

CENTRAL FLORIDA'S

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FREE 

TAKING HEART HEALTH TO HEART

A Cardiothoracic
Surgeon's Perspective
on American Heart Month

**DRINKS AND
KEY INGREDIENTS
FOR ENHANCING
BLOOD CIRCULATION**

**THE LINK BETWEEN
CARDIOVASCULAR
HEALTH AND
HEARING LOSS**

**FOUR WAYS
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CONTENTS FEBRUARY 2026

6 Mental Health Support: How Dr. Dhanani is Transforming Veteran Care with Exomind Technology

7 Taking Heart Health to Heart: A Cardiothoracic Surgeon's Perspective on American Heart Month

8 The Importance of Regular Contact Lens Check-ups

9 The Link Between Cardiovascular Health and Hearing Loss

10 Why Choose Stem Cell Therapy?

11 The Backbone of Your Health: Essential Tips for Spine Strength and Wellness

12 Drinks and Key Ingredients for Enhancing Blood Circulation

13 Stress Management for Your Heart: Why It's Critical

14 Understanding Basal Cell Carcinoma: What You Need to Know

15 You Make Me Weak in the Knees

19 Four Ways Exercise Protects Your Brain

20 Cosmetic Dentistry is More than a Pretty Smile

22 Sexual Wellness Through Hormone Therapy

23 The Power of Emsella: The Non-invasive Treatment for Urinary Incontinence

24 Breakthrough in Neuropathy Treatment: How Summus Laser Therapy Offers Hope for Nerve Pain Sufferers

25 Revitalize Your Mental Health with the Theta Chamber at Keep Young Wellness Center

26 Peptides: Your Wellness Superpower

27 Vestibular Balance Issues Should Not be Ignored

28 Caudal Steroid Injections: An Effective Treatment Option for Lower Back and Tailbone Pain

29 Attorney Patrick Smith Radio Show Now on 14 Stations

30 Spiritual Wellness: What's Your Diet?

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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.

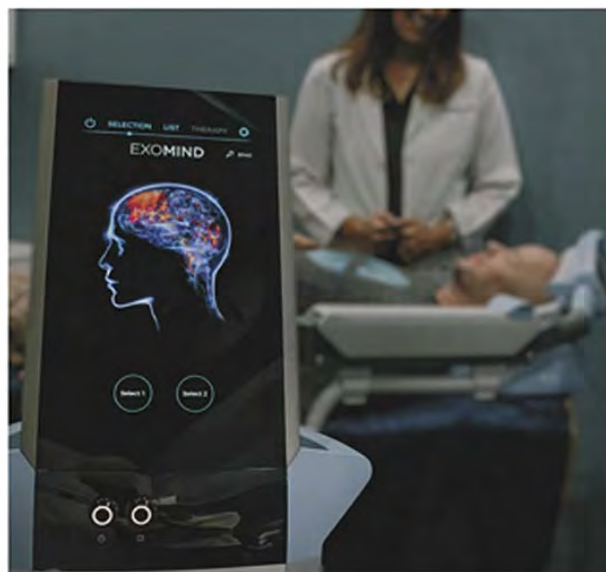
Understanding Exomind: A Breakthrough in Mental Health Treatment

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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TAKING HEART HEALTH TO HEART:

A Cardiothoracic Surgeon's Perspective on American Heart Month

By Hiep Nguyen, MD, FACS

February marks American Heart Month, a time when we turn our attention to the organ that beats approximately 100,000 times each day, pumping life-sustaining blood throughout our bodies. As a cardiovascular surgeon, I've witnessed both the remarkable resilience of the human heart and the devastating consequences when we neglect its care. This month serves as a crucial reminder that heart disease remains the leading cause of death in the United States, but it's also an opportunity to emphasize that many heart conditions are preventable.

Nearly half of American adults have some form of cardiovascular disease, and someone in the United States has a heart attack every 40 seconds. Yet, what many people don't realize is that up to 80% of cardiovascular disease is preventable through lifestyle modifications. This is where knowledge becomes power, and action becomes lifesaving.

Understanding Your Risk

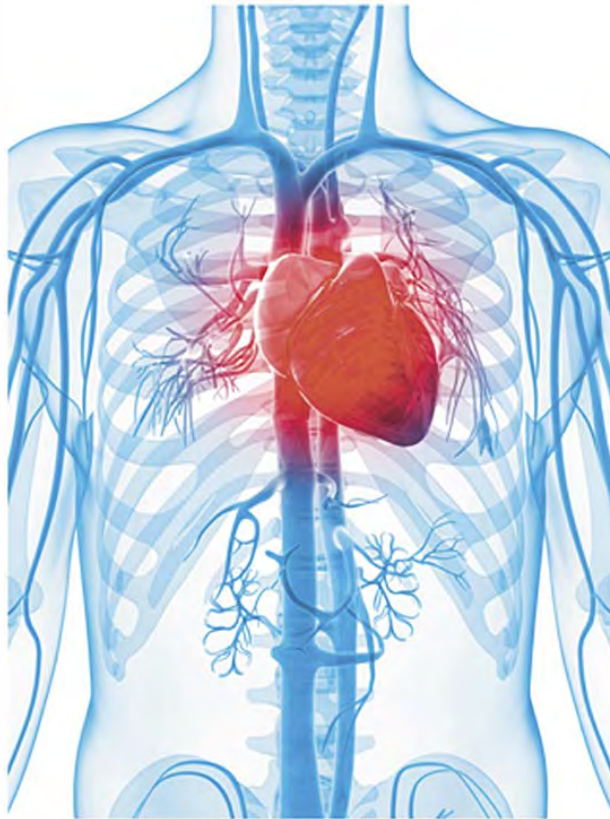
Heart disease doesn't develop overnight. It's typically the result of years of cumulative damage to your cardiovascular system. The traditional risk factors remain the primary culprits: high blood pressure, high cholesterol, smoking, diabetes, obesity and physical inactivity. Family history also plays a significant role, which is why knowing your family's cardiac health history is essential.

What concerns me most as a surgeon is seeing patients in their 40s and 50s with advanced heart disease that could have been prevented or managed with earlier intervention. Many people assume they are "too young" for heart problems, but cardiovascular disease is increasingly affecting younger populations due to rising obesity rates and sedentary lifestyles.

Stress and sleep deprivation are often overlooked contributors. Chronic stress elevates blood pressure, while inadequate sleep disrupts metabolic processes. Managing stress through mindfulness, adequate rest and healthy coping mechanisms should be part of everyone's heart health strategy.

The Power of Prevention

The good news is that your daily choices have a profound impact on your heart health. Regular physical activity stands as one of the most powerful preventive measures. I recommend at least 150 minutes of moderate-intensity aerobic exercise



weekly. This doesn't mean you need to run marathons — brisk walking, swimming or cycling can significantly reduce your risk. Strength training twice weekly also benefits cardiovascular health.

Nutrition is equally critical. A heart-healthy diet emphasizes whole grains, lean proteins, fruits, vegetables and healthy fats while limiting sodium, saturated fats and added sugars. Small changes make a difference: Choosing water over sugary drinks and incorporating more plant-based meals can gradually transform your heart health.

Smoking cessation cannot be overstated. If you smoke, quitting is the single most important step you can take for your heart. Within just one year of quitting, your risk of heart disease drops by half. Resources like nicotine replacement therapy and support can help.

Know the Warning Signs

Recognizing the signs of a heart attack can save your life or another's. Classic symptoms include chest pain or discomfort, shortness of breath, pain radiating to the arm or jaw, cold sweats, nausea and light

headedness. However, women and people with diabetes may experience atypical symptoms like unusual fatigue, indigestion or back pain. When in doubt, call 911.

Take Action This Month

This American Heart Month, I encourage you to take concrete steps toward better heart health. Schedule a checkup with your primary care physician to assess your cardiovascular risk factors. Know your numbers: blood pressure, cholesterol levels, blood sugar and body mass index. If you have risk factors, work with your health care team to develop a management plan.

Your heart has been beating for you since before you were born, working tirelessly without rest. This February, and every month thereafter, show it the care it deserves. The heart you save may be your own.

About Hiep Nguyen, MD, FACS Cardiothoracic Surgeon



Renowned cardiothoracic surgeon, Hiep Nguyen, MD, FACS, specializes in complex cardiac and thoracic surgeries. Emphasizing minimally invasive techniques, Dr. Nguyen is the first and only heart surgeon to offer several leading-edge procedures in Lake and Sumter counties, including robotic-assisted

heart surgery and aortic grafting. Dr. Nguyen is recognized for his compassionate patient care and takes pride in aiding patients through surgery recovery to resume their daily lives. Beyond his clinical practice, he volunteers his surgical expertise in regions with limited access to cardiac care, particularly in Vietnam.

