank you!

## Meet Dr. Rozensky

As a Diplomate of the American Academy of Dental Sleep Medicine and recognized as a qualified dentist by the American Board of Dental Sleep Medicine. Dr. Rozensky earned his Doctorate of Dental Surgery degree from University of New York at Buffalo and then went on to serve our country in the United States Air Force, after which he has enjoyed private practice in General Dentistry for over 20 years. Dr. Rozensky now includes his passion for Sleep Dentistry in his practice and finds true joy in the life changing care he is providing.

At Laurel Manor Dental and SleepCare, Dr. Richard Rozensky and the entire team work closely with you so that you may make informed decisions about your health. In addition to sleep dentistry, all aspects of general dental care and treatment including restorative, cosmetic, implant restoration, hygiene and Invisalign™ are provided.

From the moment you step in the door you will feel at ease. You will be welcomed by a warm and inviting atmosphere, combined with a professional and caring team. You will immediately recognize the emphasis on professionalism and quality, from the people who care for you to the technology used-this is the way dental care should be!





# Understanding Interventional Pain Management: A Comprehensive Approach to Pain Relief

By Brent Compton, MD

**C**hronic pain is a debilitating condition that affects millions of people worldwide, significantly impacting their quality of life. While traditional pain management strategies, such as medication and physical therapy, can provide relief, interventional pain management offers a more targeted and minimally invasive approach to addressing the root causes of pain. In this article, we'll delve into the world of interventional pain management and explore its role in the comprehensive treatment of chronic pain.

Interventional pain management is a specialized field of medicine that focuses on diagnosing and treating various types of chronic pain through minimally invasive techniques. These procedures are performed by highly trained physicians, often pain management specialists or anesthesiologists, who use advanced imaging techniques and specialized equipment to target specific areas of the body responsible for pain.

One of the primary goals of interventional pain management is to reduce or eliminate pain while minimizing the need for oral medications, particularly opioids, which can have significant side effects and carry the risk of addiction. By targeting the source of pain directly, interventional techniques can provide long-lasting relief and improve overall functionality.

The decision to pursue interventional pain management typically follows a structured pathway, beginning with conservative treatments and progressing to more advanced interventions as necessary. This pathway can be visualized as a decision tree, guiding patients through the various options available to them.

At the most basic level, patients may begin with non-invasive treatments such as chiropractic care, physical therapy, massage, and home exercises. These approaches aim to alleviate pain through manual manipulation, stretching, and strengthening exercises, often addressing musculoskeletal issues or improving overall mobility.

If these initial treatments prove insufficient, the next level may involve medications and imaging tests. Pain medications, including over-the-counter and prescription options, can provide temporary relief, while imaging techniques like X-rays, MRI, or CT scans can help identify the underlying cause of pain and guide further treatment decisions.



When conservative methods and medications fail to provide adequate relief, interventional pain management techniques become a viable option. These minimally invasive procedures include:

- 1. Epidural steroid injections:** These injections deliver corticosteroids directly into the epidural space of the spine, reducing inflammation and providing pain relief for conditions such as herniated discs, spinal stenosis, or radiculopathy.
- 2. Facet joint injections:** Targeted injections into the facet joints of the spine can alleviate pain caused by arthritis or injury in these joints.
- 3. Radiofrequency ablation:** This procedure uses heat generated by radio waves to disrupt the transmission of pain signals from specific nerves, providing long-term relief for conditions like chronic back or neck pain.
- 4. Spinal cord stimulation:** Implanted devices deliver electrical impulses to the spinal cord, modulating pain signals and providing relief for various chronic pain conditions.
- 5. Nerve blocks:** These injections involve the administration of medication, such as anesthetics or steroids, near specific nerves to block the transmission of pain signals.

If all other interventions fail to provide adequate relief, surgery may be considered as a last resort. However, interventional pain management techniques often allow patients to avoid or delay the need for surgical intervention, reducing the risks and recovery time associated with major procedures.

It's important to note that interventional pain management is not a one-size-fits-all solution. Each patient's condition is unique, and treatment plans are tailored to address their specific needs. Pain management specialists work closely with patients to develop comprehensive treatment strategies, combining interventional techniques with other modalities, such as physical therapy, medication management, and lifestyle modifications.

