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May 2020

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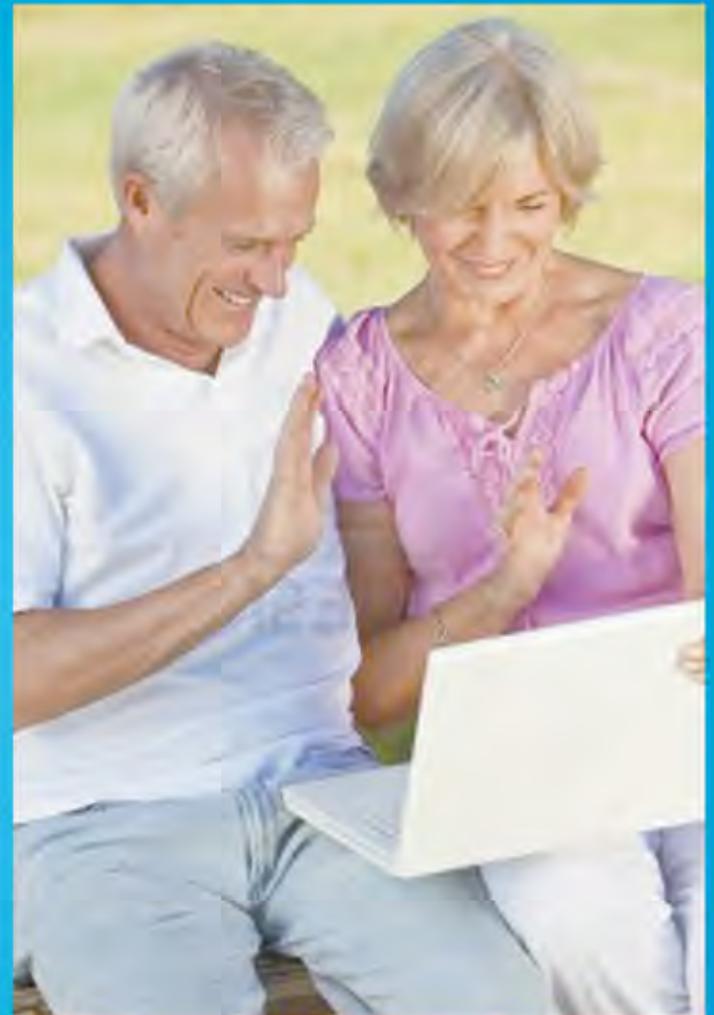
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contents

MAY 2020

6 Freedom Village of Bradenton: Mary Jane's Story

7 Clinical Trials

8 Early Detection Saves Lives

9 Contour Light Therapy for Fat Loss and Body Contouring

10 Varicose Veins and Spider Veins, More than a Cosmetic Problem

11 Countless Patients Are Overcoming Depression, Anxiety and PTSD

12 COVID-19: Alternative Treatments and Antiviral Management

14 Passport Health Sarasota Offers In-Depth Respiratory Screening Panels & Pneumonia Vaccinations Panels Include COVID-19

15 3 Myths About Melatonin, Debunked

16 Staying Healthy With Immune Boosting Remedies & Lifestyle Changes

17 Arthritis: Discovering Natural Solutions

18 Arthritis and the Aging Population

19 GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED

20 Effective & Proven Chronic Pain Relief with VAX-D*

21 Smoking and Coronavirus Susceptibility

22 Need an Alternative to the Emergency Department?

23 Spiritual Wellness: Slowing the Pace of Your Life

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Freedom Village of Bradenton: Mary Jane's Story

Before moving into Freedom Village Bradenton, about four years ago, Mary Jane Handlin was having lunch with a few residents, Elmer and Donna Claussen. They were enjoying friendly conversation over a delicious lunch in one of Freedom Villages restaurants. They had some common interests, which consisted of swimming. Elmer brought up that he loves to play pool volleyball and how it is an excellent way to meet new friends while getting in quality exercise. Elmer was passionate about pool volleyball and wanted to bring it to Freedom Village. He and a few other residents brought it up to Katie Penta in activities. Activities got the supplies for them, and the residents took off with the idea.