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THE IMPORTANCE OF REGULAR CONTACT LENS CHECK-UPS: ENSURING LONG-TERM EYE HEALTH

Contact lenses allow people to see with incredible clarity without the limitations of glasses. However, ongoing contact lens use can lead to minor complications like dry eye and eyelid inflammation to more serious ones, such as keratitis (infection) and corneal abrasion. That's why regular contact lens check-ups are essential for maintaining optimal eye health and vision. These routine examinations play a vital role in ensuring your lenses are functioning effectively, fitting comfortably, and not posing any risks to your eye health and vision.

BENEFITS OF REGULAR CONTACT LENS EXAMS

Routine contact lens exams provide and are designed to:

1. Preserve Eye Health

Regular check-ups greatly reduce the risk of various eye complications through:

- **Early Detection of Problems** – Your eye doctor can identify early signs of potential disease processes, well before symptoms become noticeable. Early detection allows for timely intervention and prevention of more severe conditions, such as corneal neovascularization, corneal abrasion, hypoxia, and other problems that, left undiagnosed and untreated, can seriously damage vision.
- **Prevention of Infection** – Even with diligent cleaning and care, contact lenses can harbor harmful bacteria and microorganisms. Regular check-ups help minimize the risk of eye infections like infectious keratitis, bacterial keratitis and fungal keratitis and other hazards.
- **Detection of Systemic Issues** – Believe it or not, your eyes can reveal other problems throughout the body. Regular contact lens exams can uncover signs of systemic diseases that also affect eye health, such as diabetes, hypertension, and autoimmune disorders.

2. Promote Clear, Comfortable Vision

Routine contact lens exams ensure that your contact lenses continue to provide you with total comfort. Your exam will include:

- **Fit Assessment** – Your eye doctor will evaluate the fit of your lenses to confirm they're not causing any discomfort or damage to your eyes.
- **Prescription Updates** – Eyes and vision change over time, making regular exams the key to ensuring your prescription remains up-to-date. Updated vision correction helps prevent problems like eye strain, headaches, blurred vision, even accidents.
- **Lens Material Evaluation** – New technologies mean there are more contact lens types than ever before. From rigid gas permeable and soft lenses to hybrid, scleral and silicone hydrogel, there's a contact lens for almost everyone. Your eye doctor can assess whether your current lens material is still suitable for your eyes or if a switch to a different type might provide enhancements to your comfort and lifestyle.

HOW OFTEN DO I NEED A REGULAR CONTACT LENS EXAM?

Your eye doctor will take into account your age, health profile and other factors to customize your exam schedule. In general, the recommended frequency of contact lens exams depends on the following:

- **Age** – Teenagers and young adults, who often experience more rapid changes in their eyes, should have annual exams. As we move deeper into our 20s and 30s, exams every two years may be sufficient, assuming no complications arise. For people ages 40 and up, annual or twice-yearly exams are typically recommended due to the increased risk of age-related eye conditions.
- **Eye Health** – Individuals with a history of eye infections, corneal ulcers, or chronic dry eye, or conditions like diabetes, may require exams every six months or more. By keeping a close watch on eye health and any changes that may be developing, your eye doctor can take steps to halt problems before they become serious.

- **Lens Type** – The type of contact lenses you wear can influence exam frequency. Daily disposable lenses may require less frequent check-ups compared to extended wear or specialty lenses. It is particularly important to receive regular check-ups if you wear extended-wear lenses, which can leave you more prone to infection and other problems.

SIGNS YOU NEED A CONTACT LENS CHECK-UP IMMEDIATELY

See your eye doctor immediately if you experience any of the following:

- **Eye Pain or Discomfort** – Serious, persistent or worsening eye pain or irritation could indicate ill-fitting lenses, which should not be ignored. These symptoms could also indicate corneal abrasion, or another problem requiring prompt attention.
- **Signs of Infection** – Symptoms may include swollen, itchy, or red eyelids; discoloration of the whites of the eyes (particularly if they appear pink); or milky or yellowish discharge from the eyes.
- **Vision Changes** – Sudden blurry vision, double vision, halos, flashes of light, difficulty focusing or a curtain-like effect over part of your vision necessitate immediate attention. If your eye doctor isn't able to see you immediately, have someone take you to the ER.
- **Persistent Dryness or Excessive Tearing** – Persistent dryness or excessive tearing that doesn't improve with artificial tears or your usual care routine means it's time for an immediate check-up.
- **Extreme Light Sensitivity** – Sudden, severe sensitivity to light may indicate a serious eye condition demanding prompt evaluation.
- **Foreign Objects in Eyes** – If you get anything in your eyes such as debris, chemicals, or a larger object, seek immediate medical attention.

WHAT TO EXPECT DURING A CHECK-UP

Your eye doctor may recommend that you wear your lenses as normal throughout the day and keep them in for your appointment. This allows your doctor to assess how your lenses are performing and how your eyes are reacting to them.

During a contact lens check-up, your eye doctor will:

1. **Evaluate your eye health** – This includes an eye health assessment, tear film evaluation, and standard eye and vision tests.
2. **Assess the comfort and fit of your lenses** – A slit lamp microscope evaluation allows your doctor to check lens alignment and movement.
3. **Check for signs of lens wear and tear** – Cracked or torn contact lenses should be disposed of and replaced.
4. **Make any necessary adjustments** to how your lenses fit, how you care for them, and how long you wear them.
5. **Discuss any issues or discomfort** you may be experiencing, and, if needed, make recommendations for different lens types you may want to try.
6. **Provide education you may need** about using, cleaning and storing your contacts.

CONTACT LAKE EYE FOR ALL YOUR CONTACT LENS NEEDS

Regular contact lens check-ups are more than just a suggestion; they are an essential part of maintaining your eye health and safeguarding comfortable, clear vision. The caring professionals of Lake Eye (a US Eye company) are here to help you enjoy all the benefits of contact lenses while minimizing any related risks to your eye health and vision.

Our experienced ophthalmologists and optometrists conduct comprehensive, state-of-the-art eye exams specifically designed for contact lens wearers. We also provide customized fitting services to ensure your lenses are the right fit and type to deliver maximum comfort and wearability.

Every Lake Eye location also includes a full-service optical department featuring the latest in contact lenses, including specialty lenses for people living with chronic dry eye and corneal conditions like keratoconus, so nearly everyone can enjoy the clarity and convenience of contact lenses!

If you're ready to begin your next chapter with contact lenses, or you haven't had a contact lens check-up in a while, contact your local Lake Eye. We're here to help keep you looking great and seeing brilliantly.



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Heart Health Awareness Month:

The Link Between Cardiovascular Health and Hearing Loss

by AudioNova

February is Heart Health Awareness Month, a time dedicated to highlighting the importance of cardiovascular health. While many focus on diet, exercise, and blood pressure management, recent research suggests that heart health also plays a crucial role in hearing. The connection between cardiovascular conditions and hearing loss is becoming clearer, and understanding this relationship is vital for overall well-being.

The Cardiovascular-Hearing Connection

The cardiovascular system, including the heart and blood vessels, is responsible for delivering oxygen and nutrients throughout the body, including to the inner ear. The cochlea, the part of the ear that processes sound, relies on a consistent blood supply to function. When cardiovascular health deteriorates, the blood flow to the inner ear can be compromised, leading to hearing loss.

Several cardiovascular conditions, such as high blood pressure and high cholesterol, are linked to an increased risk of hearing loss. A study published in *The Journal of the American College of Cardiology* found that people with heart disease, particularly those with high blood pressure, are more likely to experience hearing loss. This is thought to be due to the damage hypertension causes to blood vessels, including those that supply the cochlea.

How High Blood Pressure Affects Hearing

High blood pressure, or hypertension, is one of the most common cardiovascular conditions worldwide. It occurs when blood pressure is consistently high, putting strain on the heart and blood vessels. Over time, hypertension can damage the blood vessels, including those that supply the inner ear, which may lead to hearing loss.

The cochlea is highly sensitive to changes in blood flow. When blood vessels narrow due to hypertension, the cochlea can be deprived of essential oxygen and nutrients, resulting in damage to the hair cells responsible for detecting sound. This leads to sensorineural hearing loss, which is typically permanent.