In conclusion, interventional pain management offers a promising solution for individuals suffering from chronic pain. By targeting the source of pain directly through minimally invasive techniques, these procedures can provide significant relief and improve overall quality of life. As awareness of these techniques continues to grow, more patients can benefit from this comprehensive approach to pain management.

At The Interventional Pain Institute, each patient's pain is thoroughly evaluated and a customized treatment plan is developed. Dr. Compton and his team are dedicated to treating every patient with the utmost respect and care, with a mission to help patients regain functionality and improve their quality of life.

The Interventional Pain Institute also places a strong emphasis on patient education. An informed patient is an empowered patient, and the team strives to provide as much information as possible about each patient's condition and treatment options.

With offices conveniently located in The Villages and Ocala, Florida, The Interventional Pain Institute is an excellent choice for those suffering from chronic or acute pain. Under the care of Dr. Brent Compton, patients can find not just relief, but also a renewed sense of hope for a pain-free future. Experience the difference at The Interventional Pain Institute today.

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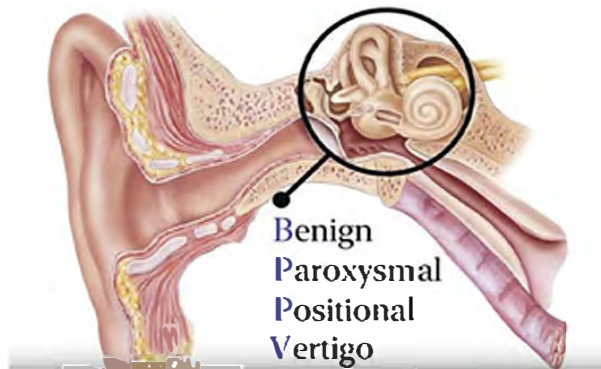


# Vestibular Balance Issues Should Not be Ignored:

## *A Physical Therapy Method has Helped Countless Individuals Find Restoration*

**A**t least 50 percent of the U.S. population will develop a balance issue, at some point in their lives. Balance disorders typically happen to the aging population, between the ages of 50 to 75, and most of these are related to vestibular disruptions.

Patients suffering from vestibular related disorders frequently experience vertigo, dizziness, nausea, migraines, gait issues (walking), and imbalance. In addition, many patients complain of mood changes and cognitive impairment. Usually, these symptoms stem from issues in the inner ear. More than 69 million Americans have experienced some form of vestibular problems in their lifetime, and that number is on the rise.



BPPV: The most common form of vestibular complications is Benign Paroxysmal Positional Vertigo or BPPV.

- Benign - Not life-threatening
- Paroxysmal - Brief spells that come and go
- Positional - Triggered by certain head positions or movements
- Vertigo - A false sense of rotational movement

Tiny calcium crystals (otoconia) in the inner ear that slough off and get lodged in the fluid of the ear canals (labyrinth) usually are the cause of BPPV. Benign Paroxysmal Positional Vertigo can be effectively treated with one of two simple manual therapies that move the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness. These therapies can be performed in the convenience of Innovative Therapies Group's office.



It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, and mobility is critical.

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical & Occupational therapy.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today.



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# RECHARGE YOUR MIND: MENTAL HEALTH, BUT MAKE IT SEXY

**O**ctober is Mental Health Month — and while the world is telling you to “do some self-care” (whatever that means), at Recharge Clinic, we’re about more than bubble baths and breathing exercises. Sure, those things feel nice, but if your hormones are tanked, your nutrients are running on empty, or your brain chemistry is out of whack, no amount of scented candles is going to fix it.

This month, we’re pulling back the curtain on what really drives your mental health — your hormones, your nutrients, your brain fuel, and even your pain levels. Let’s get real: when your body isn’t supported, your mood and mind suffer. Lucky for you, that’s our specialty.

## 1. HORMONE REPLACEMENT THERAPY (HRT):

### Mood Swings, Meet Your Match

Think hormones are just about sex drive or menopause? Cute, but wrong. Hormones are basically your body’s text message system, and when the signal drops, your mood is the first thing to go. Low testosterone, thyroid issues, menopause, or perimenopause can throw you into a storm of anxiety, depression, brain fog, sleep issues, and mood swings that feel like they’ve taken over your personality.

HRT isn’t just about hot flashes or “man problems.” It’s mental health armor. By balancing hormones, you give your brain the clarity, stability, and calm it needs. Translation? You’ll actually recognize yourself again — and maybe even like your spouse a little more too.