In the meantime, Mary Jane had decided to become a resident of Freedom Village, and she also decided pool volleyball was something she was interested in, too, so she decided to join them. They typically play three times a week and have reached a record of 147 volleys. Recently, they even got to 106 volleys, and regularly, eight people attend daily matches. In addition to being a great workout, it's a great way to socialize and meet new people.

Mary Jane says it's exceptional from a physical and social aspect. You get to mingle with fascinating people from all different backgrounds and levels of fitness, and she feels that it is especially useful when you are new to the community. Although, sometimes people don't want to wake up that early to play at 8:30 am. However, Mary Jane does attend every day they play and works her schedule around it because of how much fun she has, and because of the energy and joy that it brings her and her friends.

Pool volleyball helps work all parts of the body without causing stress on the joints. In order for Mary Jane to get her heart pumping, she does about a quarter to a third of a mile lap of swimming before pool volleyball even starts! They use their hands and arms to hit the ball and their legs to jump in the water. "Sometimes, we even use our heads to hit the ball, not on purpose, of course." Mary Jane mentions while laughing.

Mary Jane has been an asset to this team as well as an asset to our community. She goes above and beyond in everything she does and is one of the most reliable people this community has. She has participated in pool volleyball for four years and plans to continue playing for as long as possible.



Freedom Village is a place that offers stages of living, meaning that they have independent living for those who are active but want socialization and activities with like-minded seniors, without the responsibilities of maintaining a home. They also have assisted living and memory care for those individuals that might require additional medical treatment and specialized care. Freedom Village is committed to enriching the lives of each resident by providing personalized care, welcoming living spaces, remarkable amenities, and customized services within the phases of living arrangements that many senior communities fail to offer. Freedom Village is a CCRC, Continuing Care Retirement Community.

Independent Living at Freedom Village of Bradenton
At Freedom Village, their independent living is for seniors who are able to live on their own and desire the conveniences of life that provide top-of-the-line amenities and services, such as social activities, chef-inspired dining, transportation, and security within a community that feels like family. Independent Living is where many individuals and couples begin their journey, and if they ever need to transition into the higher level care, it is conveniently located within the same comfortable and family-oriented community.

Freedom Village's senior living commitment and expertise are to help residents thrive in a vibrant environment through socialization, personalized care, comfortable and inviting living spaces, numerous amenities, and incomparable services for the aging population.

You'll experience maintenance-free living as part of a lovely, secure community. Stay close to friends and enjoy a host of social, recreational, spiritual, and educational activities. The staff will ensure the movers place everything in the correct area and leave everything else in your capable hands.

You'll feel right at home as the community and staff strive to give you a warm welcome, including making personal introductions, encouraging visits from other residents, inviting you to social events, and more. Your family and friends are always welcome and will quickly become a part of the community as well.

As a CCRC, Freedom Village of Bradenton offers multiple phases of living for your specific needs, which include Independent Living, Assisted Living, Memory Care and Skilled Nursing.

At Freedom Village of Bradenton, they are committed to doing everything they can to make their senior living community the best it can be. That is why they are excited to announce that Freedom Village's management team will now be working with Life Care Services®, an LCS® Company*, the nationwide leader in senior living that provides management support to over 140 communities across the country. It is the same strong Freedom Village team with even better resources for a vibrant, active community! Freedom Village of Bradenton has been part of the Bradenton, Florida, community for over 30 years.

Your Life, Your Way, Every Day—Contact Freedom Village of Bradenton Today to Find Out More at 941-798-8122 or visit fvbradenton.com.



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**Life Care Services received the highest score in the J.D. Power 2019 Senior Living Satisfaction Study of resident/family member/friend's satisfaction with senior living communities. Visit jdpower.com/awards*

CLINICAL TRIALS

No other field of medicine is changing as rapidly as oncology. Over the past decade, literally dozens of new medicines and new approaches for treating cancer have been developed, and this has resulted in many more people surviving cancer than ever before. According to the National Cancer Institute, in 2020, there are over 15 million cancer survivors in the United States, and approximately two million of them have survived for 20 years or longer. Some of the reasons cancer survival rates have dramatically increased can be linked directly to such things as improvements in early detection methods, more advanced therapies, and genetic research and clinical trials, which are responsible for developing more effective drugs.