Cholesterol and Hearing Loss

Cholesterol, particularly high levels of low-density lipoprotein (LDL) or "bad" cholesterol, is another key factor in cardiovascular health that can affect hearing.

High cholesterol levels contribute to plaque buildup in the arteries, which restricts blood flow throughout the body, including the ears.

A study by the *American Heart Association* found that individuals with high cholesterol levels were more likely to develop hearing loss. Researchers suggest that poor circulation, due to plaque buildup, may affect the cochlea's ability to function properly. Additionally, high cholesterol can reduce the elasticity of blood vessels, further hindering circulation to the inner ear.

Diabetes and Hearing Loss

Diabetes is a chronic condition that affects both cardiovascular health and hearing. People with diabetes are more likely to develop cardiovascular diseases, such as high blood pressure and heart disease, which can, in turn, damage the blood vessels in the inner ear.

High blood sugar levels associated with diabetes can damage the blood vessels, including those supplying the cochlea, leading to hearing impairment. Studies show that people with diabetes are twice as likely to experience hearing loss compared to those without the condition. Managing blood sugar levels effectively is crucial in preventing damage to the inner ear and preserving hearing.

Protecting Your Heart and Ears

Given the link between cardiovascular health and hearing loss, protecting both your heart and hearing is essential. Here are some strategies to maintain optimal health:

- 1. Maintain a Heart-Healthy Diet:** Eating a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help manage cholesterol and blood pressure. Avoiding excessive salt and processed foods can also reduce cardiovascular risk.
- 2. Exercise Regularly:** Regular physical activity improves circulation, lowers blood pressure, and supports heart health. Exercise also helps manage weight, which can reduce the risk of developing diabetes and other cardiovascular conditions.
- 3. Control Blood Pressure and Cholesterol:** If you have high blood pressure or elevated cholesterol, work with your healthcare provider to manage these conditions. Medications, along with lifestyle changes, can help protect both your heart and ears.
- 4. Monitor Blood Sugar Levels:** If you have diabetes, keeping your blood sugar levels in check is crucial. Proper diabetes management can help prevent damage to the blood vessels in the inner ear.

5. Get Regular Hearing Checkups: Regular hearing screenings are essential, especially for those with cardiovascular risk factors. Early detection of hearing loss can help ensure timely intervention and prevent further deterioration.

Conclusion

Heart Health Awareness Month is a reminder of the importance of cardiovascular health in overall well-being. The connection between heart health and hearing loss is strong, and maintaining a healthy heart is crucial for protecting your hearing. By managing blood pressure, cholesterol, and blood sugar levels, and getting regular hearing checkups, you can safeguard both your heart and ears, ensuring better health for years to come.

Visit AudioNova for a complimentary hearing test and evaluation in a comfortable environment that values hearing health education. Our offices are staffed with Doctors of Audiology and are clean and run on time.

Sources:
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WHY CHOOSE STEM CELL THERAPY?

By Trevor Ferguson, DC

Of the available Non-Surgical Pain Relief Therapy procedures, stem cell therapy is the best-known and most effective. Stem cells exist throughout your body and help to heal damaged tissue. As you age, your stem cell count becomes depleted, which makes it harder for your body to heal. Fortunately, medical advancements have created a safe procedure in which stem cells can be harvested and then used for better healing. Here's a look at five reasons to choose stem cell therapy.

Avoid Surgical Procedures

Even minor surgeries carry risks. Stem cell therapy, however, is a minimally-invasive treatment in which you'll avoid going under the knife. While there are certainly scenarios where surgery is the best option, if your ailment can be otherwise treated, then it's worth exploring treatments that don't carry the risk of surgical complications.

Avoid Pharmaceuticals

Instead of using prescription drugs to mask your symptoms, you can use stem cell therapy to solve the ailment at its source. This will also allow you to avoid any medication side effects, as well as any risk of addiction.

No Need for Anesthesia

Many folks feel great fear about being put under, or simply don't like the associated drowsiness. With stem cell therapy, anesthesia won't be necessary.

Heals Wounds & Incisions

Medical research has shown how stem cell therapy boosts the growth of new skin tissue and replaces scar tissue with newly-grown tissue.

Sports-Related Injuries

Stem cell therapy has become a strong treatment option for common orthopedic injuries that are suffered by athletes.

Get To Know Dr. Ferguson

Founder of The Stem Cell Pro Clinic

My Path: Arizona, Brazil, and Beyond

After graduating from Mountain View High School in Mesa, I spent two years serving a mission for the Church of Jesus Christ of Latter-day Saints in Brazil. That experience deepened my purpose—to serve others and lead with compassion.



When I returned home, I married my high school sweetheart, Sheree, and moved to Dallas, Texas, to attend chiropractic school at Parker University. Today, Sheree and I are raising four amazing boys here in Arizona—and I'm still passionate about helping people feel better, move better, and live better.

Hi, I'm Dr. Trevor Ferguson. My journey into chiropractic and regenerative medicine began when I was just 10 years old. I told my parents I wanted to become a chiropractor—something most kids probably don't say.

What inspired me? Watching my dad's best friend, a local chiropractor, help people of all ages overcome pain and live healthier lives. His office felt different from a traditional medical practice. There was energy, hope, and healing. Even patients in pain walked out smiling. I knew then: I wanted to help people heal, naturally.

The Turning Point That Changed Everything

After years of practicing chiropractic care, I began noticing that some patients needed more than traditional treatments to truly recover.

Then came a personal turning point: my dad—an active, athletic man—was facing double knee replacement surgery. I asked him to give me three months to try something different: stem cell therapy.

He agreed.

And after just one treatment, his pain disappeared—and he never needed the surgery.

That single experience opened my eyes to the power of regenerative medicine. I had seen good results in the past—but never anything that fast or effective.

Why I Chose Stem Cells Over Everything Else

After seeing what stem cells did for my father, I began offering regenerative medicine to my patients. The results were consistent—and remarkable.

Patients who had tried every other option were finally experiencing real relief. Often, a single stem cell treatment worked better than a year of supplements, labs, and dietary programs.

It was more effective, more affordable, and more convenient.

That's when I made the leap: I phased out functional medicine and built a new practice focused entirely on regenerative care.

But here's what sets us apart:

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- **Personalized care:** Every patient is unique, and so is their care plan.
- **Real results, not theory:** Our focus is on outcomes, not hype.

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If you're searching for a safer, science-based way to heal—not just manage symptoms—we're here to guide you.

If you're interested in stem cell therapy, be sure to get in touch with a reputable specialist. For stem cell therapy in The Villages, FL, contact the experts at Stem Cell Pro at 352-689-9540.



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The Backbone of Your Health: Essential Tips for Spine Strength and Wellness

By Ali Zarezadeh, MD - Spine

Your spine is truly the backbone of your health, serving as the central pillar that supports your body, protects your spinal cord, and enables every movement you make. Despite its importance, many people take their spine for granted until pain strikes. At the UF Health Spine Center, I help patients understand that maintaining a healthy spine is about preserving mobility, independence, and quality of life.

The spine consists of 33 vertebrae, cushioning discs, supportive ligaments, and powerful muscles working in harmony. When this system functions properly, you barely notice it. But when something goes wrong, the impact can be profound. The good news is that most spine problems are preventable with the right daily habits.

Build Core Strength

One of the most important things you can do for your spine is develop strong core muscles. Your core is the network of muscles in your abdomen, lower back, pelvis, and hips that support your spine. These muscles act like a natural corset, reducing the load on your vertebrae and discs.

I recommend incorporating core-strengthening exercises at least three times per week. Planks, bridges, bird dogs, and dead bugs are excellent exercises that target multiple core muscle groups. Pilates and yoga are also exceptional for building core strength while improving flexibility. The key is consistency and proper form—quality over quantity.

Practice Proper Posture

In our modern world, poor posture has become epidemic. Whether hunched over a computer, looking down at your phone, or slouching on the couch, chronic poor posture strains your spine. Over time, this leads to muscle imbalances, disc degeneration, and chronic pain.

When sitting, keep your feet flat, your back supported, and your screen at eye level. When standing, imagine a string pulling you up from your head. Distribute your weight evenly. Every hour, take a break to stand, stretch, and reset your posture.