## 2. VITAMIN & IV THERAPY:

### Because Coffee Isn’t a Food Group

Ever wonder why you’re dragging even though you’re technically sleeping eight hours? It might not be you — it might be your nutrients. Deficiencies in vitamin D, B12, and magnesium are like kryptonite for your mental health. Fatigue, brain fog, depression, poor stress resilience — check, check, and check.

At Recharge, our vitamin injections and IV therapies are like an IV drip of get-your-life-together.

- **NAD+ Therapy:** This superstar coenzyme keeps your brain cells fired up. Low levels? Expect fatigue, mood dips, and a serious case of the blahs. Boost it, and suddenly your brain feels like it’s had a software update.

- **Fitness Freak IV:** Perfect for gym rats and weekend warriors. Packed with arginine, carnitine, taurine, and B12, it improves circulation, stamina, and recovery — and yes, your mood too.
- **Keto Shot:** Not just about fat-burning. This blend supercharges your metabolism while giving your brain the clarity and energy it craves.
- **Mood-Enhancing Shot:** B12, Vitamin D, and magnesium tag-team your stress, depression, and brain fog. Calm, focused, energized.
- **Super D Injection:** 25,000 units of Vitamin D with magnesium. Consider this your sunshine in a syringe — mood lifting, infection-fighting, muscle-calming goodness.
- **Magnesium Boost:** The unsung hero of relaxation, stress reduction, and clarity.
- **NAD+ Injections:** Higher energy, better sleep, sharper focus, improved mood — and let’s be real, it slows the aging train too.
- **Recharge IV (Myer’s Cocktail):** The classic all-in-one for energy, mood, immunity, and pain relief.
- **L-Theanine IV blends:** Smooths out stress, improves focus, and pairs perfectly with B vitamins.

Bottom line: stop running on fumes and feed your brain what it actually needs.

## 3. MEDICAL IVS:

### When Basic Just Won’t Cut It

Sometimes your brain and body need more than the standard pick-me-up. That’s where our advanced IVs come in:

- **Methylene Blue IV:** Think cellular repair and brain support in one bag. Helps with cognitive function, free radical damage, and overall mental health.
- **NAD+ IV:** Beyond energy and clarity, NAD+ can help with depression, addiction recovery, and slowing aging.
- **Ketamine Infusions:** For people battling stubborn depression, anxiety, or chronic pain, ketamine therapy has been a game-changer.

These aren’t your average vitamin drips — they’re medical-level support for when your brain chemistry needs a full-on reset.

## 4. REGENERATIVE THERAPY FOR CHRONIC PAIN:

### Because Pain and Happiness Don’t Mix

Let’s be blunt: living with chronic pain is exhausting. It grinds you down, steals your joy, and makes even simple daily tasks feel impossible. No wonder chronic pain is one of the top drivers of depression and anxiety.

Our regenerative therapies target the root causes of pain, working to repair and restore rather than just masking symptoms. By easing pain and restoring mobility, we’re giving you back freedom — and with that freedom comes a huge lift in mental health. After all, it’s hard to feel upbeat when you can’t move without wincing.

## THE RECHARGE TAKEAWAY

This Mental Health Month, we’re not telling you to “think positive” or buy another lavender candle. We’re here to remind you that your mental health is built on your physical health. Balance your hormones, fuel your body, nourish your brain, and tackle chronic pain — and suddenly, your mind has the foundation it needs to thrive.

At Recharge Clinic, we don’t just patch problems; we upgrade your system. So stop pretending you’re fine and start actually feeling better.

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# Attorney Patrick Smith Radio Show Now on 14 Stations

For the last 18 years, Patrick Smith has served Clermont as a local estate planning attorney and occasional radio guest host. It's the last year, though, that has brought his knowledge and outreach to the entire state and across the country — this time returning as host of his own callin legal advice show. Saturday mornings from 8-9 you can listen Live on 102.5 FM and AM760 and call in with you legal questions. Broadcasts can also be streamed Live on Facebook and at theBoneOnline.com. The office and website are always available to you: **352-204-0305 - [www.AttorneyPatrickSmith.com](http://www.AttorneyPatrickSmith.com)**



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# ELEVATING FOOT HEALTH THROUGH PHYSICAL THERAPY

By Dr. Andrew Franklin, DPM, Ph.D

October is National Physical Therapy Month, a time to recognize the vital role physical therapists play in improving mobility and quality of life. As a podiatrist, I've seen how physical therapy significantly enhances patient outcomes for foot and ankle conditions. The collaboration between podiatrists and physical therapists creates a holistic approach to foot care, benefiting patients through rehabilitation, pain management, and prevention.