The future cures for various types of cancer will all come from clinical research, yet not many adult cancer patients participate in clinical trials. Why? In some instances, it is because clinical trials are misunderstood and patients may fear being “a guinea pig.” In clinical trials for a life-threatening disease like cancer, no one who participates in a clinical trial is ever treated like a guinea pig. In fact, such great precautions are taken on behalf of patients who participate in clinical trials that, many times, their cancer treatment goes beyond standard care protocols.

Debunking the Myths

Aside from the misunderstanding about being a guinea pig, patients who are considering participating in a clinical trial for cancer are often concerned that they might be given a placebo or a drug that will prove to be ineffective. The truth is that in some types of clinical trials (specifically those that are investigating something simple such as a new cold medication) some participants are given only a placebo. However, in clinical trials for cancer, a participant is never given anything less than the current standard of care.

All participants in oncologic clinical trials will be given the best standard treatment available for their particular type of cancer ... then in addition to that standard treatment, they may be given the new drug that is being tested or a placebo. No participant is ever given a placebo alone.



Increased Participation in Clinical Trials Means Faster Approval for New Treatments

According to the American Cancer Society, there are many hundreds of promising new cancer drugs and therapies currently undergoing research. The average time for a new drug to be approved is seven years, and many times clinical trials cannot be conducted because of a lack of patient participation. If more cancer patients participated in clinical trials, there would be more new drugs available sooner in the future. Don't miss the opportunity to be a part of finding the cures for cancer.

Florida Cancer Specialists (FCS) is a recipient of the national ASCO Clinical Trial Participation Award and a strategic partner of the Sarah Cannon Research Institute, one of the largest clinical trial organizations in the U.S. As such, FCS offers access to more national clinical trials than any other private oncology practice in Florida ... and, if you qualify to participate in a clinical trial, you can do so in the comfort and convenience of your local FCS cancer center.

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Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, throughout Florida. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.



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For more information, visit FLCancer.com

EARLY DETECTION SAVES LIVES:

WHAT YOU SHOULD KNOW ABOUT THE LATEST LIFE-SAVING TECHNOLOGY

The best way to conquer, fight and overcome any disease state is to have early diagnostic testing at the onset of symptoms, or as a preventative measure. Individuals with high-risk factors for coronary artery disease, or certain cancers are highly encouraged to have annual screenings for their specific disease states potentials.

RAVE RADIOLOGY

At RAVE Radiology, they put your health at the forefront of their mission, by investing in the latest most up to date technology available. RAVE, Radiology Associates of Venice & Englewood understand the importance of providing the best methods and the most advanced diagnostic tools for their patients.

RAVE is a radiology practice, which has been active for over 30 years. They currently consist of 10 board-certified radiologists, many of which have postgraduate fellowships with subspecialty training, all of whom have years of full-time experience. There are over 90 healthcare professions working with RAVE to provide the best possible radiologic services in Sarasota County. In addition to their personnel, they have some of the best radiologic imaging devices available. Superior visualization makes your diagnoses accurate and timely, preventing potentially dangerous delays in initiation of your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.

CRITICAL CARDIAC TESTING

Cardiac Scoring is a Non-Invasive CT Scan of the heart, which calculates the risk of developing Coronary Artery Disease by measuring the amount of calcified plaque in the coronary arteries.

LEADING LUNG DISEASE DIAGNOSTIC TOOLS

CT Lung Screening: If you have been a heavy smoker, then you are at significantly increased risk of developing lung cancer. CT can find small lung nodules that might be cancer before any other test can detect them. If you are between the ages of 55 and 75, then national experts recommend you undergo low dose CT screening for lung cancer. These recommendations come from many groups of medical experts including the National Lung Screening Trial Research Team, the American College of Chest Physicians, and American Society of Clinical Oncology.

RAVE is committed to you and your family's health. If you wish to undergo a lung cancer screening, you should ask your doctor to order it, or you can contact RAVE directly to schedule an appointment.

THE DIFFERENCE BETWEEN MRI AND CT SCANS

MRI uses a strong magnetic field, radio waves and a computer. This enables MRI to make very detailed pictures of bone, organs, soft tissues and any other body structures. Differences between normal and abnormal tissue is often clearer on an MRI image than a CT.

CT uses a very thin unique X-ray beam to produce detailed, cross-sectional views of the area being studied. CT is often the preferred method of diagnosing causes of pain and many different forms of cancer.