Lift with Intelligence

Improper lifting technique is one of the leading causes of acute back injuries. Whether you're lifting a heavy box, a child, or groceries, the principles



remain the same. Always bend at your knees and hips, not your waist. Keep the object close to your body, engage your core, and lift with your legs rather than your back. Never twist while lifting—pivot your feet instead.

If something is too heavy or awkward, ask for help. A moment of caution can prevent months of recovery from a serious injury.

Maintain a Healthy Weight

Excess body weight, particularly around the midsection, shifts your center of gravity forward and increases the load on your lower spine. Every extra pound translates to additional stress on your spinal discs and joints. Research shows that obesity significantly increases the risk of degenerative disc disease and chronic lower back pain.

Maintaining a healthy weight through balanced nutrition and regular activity is one of the most impactful things you can do for long-term spine health. Even modest weight loss can provide significant relief for those experiencing back pain.

Stay Active and Flexible

Your spine needs regular movement to stay healthy. Prolonged sitting or inactivity can lead to stiffness, muscle weakness, and reduced disc nutrition. Aim for at least 30 minutes of moderate activity most days of the week. Walking, swimming, and cycling are excellent low-impact options.

Equally important is maintaining flexibility through regular stretching. Tight hamstrings, hip flexors, and other muscles can pull on your spine and create imbalances. Gentle daily stretching can prevent these issues and improve overall spine function.

Listen to Your Body

Finally, pay attention to warning signs. Occasional muscle soreness after activity is normal, but persistent pain, numbness, tingling, or weakness should never be ignored. These symptoms may indicate underlying problems that require professional evaluation. Early intervention often prevents minor issues from becoming major problems.

Your spine supports you every day of your life. By focusing on these fundamental principles—strengthening your core, maintaining proper posture, lifting correctly, managing your weight, staying active, and seeking help when needed—you can preserve your spine health for decades to come.

To schedule an appointment with Dr. Zarezadeh at UF Health, call 352-323-5665.

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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DRINKS AND KEY INGREDIENTS FOR ENHANCING BLOOD CIRCULATION

Maintaining optimal blood circulation is crucial for overall health and well-being. Proper blood flow ensures that oxygen, nutrients, and immune cells are efficiently delivered throughout the body, while waste products are removed. In recent years, there has been growing interest in blood circulation drinks – beverages formulated with ingredients believed to support and improve blood circulation. This article delves into the science behind blood circulation drinks, their potential benefits, and the key ingredients commonly found in these beverages.

The Importance of Blood Circulation

Blood circulation plays a pivotal role in maintaining the body's physiological functions. A well-functioning circulatory system ensures that vital organs receive the nutrients and oxygen they need to operate efficiently. Poor blood circulation has been associated with various health issues, including cardiovascular diseases, cold extremities, and cognitive impairment.

Understanding Blood Circulation Drinks

Blood circulation drinks are beverages designed to promote and enhance blood flow within the body. These drinks often contain a combination of natural ingredients that are believed to have a positive impact on circulation. While research on the specific effects of these drinks is ongoing, many of the ingredients they contain have been studied individually for their potential benefits on blood flow.

Key Ingredients in Blood Circulation Drinks

- **Nitric Oxide Boosters:** Nitric oxide is a vasodilator that relaxes blood vessels, allowing for improved blood flow. Ingredients like beetroot and pomegranate have been shown to increase nitric oxide production and help widen blood vessels, potentially enhancing circulation.¹
- **Antioxidants:** Ingredients rich in antioxidants, such as vitamin C and polyphenols found in berries and green tea, help protect blood vessels from oxidative stress and inflammation, supporting healthy blood circulation.²
- **Ginger and Turmeric:** These spices have anti-inflammatory properties that may help reduce arterial stiffness and improve blood vessel function, contributing to better circulation.³
- **Omega-3 Fatty Acids:** Found in sources like fish oil, omega-3 fatty acids have been linked to improved arterial function and reduced blood clot formation, thus aiding in maintaining healthy circulation.⁴
- **Cayenne Pepper:** The compound capsaicin in cayenne pepper has been associated with improved blood flow and enhanced circulation due to its vasodilatory effects.⁵



Top Drinks for Blood Circulation (quick list)

- **Pomegranate Juice:** Pomegranate juice is rich in polyphenol antioxidants, which research suggests can improve blood circulation. This juice also has nutrients, including vitamin C, which strengthens blood vessels and can improve blood flow in that way. Pomegranate juice also has nitrate, which can widen blood vessels and facilitate blood flow. If you live with varicose veins, you may also appreciate that pomegranate juice has anti-inflammatory properties.
- **Tea:** Some teas contain antioxidants, which can improve blood circulation by protecting you from the free radicals that can lead to clogged arteries.

To improve circulation, consider incorporating tea into your daily routine. Green and black teas are packed with antioxidants that help protect the body from free radicals, which can lead to heart disease. Additionally, ginger tea has been found to improve blood flow as a natural vasodilator, widening blood vessels and enhancing blood flow. So, when selecting tea, opt for green and black varieties or try ginger tea for an extra circulation boost.

- **Beetroot Juice:** Beets can dilate the blood vessels, and in doing so increase blood flow throughout your body. Beetroot juice can also help lower your blood pressure, which is often a problem when your arteries are partly blocked. Plus, beets have nitrate, which your body uses to make nitric oxide, a compound that increases blood flow by widening blood vessels.
- **Water:** Blood is mostly water, so it is logical that staying hydrated with water can support healthy blood flow. Interestingly, experts suggest drinking warm water rather than cold, since icy water can cause veins to contract temporarily. You may also want to carry a water container that lets you measure how much you are drinking to keep track of your consumption.

Most adults should drink up to two liters of water daily. This is the equivalent of 67 ounces or a little over 4 16 oz. bottles of water per day.

Conclusion

Blood circulation drinks have gained popularity as a potential way to enhance overall cardiovascular health and well-being. These beverages often contain a blend of natural ingredients known for their potential benefits on blood flow. While the individual ingredients have shown promise in scientific research, more comprehensive studies are needed to fully validate the efficacy of blood circulation drinks. As with any dietary supplement, it's advisable to consult with a healthcare professional before incorporating these beverages into your routine. Maintaining a balanced diet, engaging in regular physical activity, and managing stress remain fundamental strategies for promoting optimal blood circulation and overall health. *Read more on this subject from specialty trained, vascular surgeon, Dr. John Horowitz, at Central Florida Vein and Vascular Center: <https://cfvein.com/blood-circulation-drinks/>*

At Central Florida Vein and Vascular Center, our team of board-certified, fellowship-trained vascular surgeons is equipped with the experience and resources necessary to deliver high-level comfort and care. We treat patients of all ages, offering a wide range of minimally invasive treatments. We are dedicated to discussing all treatment options with you and ensuring you understand all aspects of your venous care. Whether you are experiencing tender veins or ulcers, we'll diagnose your condition and come up with an advanced, minimally invasive treatment plan based on your specific needs.

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STRESS MANAGEMENT FOR YOUR HEART: WHY IT'S CRITICAL

T.E. Vallabhan, MD, FACC

We all know it's imperative to keep ourselves healthy through exercise, eating right, and warding off viruses and infections. However, one of the most overlooked stressors on our hearts is—*anxiety*.

According to the American Heart Association, "More research is needed to determine how stress contributes to heart disease — the leading killer of Americans. But stress may affect behaviors and factors that increase heart disease risk: high blood pressure and cholesterol levels, smoking, physical inactivity, and overeating. Some people may choose to drink too much alcohol or smoke cigarettes to "manage" their chronic stress; however, these habits can increase blood pressure and may damage artery walls.

And your body's response to stress may be a headache, back strain, or stomach pains. Stress can also zap your energy, wreak havoc on your sleep and make you feel cranky, forgetful and out of control. A stressful situation sets off a chain of events. Your body releases adrenaline, a hormone that temporarily causes your breathing and heart rate to speed up and your blood pressure to rise. These reactions prepare you to deal with the situation — the "fight or flight" response.

When stress is constant, your body remains in high gear off and on for days or weeks at a time. Although the link between stress and heart disease isn't clear, chronic stress may cause some people to drink too much alcohol which can increase your blood pressure and may damage the artery walls."

If you find that you are feeling more stressed than normal it's important to take time for yourself, relax and do something that brings you joy, even if that's simply taking a nap!

Dr. Vallabhan's Tips to Relieve Stress

Tip #1

Take Time for Yourself—Read a book, take a warm Epsom salt bath, get a massage, take a relaxing drive, take a nap, meditate, pray, or simply watch your favorite program on TV (not an action packed thriller) can be very relaxing and relieve some stress.