## THE ROLE OF PHYSICAL THERAPY IN FOOT HEALTH

Physical therapy is crucial in treating many foot and ankle issues. It offers non-invasive relief, improving function and reducing the need for surgery. As a podiatrist, I often see how physical therapy can complement medical and surgical interventions to enhance recovery. Here are some conditions where physical therapy plays a key role:

**1. Plantar Fasciitis:** A common cause of heel pain, it is treated with stretching exercises, manual therapy, and strengthening routines. Physical therapists address the biomechanics, providing relief and restoring function.

**2. Achilles Tendonitis:** Stretching and strengthening exercises for the calf and Achilles tendon are central to physical therapy, reducing pain and promoting long-term healing.

**3. Ankle Sprains:** Repeated sprains can lead to chronic instability. Physical therapy focuses on restoring balance, strength, and range of motion to prevent future injuries.

**4. Post-Surgical Rehabilitation:** After surgeries for bunions, hammertoes, or other foot deformities, physical therapy helps patients regain strength, flexibility, and proper walking patterns.

**5. Painful Flat Feet and Overpronation:** Physical therapy strengthens the arch muscles and corrects gait, preventing complications such as shin splints or knee pain.

## ENHANCING MOBILITY AND QUALITY OF LIFE

One of the most valuable contributions of physical therapy is improving patient mobility. Many patients struggle with walking or standing due to foot and ankle conditions, and physical therapy offers solutions that help them regain these abilities. Recently, I treated a patient with chronic plantar fasciitis who



had tried rest and over-the-counter remedies without success. After I recommended physical therapy, she followed a program of targeted exercises and manual therapy. Within weeks, her pain diminished, and she was able to return to daily activities, such as walking her dog, with ease.

This case exemplifies how physical therapy, combined with a proper podiatric diagnosis, can address the root causes of pain rather than merely managing symptoms.

## COLLABORATION BETWEEN PODIATRISTS AND PHYSICAL THERAPISTS

A strong partnership between podiatrists and physical therapists is essential for optimal patient care. While podiatrists diagnose and treat conditions, physical therapists implement rehabilitation strategies that ensure long-term success. This collaboration is especially important for non-surgical treatments of chronic conditions, such as arthritis, or for post-surgical recovery.

## PREVENTATIVE CARE THROUGH PHYSICAL THERAPY

Physical therapists focus on proactive strategies to prevent future foot and ankle injuries. They guide patients through targeted exercises designed to improve flexibility, strength, and balance. For instance, patients prone to ankle sprains benefit from balance training, while those with flat feet engage in exercises to strengthen their arch muscles. This preventative approach helps patients avoid many common foot problems before they even begin.

While podiatrists typically see patients once pain or injury has occurred, a collaborative approach with physical therapists empowers patients to take charge of their foot health early on, reducing the likelihood of future issues.

If you're experiencing foot or ankle pain, don't wait for it to worsen. Seek comprehensive care and personalized treatment plans from qualified podiatrists and physical therapists to get you back on your feet. Whether it's an injury, chronic condition, or discomfort affecting your daily life, professional expertise can help. Consider scheduling an appointment with healthcare providers who can take the first step toward pain relief and better foot health!

## About Dr. Andrew Franklin, DPM, Ph.D

Dr. Andrew Franklin, DPM, Ph.D., moved from Essex, UK to the US in 2007, completing his post-doctorate in Organic Chemistry at FSU. He studied Podiatric Medicine at Ohio College of Podiatric Medicine and completed surgical residency at Cleveland Clinic. Relocating to Ocala in 2018, he opened Ocala Podiatry in December 2023. This board-certified podiatrist emphasizes patient education and teamwork. Married with two boys, he enjoys pickleball, sports, traveling, and outdoor activities.



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## HUNGRY HEART

By Alex Anderson

**T**he songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left God...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "Taste and see that the Lord is good."

**And the truth is...** If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?

If you are a Christ-follower, then you know how to do this. You...do again...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.

You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

*"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life." (3 John 2)*

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

**Its magnificent light will light up your life.**

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to meditate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.



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