KNOW YOUR RISK FACTORS

CARDIAC

- Smoking
- Atherosclerosis
- Family History
- Shortness of Breath
- Lethargy
- Chest pain
- Leg pain

LUNG

- Smoking
- Pollutants
- Asthma
- COPD
- Frequent Coughing
- Shortness of Breath and more...

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- Digital Mammography
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- Ultrasound
- Osteoporosis (Bone Density/DEXA) Evaluation
- Diagnostic Radiology/X-ray
- Non-invasive Vascular Testing



To find out if you're a candidate for CT Lung Cancer Screening, you can use the Lung Cancer Risk Calculator at <http://www.shouldiscreen.com>.

For more information on early diagnostic testing and screenings, please visit their website at www.RaveRad.com



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LED light therapy has been used for many years. It not only regenerates the skin on a surface level, but it actually can penetrate fat cells to make them release fat percentages. Low level red light therapy has evolved into one of the highest in-demand treatments caused by an increased public awareness of many non-surgical, non-invasive options made available by this new and growing technology. The Contour Light can be used on any part of the body; hips, waist, thighs, back, upper arms and neck.¹

LED-Based Technology - Redefined

Contour Light is the latest advancement in light emitting diode (LED) technology and is exceptionally effective on all body areas due to its unique pad design. The large, soft and flexible pads will contour to the shape of the human body, allowing the light source to be as close as possible to the skin; the optimum way to deliver photonic energy. The wavelengths of 635nm and 880nm light are emitted by the pads of the Contour Light system, combining the beneficial aspects of both frequencies to attain optimal results.¹

The Contour Light incorporates a reflective surface which traps and redirects light energy back into the tissue. Because the reflective coating is only



available on the Contour Light, there is no other LED-based system available on the market that delivers and retains more mid-600nm and infrared light energy.¹

The protocol associated with the Contour Light system involves simple to follow directions but does not require a strict diet or strenuous exercise. As with any type of weight modifying program, diet and exercise will have an effect on the results, specifically if a person does not make an attempt to maintain a healthy lifestyle. A small amount of exercise and a recommended level of water consumption will help with lymphatic stimulation to optimize results. The Contour Light protocol can help to motivate a person and jumpstart a person's determination to improve their appearance, making it much easier to attain their goal of a sleeker and leaner profile.¹

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Varicose Veins and Spider Veins, More than a Cosmetic Problem

By Federico M. Richter, MD

Varicose veins are dilated rope like blood vessels that protrude from the surface of the skin. But did you know that you might have varicose veins and not even know it? This is because many of these abnormal veins lie beneath the surface of the skin and are not visible.

Varicose veins affect more than 25 millions people in the United States. Although many patients can be unhappy because of the cosmetic appearance of the spider veins and varicose veins, they may in fact have more serious problems like chronic venous insufficiency. It is more likely to be present on patients who has vein related symptoms like heaviness, itching, fatigue, Charley horses, leg swelling, cramping, restless leg syndrome and chronic leg pain.

Many people have for years been told that by their health care providers that spider veins and varicose veins are purely a cosmetic problem, do not cause problems, and should be largely ignored. Over the past 15 years advancement in the understanding of venous disease and treatments have spawned a new medical specialty - Phlebology or the study of venous disorders. Much of the Knowledge developed from the recent interest in vein diseases has not yet reach the majority of health care providers, which may leave the patient with inaccurate or inadequate information. Phlebologist (those with expertise on treating patients with veins disorders) are uniquely qualified to help patients understand the significance of their vein problem and how it can best be treated.

Spider veins can be purely cosmetic, or they may be an indication of something more serious affecting your veins. When the spider veins are located on the inside of the knee or the ankle area the chances of those veins to be a medical problem are higher. In Patients with spider veins in this locations a venous reflux ultrasound is always recommended to look for a more serious problems that is venous reflux. Veins have in the inside one way valves that helps the deoxygenated blood to return back to the heart. When this one way valves fails, blood goes in the wrong direction (venous reflux) and pools in the veins increasing the pressure inside of the vein and causing dilatation of the vein wall, this pressure is transmitted to the capillaries which are very tiny vessels that can't be seeing when normal but when they become dilated because of the increase pressure they form spider veins.



If you or someone you love is experiencing any venous issues, please contact your physician immediately.