Tip #2

Exercise—Increasing cardiovascular exercise is critical for oxygen intake, circulation, and increasing both brain and heart health. It can also be a wonderful outlet to release frustration and lower blood pressure. People that exercise regularly, have significantly lower stress and cortisol levels. It's important to speak to your cardiologist or primary care doctor before embarking on any new exercise program. For those with cardiovascular disease, it's well known that swimming or water aerobics are exceptional options to safely increase cardio without as much vigor as with land exercising. Also, low impact exercise like walking, Yoga or Pilates are also beneficial ways to get your cardio in without overdoing it.

Tip #3

Don't Ignore Your Symptoms—If you have any issues with anxiety, stress, PTSD or changes in your heart rate, blood pressure or are experiencing tightness or palpitations, don't ignore your symptoms. If stress or cardiac issues are left untreated, they can create exacerbated conditions or even death. Talk to your physician right away if you notice any changes in your health.

Dr. V

T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

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Understanding Basal Cell Carcinoma: WHAT YOU NEED TO KNOW

By David Kosiorek, PA-C

Basal 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?

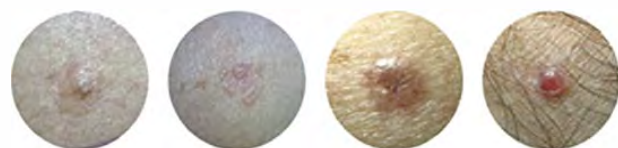
Basal cell carcinoma develops in the basal cells, which are found in the deepest layer of the epidermis. These cancers typically grow slowly and rarely spread to other parts of the body, making them highly treatable when caught early. However, if left untreated, BCCs can become locally invasive, causing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

Recognizing the Signs

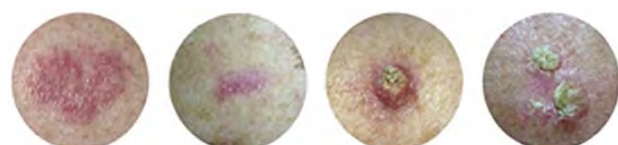
The Lumen Dermatology team emphasizes the importance of knowing what to look for when examining your skin. Basal cell carcinomas can appear in various forms:

- **Nodular BCC** presents as a pearly, domeshaped 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 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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YOU MAKE ME WEAK IN THE KNEES

By Dr. Chad Rose, DC

This Valentine's Day, let's talk about a different kind of weakness in the knees – the kind that's less about romance and more about your joint health. While poets and songwriters have long used "weak knees" as a metaphor for love, at Rose Wellness Clinic, we believe your knees should only go weak for your valentine, not from chronic pain!

Love Your Knees, Love Your Life

Remember when you could dance all night without a second thought? When kneeling to propose (or garden, let's be practical!) didn't require a strategic plan? Your knees have been there for all of life's big moments, and they deserve some tender loving care in return. Just like any good relationship, the one with your joints requires attention, care, and sometimes a little professional intervention.

Don't Let Knee Pain Break Your Heart

Are stairs becoming your nemesis? Has that morning jog turned into more of a morning "maybe not"? Many people brush off knee pain as a natural part of aging or something they'll "deal with later." But here's the truth: addressing knee pain early isn't just about relief – it's about preventing a cascade of complications that could affect your mobility, independence, and overall quality of life.

Warning Signs Your Knees Are Sending Love Letters

Just as love gives us signals, your knees have ways of telling you they need attention. Watch out for these signs:

- Persistent aching or stiffness, especially in the morning
- Swelling or tenderness around the joint
- Clicking or popping sounds during movement
- Difficulty with stairs or standing from a seated position
- Pain that increases with activity

Fall in Love with Our Comprehensive Care Approach

At Rose Wellness Clinic, we believe in matchmaking you with the perfect treatment plan. Our holistic approach to knee health includes a suite of innovative and proven therapies that work together to get you back to your active lifestyle:

Chiropractic Care: Like a skilled matchmaker, our chiropractors work to restore proper alignment and balance throughout your body, addressing the root

causes of knee pain rather than just the symptoms. Through gentle adjustments and personalized care plans, we help restore optimal joint function and mobility.

Red Light Therapy: This cutting-edge treatment helps stimulate healing and reduce inflammation – think of it as a romantic candlelit dinner for your cells, encouraging them to rejuvenate and repair. This non-invasive therapy can significantly reduce pain and accelerate healing.

Physical Therapy: Our expert physical therapists are like relationship counselors for your joints, teaching you the right moves to strengthen, stabilize, and support your knees for the long haul. They'll work with you to develop a customized exercise program that builds strength and flexibility while preventing future injuries.

PRP (Platelet-Rich Plasma): Sometimes, love comes from within. PRP therapy uses your body's own healing factors to regenerate and repair damaged tissue, offering a natural solution for chronic knee issues. This innovative treatment harnesses your body's natural healing abilities to promote long-lasting relief.

A Valentine to Your Future Self

Investing in your knee health today is like writing a love letter to your future self. Whether you're dealing with the early twinges of discomfort or managing chronic pain, Rose Wellness Clinic offers the expertise and compassionate care you need to keep moving, dancing, and yes, even going weak in the knees for all the right reasons.

This Valentine's Day, give yourself the gift of movement. Schedule a consultation with Rose Wellness Clinic and let us help you fall in love with an active, pain-free lifestyle again. Because the only time your knees should go weak is when Cupid's arrow strikes – not when you're climbing stairs!

Don't let knee pain be the heartbreaker in your life. Contact Rose Wellness Clinic today, and let's write a love story about your journey back to optimal joint health. After all, the best romance is the one you have with a healthy, active lifestyle!

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Dr. Chad Rose, DC is the lead chiropractor at Rose Wellness Clinic who serves The Villages and the surrounding communities in FL.

Dr. Chad Rose, DC uses chiropractic care to improve the health and wellness in all areas of patient's lives, whether they are having problems with back pain or neck pain, or just want to start feeling better when they wake up in the morning. Dr. Rose takes a "whole person" approach in chiropractic care, which means looking for the underlying causes of disease, discomfort, and pain, as opposed to just treating the symptoms. Many seemingly unrelated symptoms often arise from imbalances in the spinal column, and Dr. Rose will be able to determine the root of the pain and create a personalized chiropractic and wellness plan to suit each patient's individual needs. Under the supervision and care of our caring and skilled chiropractor, patients report higher functioning in all areas of their lives.

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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.

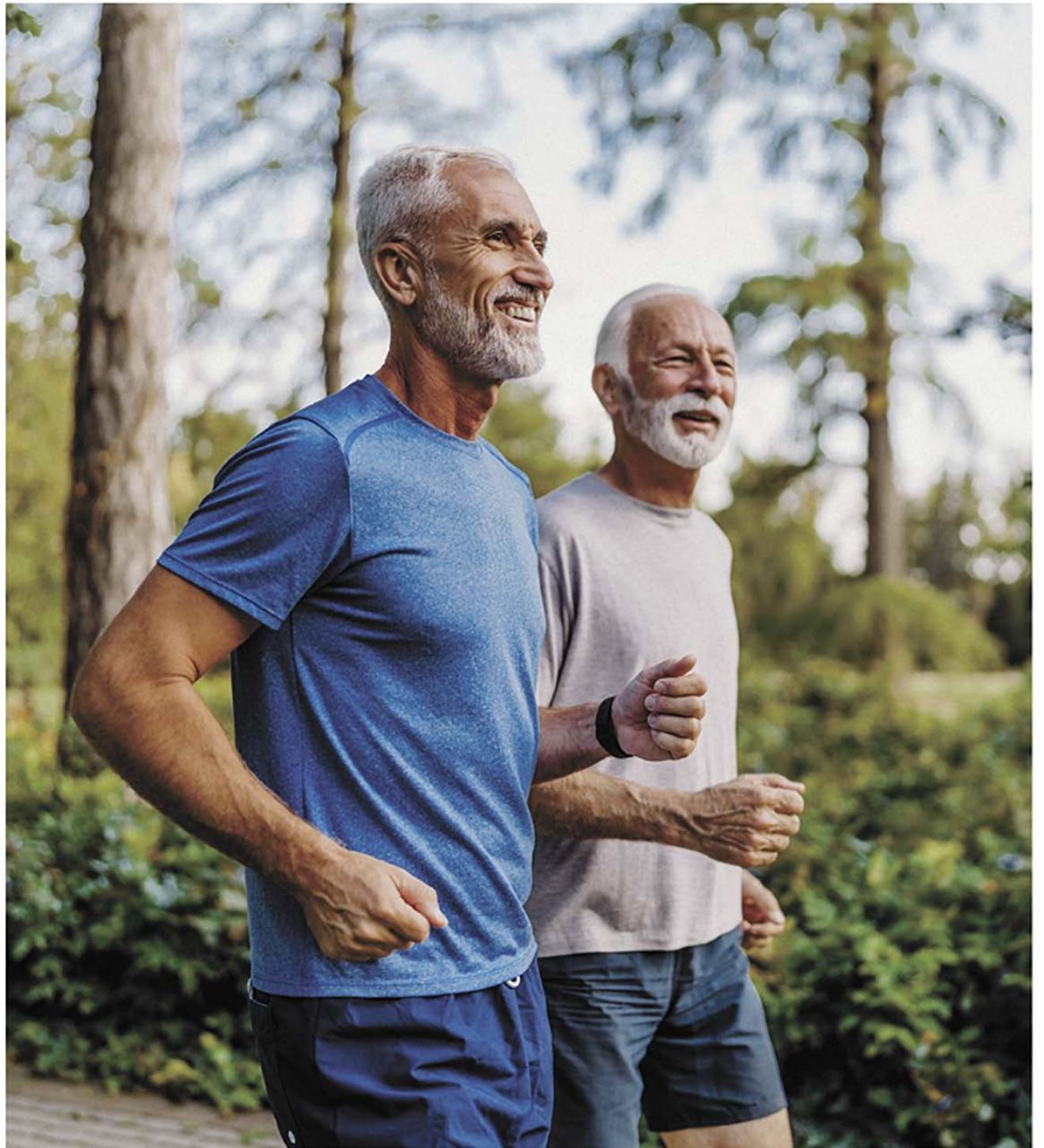
2. Exercise promotes the growth of new brain cells and connections

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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COSMETIC DENTISTRY IS MORE THAN A PRETTY SMILE

By Richard W. Rozensky, DDS, D.ABDSM

Cosmetic dentistry, also known as esthetic dentistry, is the method of dentistry that improves a patient's smile and self-image. Having a beautiful smile and strong teeth are essential for aesthetics and overall health. An attractive smile, or lack thereof, affects your oral health. Self-confidence and how the world perceives you on the outside are important to our mental health. This is because a person's smile is usually the first feature anyone notices.

Esthetic procedures include dental veneers and teeth whitening. Dental crowns, dental bonding, dental implants, inlays and onlays, and dentures are all restorative dental treatments. Dental veneers are the most requested treatment because they can correct tooth discoloration, teeth crowding, and teeth gaps.

DENTAL VENEERS

Dental veneers are a popular method of correcting tooth imperfections such as misalignment, gaps, stains, and minor chipping. Made of a strong porcelain material designed for long-term wear, they can also reshape teeth and create beautifully symmetrical smiles that look and feel natural. Properly cared for, porcelain veneers can last for decades.

TEETH WHITENING

Professional teeth whitening is a safe, effective, non-invasive, and long-lasting cosmetic option. With laser teeth whitening, you can see results in one treatment here in our Laurel Manor Dental and SleepCare office. Another option is to whiten your teeth at home. Your custom home whitening kit includes specialized trays that will be customized to fit over your teeth. We provide professional-grade whitening gel to insert into your tray before wearing it. Your dentist will tell you how long to wear the tray each day, and you will have a bright white smile within two to four weeks.

DENTAL CROWNS

Dental crowns are caps placed on top of damaged teeth. Crowns are used to protect, cover, and restore the shape of your teeth when fillings don't solve the problem. Dental crowns can be made from metals, porcelain, resin, and ceramics. They typically don't require special care over time other than regular good oral hygiene. As we age, our teeth can get damaged. This can happen for a variety of reasons, like tooth decay, injuries, or just regular use. Your teeth can lose their shape or size. Think of the cap as a snug hat for your tooth. The crown restores the tooth's shape, size, strength, and appearance. The dental crown is cemented into place on your tooth, and it covers the visible portion of the tooth.

DENTAL BONDING

Dental bonding, sometimes called composite bonding or teeth bonding, is a procedure where your dentist applies tooth-colored resin material to the affected teeth to change their shape, size, or color. Dental bonding is less

painful than other treatments because your dentist won't be working anywhere close to the pain-sensing nerve inside your tooth. In most cases, anesthesia isn't even necessary during dental bonding. Dental bonding is the most cost-effective and fastest fix of cosmetic imperfections. However, dental bonding isn't as stain resistant as porcelain crowns or veneers and can chip and crack over time with normal wear and tear.

DENTAL IMPLANTS

Dental implants are artificial tooth roots that provide a permanent base for fixed, replacement teeth. Implants are a long-term solution for people who suffer from missing teeth, failing teeth, or chronic dental problems. Implants can be one tooth or a group of teeth depending on need. Because they fit, function, and feel like natural teeth, dental implants are the gold standard in tooth replacement. Doctors use a titanium anchor screw that over time, fuses to the living bone cells of the jaw. This union forms a strong and durable anchor for your new teeth, meaning there's no slippage movement. This makes implants more secure than dentures. Eating with dental implants is also more secure and sanitary than dentures because they are not removable.

INLAYS AND ONLAYS

Inlays and onlays are indirect dental restorations. They are made outside of your mouth in a laboratory. An inlay or onlay is typically used when a cavity is too large for a simple filling. Inlays and onlays can be made of gold, composite, or ceramic materials. Inlays and onlays are more resistant to fractures and damage than traditional cavity fillings, stain-resistant and durable.

DENTURES

Dentures are an affordable tooth replacement option for those who are not a good candidate for implants. Dentures provide facial support, improved nutrition, and improved confidence. Dentures can be a full set or a partial that replaces a group of teeth generally from an injury. Some dentures are designed to improve a person's bite, eliminating headaches, jaw pain, and other TMJ symptoms. The bases of most removable dentures today are made of polymethylmethacrylate (PMMA) and the teeth themselves can be made of PMMA or ceramic material like that used for porcelain veneers.

WHY CHOOSE LAUREL MANOR DENTAL AND SLEEP CARE?

In addition to our experienced and caring team, we feel that our advanced technology makes Laurel Manor Dental and SleepCare the top choice for your dental needs. We carefully choose the latest dental tech and tools to increase patient comfort and expand our ability to provide advanced dentistry to our patients.

In our practice, we utilize the following technology:

- **iTero Scanner** — The iTero Scanner is a small handheld device that allows us to capture a full 3D image of your teeth and gums. The sharp images mean we can get a better picture of any issues and track any changes in your oral health with a detailed view.
- **Digital Impressions** — No more gooey impressions! Digital impressions also provide more detailed information and a speedier turnaround time in the creation of restorations.
- **Digital X-rays** — Digital radiographs reduce the patient's exposure to radiation while giving the dental team sharper, clearer images that are produced almost instantaneously.
- **Cone Beam 3D Imaging** — Using cone beam technology, we can map underlying bone structure, nerve pathways, and soft tissue for more detailed treatment planning.
- **Intraoral Camera** — The intraoral camera puts you in the driver's seat. You can see exactly what the doctor sees, allowing the doctor to explain your treatment plan tooth by tooth.

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!

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We continually research and implement new innovations that have the ability to restore youthfulness and vitality for our patients. We all want to live our lives unrestricted from pain, low energy levels, mental fog, and stress. At Infinity Medical Institute we deliver treatments and therapies that restore "Quality of Life" for our patients. We take a one-on-one approach with every individual and customize a plan to achieve their goals.

Hormone therapy can be an extremely safe and effective way to regain youthfulness and vitality. Infinity Medical Institute uses bio-identical hormones which means they are an exact match to the hormones your body used to produce at a once optimal level. As we age these hormones begin to deplete, slowing down cellular activity, thus beginning the aging process.

Our goal at Infinity Medical Institute is to restore those levels back to when they were optimal. When optimal levels are achieved you will experience more energy, better sleep, increased libido, better recovery, improved sexual performance, weight control, increased mental acuity, and much more.

We have often said we can't turn back the hands of time but we can confidently say we can rewind the clock!

Valentine's day is coming and we would be remiss if we didn't mention how we can restore romance back into your relationships. In addition, to the powerful impact of hormone therapy on sexual function we also offer options for restoring performance or enhancing desire.