Federico M. Richter, MD
American Board of
Venous and Lymphatic
Medicine Diplomate

About Federico M. Richter, MD

Dr. Richter was born and raised in Argentina and grew up in a family of vein doctors. His Grandfather, one of the first vein specialists in Argentina, helped pioneer sclerotherapy for treatment of varicose and spider veins in the 1940s. His Father has been treating veins for over 45 years.

Dr. Richter recently re-located from the busy suburbs of Indianapolis where he completed his residency and practiced for 5 years. Since completion of his residency here in the United States, he has also focused on the newest developments in minimally invasive vein treatments. Dr. Richter received his medical degree in Argentina in 2003 from Universidad Nacional de Cordoba. He then completed a year of general surgery and a 3-year Fellowship in vein and lymphatic disorders in 2007. As a venous and lymphatic medicine specialist, he is dedicated to treating varicose and spider veins and their underlying causes.

With over a decade of experience in the specialized medical field of diagnosing and treating vein disease, Dr. Richter was one of the first doctors to use lasers to treat a variety of vein diseases in Argentina. Certified by the American Board of Venous and Lymphatic Medicine and an active member of the American College Of Phlebology, Dr. Richter has also accumulated an impressive list of qualifications and educational accomplishments during the course of his career.

Dr. Richter's 1st priority is the well-being and quality of life his patients in the Bradenton, Sarasota, Sun City, Ruskin, and surrounding areas.



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Countless Patients are Overcoming Depression, Anxiety and PTSD

Although medical professionals are still discovering new reasons for depression and anxiety to this day, we know that a tiny portion in the brain called the amygdala, stores emotional and threatening thoughts and memories from our early childhood to present day.

Anxiety, fear, stress and PTSD (Post Traumatic Stress Disorder) cause extreme side effects. Many individuals have severe nightmares, flashbacks, anxiety, hyper-startle responses, loss of interest, and unfortunately, are often suicidal. Numerous military veterans with PTSD have consistent issues with employment, violence, and relationships. These veterans also relive devastating flashbacks on a continual basis. Many people who suffer from PTSD have difficulty sleeping, feel detached and estranged, which can lead to permanent disability.

There are neurotransmitters throughout the entire body that send signals to the brain, alerting you instantaneously of real or perceived danger. Anxiety and PTSD are made up of both psychological and physical symptoms. The psychological part creates the nervousness, fear and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea and shortness of breath.

When anxiety, depression and PTSD disorders are left untreated or undertreated, several areas of the brain like the hippocampus (regulates emotions) and the prefrontal cortex (decision making, planning abilities) shrink causing long-term damage.

The stark reality is that the “standard of care” treatment for anxiety and PTSD often falls short. When these therapies disappoint, patients need alternatives for their brain and bodily health, cognition and long-term ability to function and experience calm.

The standard care is behavioral therapy, counseling, and anti-anxiety medications. The problem is treatment is often just not enough due to the brain’s complexities, and anti-anxiety meds are



addictive. The other issue with standard medications is that they more often than not, become ineffective and are unable to reverse feelings of severe depression. This is called treatment-resistant depression.

Standard Anxiety & PTSD Medication’s Adverse Reactions

- Nausea
- Anxiety
- Weight gain
- Loss of sexual desire
- Severe fatigue
- Inability to focus
- Sleep disturbances
- Dry mouth
- Vision issues
- Constipation
- Forgetfulness
- Ineffective in treating PTSD Symptoms

Ketamine

Over the past ten years, Ketamine has been studied in patients with severe depression and PTSD. A rapid instantaneous effect takes place immediately upon the drug being dispensed intravenously. When a well-trained clinician administers ketamine, it can help with symptoms like moodiness, decreased concentration, low self-esteem, impaired sleep, decreased sexual desire, diminished appetite and can even alleviate suicidal thoughts.

During the treatment, the initial infusions usually take place over approximately two weeks with six infusions that are administered every other day. In parts of the brain that control mood and emotions, ketamine infusion creates new connections in the brain. These new neurological connections help the brain to send positive signals to the psyche, along with beneficial physical conditions to the body. The effect is notable within hours, but most patients report the results are instantaneous. These astonishing changes can be seen on brain scans and imaging. And the results can be long-lasting.

Ketamine impacts both mood and anxiety and can result in positive treatment outcomes for the following disorders:

- Severe or Chronic Depression
- Bipolar Disorder
- Obsessive Compulsive Disorder (OCD)
- Post-Partum Depression (PPD)
- Post-Traumatic Stress Disorder (PTSD)
- Some Chronic Pain Disorders

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Steven Reichbach, MD
Board-Certified Anesthesiologist
President and Founder,
Gulf Coast Ketamine Center



Lolita Borges, RN
Clinical Director, Gulf Coast
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COVID-19—Alternative Treatments and Antiviral Management

Each day, we learn new facts, figures, and protocols concerning COVID-19. Recently, we were informed by the FDA that they are investigating specific drugs and running expedited trials to see if they are effective at killing the virus. They are also running plasma testing from the blood of those that have recovered from COVID-19. At this point, we also know that the vaccine will take approximately 12 months to become available. As we navigate through the coronavirus pandemic over the next few months, disinfection and social distancing is the recommended preventative advice; however, boosting the immune system is extremely beneficial. Healthier individuals are better able to fight the infection and make full recoveries.

Although some guidelines are changing the way we socialize, shop, and prepare, the protocols for prevention have stayed the same. Florida Integrative Medical Center (FLIMC) has comprehensive treatments along with nutritional support to boost the immune system and to treat viral and bacterial infections. They are not treating COVID-19 patients in the office setting; however, they can prescribe medications and/or supplementation for their patients virtually.

FLIMC's Immune Boosters and Treatment, Under the Care of Dr. John Monhollon and Dr. James Williams:

IV Vitamin C - Vitamin C is a nutrient found in food and dietary supplements. It is an antioxidant and also plays a crucial role in making collagen. High-dose Vitamin C may be given by intravenous (IV) infusion (through a vein into the bloodstream) or orally (taken by mouth). When taken by intravenous infusion, vitamin C can reach much higher levels in the blood than when the same amount is taken by mouth. High-dose vitamin C has been studied as a treatment for patients with cancer since the 1970s. Laboratory studies have shown that high doses of vitamin C may slow the growth and spread of prostate, pancreatic, liver, colon, and other types of cancer cells.



For high dose vitamin C, if patients want the highest dose, which is up to 100g, they are required to get a G6PD blood test. The lab that FLIMC works with regularly is preparing to provide an FDA approved finger prick at-home blood test for the virus. These tests will be available in approximately one to two weeks.

Why IV Nutrient Therapy?

Intravenous Nutrient Therapy is a method of feeding vitamins, minerals, and other natural therapeutic substances directly into the bloodstream and cells, bypassing the digestive tract where many nutrients may be partially or fully lost due to higher than normal blood levels of specified nutrients, which have been shown by the scientific literature to be effective in the treatment of many conditions and disease processes.

UBI with Ozone or followed by Hydrogen Peroxide IV Therapy

- Ultraviolet Blood Irradiation (UBI) is a safe, effective, and proven therapy used to treat a wide range of health problems. It is a safe procedure that must be performed by trained medical professionals using strict protocols. When performed properly, UBI is comfortable, safe, and effective. UBI treats bacteria, viral, and fungal infections and inactivates the toxins produced by bacteria and viruses. For acute infections, frequent treatment may be necessary initially.

Ozone - Ozone helps the immune system function more optimally. While there is no perfect treatment, ozone comes close. If the immune system is overactive, such as in patients with autoimmune disease, ozone is able to slow the system down.

Ozone allows for increased uptake of oxygen and works with the hemoglobin in the red blood cells. The extra oxygen in the blood enables the blood to give off more oxygen into the body.

Ozone helps with circulation, improves the blood flow throughout the body, allowing the blood to reach every cell.

Hydrogen Peroxide IV Therapy - Hydrogen Peroxide Therapy is the intravenous infusion of a solution containing dilute, medical-grade hydrogen peroxide, and other nutrients that can help resolve degenerative health problems or infections.

Hydrogen is produced in abundance by almost every cell in the human body and is involved in many different physiologic processes. Most people are familiar with hydrogen peroxide as an antiseptic, disinfectant and bleaching agent. However, hydrogen peroxide can also be administered by intravenous infusion to help improve a wide range of health conditions. H₂O₂ is both an effective oxygenator and a powerful oxidizer. Oxygenation is the increase and utilization of oxygen at the cellular level.