Pulse wave therapy is an absolute game changer in bringing men back to the virility they had when they were much younger. Pulse Wave Therapy is a safe non-invasive therapy utilizing acoustic shock waves that break up plaque, increase blood flow, regenerate vascular dilation and increase sensitivity. The



increased blood flow promotes more rigid and maintained erections. Pulse Wave Therapy also corrects Peyronies Disease (curvature of the penis) which can cause pain and discomfort for both partners during intimacy.

If your love life needs a little-pick-me up or a complete overhaul we also have many options available that enhance libido and sexual responsiveness such as PRP and Stem Cell Sexual Regeneration Therapy for men and women, peptides PT-141 and Oxytocin that enhance intimacy and desire.

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The Power of Emsella:

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Emsella is a non-invasive treatment option for urinary incontinence, offering a groundbreaking solution for individuals seeking relief without surgery or medication. Using high-intensity focused



electromagnetic (HIFEM) technology, Emsella stimulates deep pelvic floor muscles, helping to strengthen and restore muscle tone. This treatment is ideal for patients suffering from stress incontinence, urge



incontinence, or mixed incontinence, and can be particularly beneficial for women post-childbirth or during menopause.

Clinical studies have demonstrated that Emsella can significantly reduce symptoms of urinary incontinence, improving quality of life for patients who

have struggled with this common condition. Many patients experience noticeable results after just a few sessions, with a significant reduction in accidents, urgency, and the need to frequently visit the bathroom. For those looking for a non-surgical solution to regain control over their bladder, Emsella offers a promising alternative to traditional treatments.

Emsella is quick, non-invasive, and painless. It is a revolutionary treatment for both men and women experiencing incontinence and/or wanting to improve sexual wellness.



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BREAKTHROUGH IN NEUROPATHY TREATMENT:

HOW SUMMUS LASER THERAPY OFFERS HOPE FOR NERVE PAIN SUFFERERS

Neuropathy 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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REVITALIZE YOUR MENTAL HEALTH WITH THE THETA CHAMBER AT KEEP YOUNG WELLNESS CENTER

By Allen T. Stanley, Practitioner

At the forefront of innovative wellness technology, Keep Young Wellness Center proudly introduces the Theta Chamber, a groundbreaking therapeutic system that combines multiple healing modalities to promote deep relaxation, mental clarity, and overall well-being. This state-of-the-art chamber represents a significant advancement in non-invasive neural enhancement therapy, offering clients a unique path to optimal health.

What is the Theta Chamber?

The Theta Chamber is a revolutionary multi-sensory simulator that harnesses the principles of brainwave entrainment—a therapeutic approach that stimulates the brain using rhythmic frequencies to facilitate changes in neural activity. This process promotes the formation of new neural connections, balancing brain function and neurochemistry.

For those dealing with cognitive function challenges, stress, pain, headaches, migraines, PMS, and behavioral issues, the Theta Chamber offers a new avenue for mental health support. While many therapies are designed to target individual symptoms, the Theta Chamber goes a step further by focusing on holistic, brain-based health improvement. Through the use of precisely calibrated electrical frequencies, the Theta Chamber reinforces neural connections, supports regular brain function, and promotes a positive emotional state.

A Scientific Approach to Brain Health

Inspired by research on electrophysiological oscillations, the Theta Chamber has been carefully engineered to optimize brainwave entrainment. Brainwave entrainment uses rhythmic stimuli—such as sound, light, and electrical pulses—to guide the brain into a desired frequency. This frequency is commonly associated with calmness, relaxation, and focus, aligning with the brain's natural oscillations to create harmony and mental clarity.

How the Theta Chamber Works

Each 30-minute session in the Theta Chamber includes a blend of therapies scientifically designed to help “reset” the brain. These include:

- **Vestibular Motion:** Gentle rocking or rotation that synchronizes with the brain's natural motion-processing systems, promoting equilibrium and calming sensations.



- **Cranial Electrotherapy Stimulation (CES):** CES is a US FDA-approved noninvasive, electro-medical treatment that has been shown to decrease anxiety, insomnia, and depression significantly. CES is the main modality utilized in the recovery of drug addiction. Studies have shown that deep relaxation and calm alertness produced by CES increases suggestibility and hypnosis along with an induced state of openness and adds heightened awareness; allowing new ideas, memories, and subconscious material to come to the surface.
- **Left/Right Hemispheric Synchronization using Light Therapy:** Alternating light stimulation aimed at aligning both brain hemispheres, fostering balanced thought patterns and emotional stability.
- **Traveling Pulsed Electromagnetic Frequencies (PEMF):** Low-frequency electromagnetic pulses work to improve cellular function and communication within the brain, supporting neural growth and recovery.
- **Inner Voice and Frequency Modulation:** This unique approach uses a combination of Theta, Alpha, and Delta brainwave frequencies, along with over 2,000 body-specific frequencies, customized to each client's current mental state.

Together, these modalities create an experience that is scientifically informed, safe, and tailored to individual needs. They help facilitate neurogenesis—the formation of new neurons and neural connections—enabling more rapid mental health recovery and emotional well-being.

The Theta Chamber's Impact on Mental Health and PTSD

The Theta Chamber provides unique support for people managing mental health conditions such as PTSD, a condition that can be especially challenging during the holiday season when stress levels peak. PTSD affects millions, often impairing a person's ability to manage stress, control emotions, and process memories. Many people with PTSD experience recurring flashbacks, heightened anxiety, and mood disturbances. By helping to “reset” brainwave patterns and restore balanced brain activity, the Theta Chamber offers a new resource for PTSD relief.

Research has shown that brainwave entrainment therapies can produce measurable improvements in mood and behavior for those struggling with PTSD, anxiety, and depression. Through regular Theta Chamber sessions, clients report a reduction in intrusive thoughts, a decrease in anxiety symptoms, and a more positive overall outlook. The controlled sensory environment within the chamber is especially helpful in providing a calm, supportive space for people looking to improve their mental health. And because the treatment is non-invasive and drug-free, it's accessible to a wider range of clients who may be looking to avoid medication or who need complementary support.

Prioritize your mental health and consider how the Theta Chamber's powerful, multi-sensory experience could help you with renewed calm and resilience. Every session is designed with care, ensuring that each person receives a customized experience tailored to their specific neurological needs. Take the first step toward lasting mental wellness—contact Keep Young Wellness Center to schedule your Theta Chamber session today. Experience firsthand the benefits of this revolutionary therapy and a healthier, more balanced mind.

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PEPTIDES: YOUR WELLNESS SUPERPOWER

If you're gearing up for New Year's weight loss, better energy, faster recovery, and a libido that actually shows up when invited, peptides deserve your attention. At Recharge Clinic, peptides aren't trendy supplements—they're targeted medical tools designed to work with your biology, not against it.

Peptides are short chains of amino acids that act as signaling molecules in the body. Many peptides stimulate the pituitary gland to release growth hormone (GH) already produced by your body. Research shows that growth hormone plays a critical role in fat metabolism, muscle development, tissue repair, sleep regulation, cognitive function, and cellular aging. As early as age 30, GH production begins to decline, contributing to increased fat mass, reduced muscle tone, slower recovery, and decreased energy.

Peptide therapy helps address this decline by restoring biological signaling—not forcing artificial stimulation.

Peptides for Weight Loss, Metabolism, and Energy
Recharge Clinic offers several peptide options that support fat loss and metabolic health.

GLP-1 and GLP Blend peptides help regulate appetite, stabilize blood sugar, slow gastric emptying, and improve insulin sensitivity. Clinical studies show GLP-1–based therapies significantly support weight loss and long-term metabolic health when combined with lifestyle interventions.

Tesamorelin and Sermorelin are growth hormone–releasing peptides that stimulate natural GH production. Tesamorelin has demonstrated effectiveness in reducing visceral abdominal fat and improving body composition, while Sermorelin is commonly used for steady improvements in energy, sleep quality, recovery, and lean muscle support.

MOTS-C, a mitochondrial peptide, works at the cellular level to improve energy production, glucose regulation, insulin sensitivity, endurance, and fat metabolism. MOTS-C is increasingly used for weight management, exercise performance, and healthy aging.

HCG (human chorionic gonadotropin) supports hormonal balance, metabolic function, and fertility preservation, particularly in patients receiving testosterone therapy.