Nebulizing Treatment with Medical Grade Hydrogen Peroxide is also available and can help with respiratory infections.

Antiviral Medications (need Rx and must be an established patient)

There are guidelines and protocols in place for antiviral drugs when treating COVID-19. Some of these medications are Interferon, Chloroquine, Hydroxychloroquine Sulfate, Nitazoxanide, and an exception to antibiotic use (which is unwarranted) is to add Azithromycin concordantly.

Antiviral Herbal Remedies - FLIMC has several different antiviral topicals and oral supplements that they recommend for their patients at specific dosages. A few of these include Propolis or Colloidal Silver, Viracid, Selenium, Zinc, Vitamin C, Beta D-Glucan, Andrographis, and Panax Ginseng.

They also have traditional Chinese Medicine supplements called SJC (Shufeng Jiedu Capsules) that contain Radix, Forsythia, Dahurian Patrina, and other herbs in capsule form. SJC is widely used as an antipyretic and antiinflammatory treatment of acute respiratory tract viral infections like SARS and COVID-19.

FLIMC's team is provided with a packet of immunotherapy herbal supplements every morning. Once a month, the team also receives either a high dose Vitamin C IV or UBI with ozone, and they always have plenty of Crop cold-pressed juices and healthy plant-based foods.

The good things that have come out of social distancing are spending more quality time with family and healing the environment, as the water and air are much less polluted. In places like California, the air quality has significantly improved, and we know that's true across the country as well.



FLIMC is taking extra precautions to keep patients safe and healthy. Along with thorough disinfection of equipment and all surfaces, they have implemented stringent measures to keep patients and their staff at a safe distances from each other during this time. If a patient is not feeling well, they treat them across the hall in a different area from their main clinic, and they are extensively evaluating symptoms before making appointments.

Getting Well & Staying Healthy Naturally is the philosophy of practice that has earned Florida Integrative Medical Center (FLIMC) the reputation as the premier destination for holistic and integrative health care on the Gulf Coast.

Florida Integrative Medical Center treats the full spectrum of chronic health conditions including aging, chronic viral illness, immune system regeneration, autoimmune conditions, chronic fatigue, fibromyalgia, and more. Our diagnostic and treatment services help to promote healthier cells and tissues for a better quality of life by improving energy and promoting overall wellbeing.

To find out more about Florida Integrative Medical Center or to schedule an appointment please contact them today at (941) 955-6220.



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Passport Health Sarasota Offers In-Depth Respiratory Screening Panels & Pneumonia Vaccinations

Panels Include COVID-19

Acute Respiratory Infections (ARIs) are responsible for 4.25 million deaths annually and are the third largest cause of mortality in the world.¹ The symptoms of viral and bacterial respiratory illnesses are often similar and may require testing to differentiate between them. Comprehensive molecular screening panels help clinicians accurately diagnose and appropriately treat their patients within an acceptable time frame.

Our nasal swab test looks for the DNA of 47 different pathogens causing infection of the respiratory tract. Because nothing is grown in a lab, results are sent to your primary care physician within 36 hours of testing, allowing your physician a more accurate and timely way to treat any infection. Your physician will know what harmful pathogens are present and in what quantities-providing you with a more specific treatment for your condition.

Testing with this panel has determined that more than 40% of patients that test positive for Flu or the COVID-19 virus also have a significant bacterial infection that requires treatment with antibiotics. These co-infections can make outcomes worse. Treating and eliminating these harmful pathogens prior to or while being exposed to a viral infection should also allow the body to respond more effectively.

The test is a simple nasal swab performed in office or curbside by a trained health professional. Insurance is accepted and submitted by the laboratory. The only out-of-pocket cost is the standard co-pay/office visit fee at our office, and Most major insurance carriers and Medicare are accepted.

Appointments are limited. Please call our office to schedule an appointment for your screening.

During the COVID-19 Pandemic, we are all trying to stay healthy, but for many individuals, the pneumonia vaccine can provide extra protection.

Pneumonia is a lung infection that can affect people of all ages. It is often treated with medication, but it can be prevented with vaccination. Pneumonia infection can come from different sources including influenza, coronavirus, bacteria, fungi and various other viruses.