Recovery, Muscle Repair, and Performance Peptides
For patients focused on injury recovery, physical performance, or joint and tissue health, Recharge Clinic utilizes targeted peptides:

TB-500 supports soft-tissue healing, muscle repair, flexibility, and inflammation control. It is commonly used by active individuals seeking faster recovery from musculoskeletal strain or injury.



Wolverine Blend, a Recharge Clinic specialty combination, is designed to support recovery speed, strength, stamina, and inflammation reduction for patients who demand higher physical output.

Skin, Hair, and Anti-Aging Support

Peptides also play a role in visible aging and tissue regeneration.

GHK-Cu, a copper peptide, is one of the most extensively studied cosmetic peptides. Research supports its role in collagen production, skin elasticity, wound healing, and hair growth.

Glow Peptide, a proprietary blend, supports skin hydration, tone, collagen synthesis, and reduction of fine lines by working internally at the cellular level.

Hormones, Mood, and Cognitive Support

Recharge Clinic incorporates peptides that influence neuroendocrine and brain function.

Gonadorelin helps regulate hormone signaling, supports testosterone production, fertility, libido, and endocrine balance—particularly during or after testosterone therapy.

Semax is a neuroactive peptide studied for its effects on cognitive performance, focus, memory, and neuroprotection through modulation of brain-derived neurotrophic factor (BDNF).

Selank has demonstrated anxiolytic properties in research settings, supporting stress regulation, emotional balance, and immune modulation without sedation or dependency.

Sexual Health and Specialized Support

Recharge Clinic also offers advanced blends for sexual performance and vascular support.

Trimix and Quadmix are injectable combinations used to improve erectile function, blood flow, performance reliability, and confidence.

Melanotan enhances melanin production, supporting natural tanning and reduced sun sensitivity.

While not a peptide, **Sumatriptan** is included in comprehensive care plans for migraine management, helping reduce migraine severity and improve daily function.

Peptides vs. HGH Therapy

Peptides stimulate the body's own growth hormone production and extend its natural release throughout the day. Results typically begin within three weeks, with full benefits often observed around six weeks.

For patients with significantly reduced GH production, **HGH therapy** may be appropriate. HGH bypasses stimulation and replaces growth hormone directly, producing faster results under medical supervision.

The Bottom Line

Peptides work best when personalized. At Recharge Clinic, therapy is guided by lab testing, medical evaluation, and clearly defined health goals. Whether the focus is weight loss, recovery, hormone optimization, cognitive performance, or aging well, peptide therapy offers targeted support rooted in physiology—not guesswork.

If you're ready to stop fighting your body and start working with it, schedule a consultation with a Recharge Clinic medical provider to determine whether peptide therapy is appropriate for you.

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Vestibular Balance Issues Should Not be Ignored:

A Physical Therapy Method has Helped Countless Individuals Find Restoration

At 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.



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CAUDAL STEROID INJECTIONS:

An Effective Treatment Option for Lower Back and Tailbone Pain

By Brent Compton, MD

Caudal steroid injections have emerged as a valuable treatment option for patients suffering from chronic lower back pain, sciatica, and tailbone discomfort. This minimally invasive procedure delivers powerful anti-inflammatory medication directly to the affected area, providing meaningful relief for many individuals who have not found success with conservative treatments.

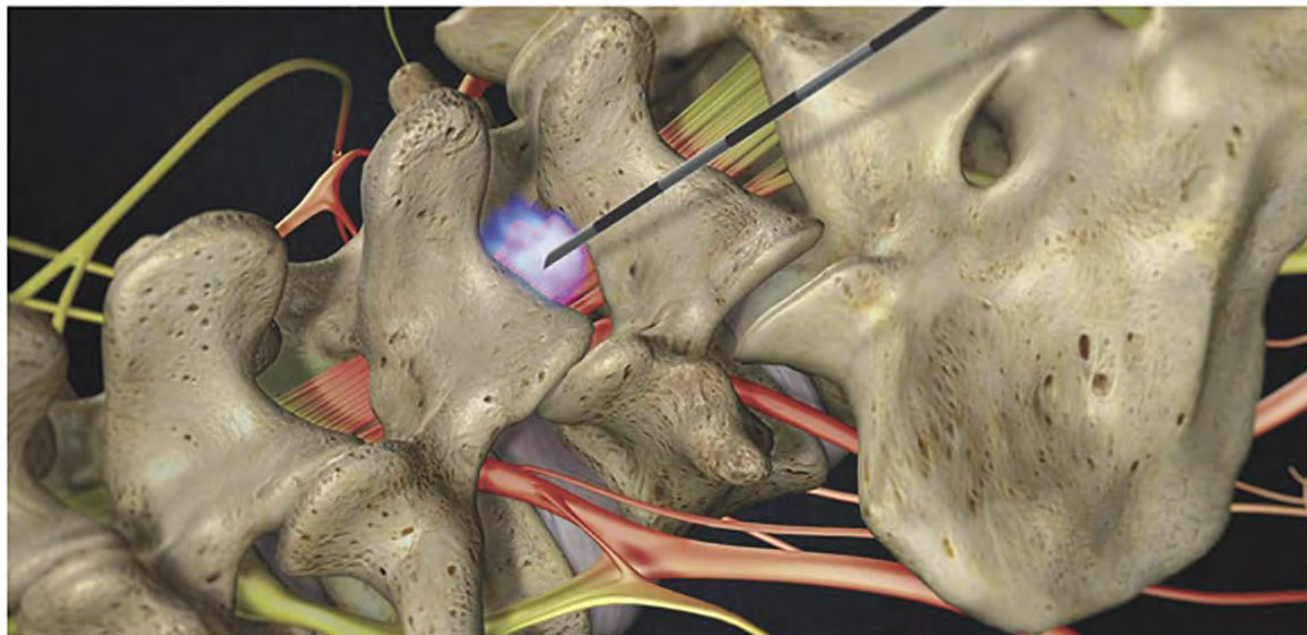
The caudal approach involves injecting a combination of local anesthetic and corticosteroids into the epidural space through the sacral hiatus, a natural opening at the base of the spine. This technique is particularly effective because it allows medication to spread throughout the lower epidural space, addressing inflammation and pain signals in multiple nerve roots simultaneously.

Patients considering this treatment often have conditions such as herniated discs, spinal stenosis, or failed back surgery syndrome. The procedure is especially beneficial for those experiencing radicular pain – pain that radiates from the spine into the legs – as the medication can effectively target inflamed nerve roots that cause these symptoms.

The procedure itself is typically performed in an outpatient setting and usually takes less than 30 minutes. Before the injection, patients receive local anesthesia to minimize discomfort. Using fluoroscopic (X-ray) guidance, the physician carefully positions the needle to ensure accurate placement. This imaging guidance is crucial for both safety and effectiveness, allowing the doctor to verify the correct distribution of medication.

Most patients report feeling pressure during the injection but minimal pain. The local anesthetic provides immediate pain relief, while the steroid medication typically begins working within 2-3 days, gradually reducing inflammation and pain over the following week. The duration of pain relief varies among individuals, with some experiencing benefits for several months or longer.

While caudal steroid injections are generally safe, patients should be aware of potential risks and side effects. These may include temporary numbness or



weakness in the legs, mild soreness at the injection site, and rarely, infection or bleeding. Some patients might experience a temporary increase in pain before the anti-inflammatory effects take hold.

The success rate of caudal injections varies depending on the underlying condition and individual factors. Research suggests that approximately 60-75% of patients experience significant pain reduction following the procedure. This treatment can be particularly effective when combined with physical therapy and appropriate exercise programs, as the pain relief window provides an opportunity to strengthen supporting muscles and improve flexibility.

For optimal results, healthcare providers typically recommend limiting strenuous activities for a few days following the injection. Patients can usually return to normal activities the day after the procedure, though they should follow their physician's specific instructions for recovery.

While not a permanent cure for chronic pain conditions, caudal steroid injections can provide substantial relief and improve quality of life for many patients. They may be repeated if necessary, though most physicians limit the number of injections to three or four per year to minimize potential side effects from repeated steroid exposure.

Before considering this treatment, patients should undergo a thorough evaluation to determine if they are suitable candidates. Certain conditions, such as active infections, bleeding disorders, or allergies to

the medications used, may preclude someone from receiving these injections. A detailed discussion with a healthcare provider can help determine if caudal steroid injections are an appropriate treatment option for an individual's specific condition.

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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What's Your Diet?

By Pastor Roger P. Felipe

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

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

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

In his book, *"The Unknown God: Searching for spiritual fulfilment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

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

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

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

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