How does pneumonia factor in with viruses such as Coronavirus?

It is well known that bacterial pneumonia infections are a common cause of influenza-related hospitalization in

otherwise healthy individuals. Analysis of the influenza pandemic of 1957 showed that more than two thirds of the fatal cases were associated with bacterial pneumonia.¹

Bacterial pathogens work in two ways to cause a worsened outcome when a viral infection is also involved. If a viral and bacterial infection are present at the same time, the inflammation caused by the bacterial infection can allow the virus to spread without response from the body. Pneumonia causing bacteria can spread undetected by the body causing a super infection even when the viral infection has been taken care of by the immune system.²

Initial studies of Coronavirus show that this virus behaves similarly to other respiratory viruses. The pneumonia vaccine can prevent bacterial pneumonia from becoming part of a co-infection complicating the condition.

What Is the Pneumonia Vaccine?

The pneumonia vaccine provides protection against all forms of bacterial pneumonia. It is primarily designed for use in seniors, to help protect against potentially deadly or life-altering infection. The vaccine does not protect against influenza, coronavirus or fungal pneumonia.

Who Should Get the Pneumonia Vaccine?

Pneumonia vaccination is recommended for all adults 65 or over. Other individuals should consider pneumonia vaccination. These include:

- Adults with chronic illness like liver or heart disease
- People with a weakened immune system over the age of 2
- Individuals with cochlear implants
- Those who smoke
- People with asthma
- People with who are immunocompromised (Cancer, Rheumatoid Arthritis, Multiple Sclerosis, Lupus, HIV, Hepatitis C, etc.)
- Those with a previous history of respiratory infections
- Individuals with diabetes
- People who have COPD or emphysema
- Anyone on oxygen therapy for medical conditions



While the pneumonia vaccine may not be covered by insurance if you are under 65, everyone can elect to get the vaccine if it is not medically contraindicated. To schedule an appointment with one of our travel health specialists, call one of our office locations listed. They can assist you in determining if this vaccine is recommended for you.

Passport Health is the largest and leading provider of travel medicine and immunization services in North America. With 270+ travel clinic locations, a commitment to first-class medical care, and rigorously trained medical staff, Passport Health sets the immunization industry standard. Our deep vaccine inventory and vast clinic network provides clients with what they need, when they need it. We strive to be all travelers' one-stop-shop for all their vaccination, travel document and travel supply needs.

Passport Health was founded in 1994 in Baltimore, Maryland, and now operates 270+ clinic locations across North America. Each travel clinic serves its local community via convenient locations where the public can access travel medicine specialists who have received rigorous training in the fields of travel medicine and immunology.

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References:

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3 Myths About Melatonin, Debunked

By AnneMarie Chalmers, MD

In the last year, there's been a massive surge in the number of consumers buying melatonin to help with their sleep problems. But with that increase comes a lot of misinformation, too.

Let's tackle three of the most common myths about this supplement's safety record and effects.

What Is Melatonin?

Found in almost every living organism on earth, melatonin is one of the most ubiquitous molecules in nature.

In a nutshell, melatonin regulates sleep, but there's so much more to it: One of melatonin's key functions is to modulate our circadian rhythm by lowering brain temperature and boosting tiredness during periods of darkness. It also regulates blood pressure, thermoregulation, and glucose homeostasis.

The Importance of Melatonin Today

Technically classified as a hormone (just like vitamin D3), melatonin is partially emitted by a pea-sized organ in the brain called the pineal gland in response to darkness. But in the age of bright screens, city lights, and frequent night work, we're constantly disrupting the body's natural production of melatonin. Even a few seconds of exposure to bright light at night can inhibit its secretion.

This is a major concern since our biological clock depends on light and darkness. It's even estimated that about 10% of our genes are controlled by the circadian rhythm.

Myth #1: Melatonin Use Is Dangerous Because It's a Hormone

Although melatonin is classified as a hormone, it is not regulated by blood values (like testosterone or estrogen). Simply being in darkness or eating certain foods naturally increases the secretion of melatonin.

Refusing to take melatonin – just because it is classified as a hormone – doesn't make much sense. If that were the case, there would be a long list of melatonin-containing foods to avoid, including fish, eggs, nuts, many kinds of vegetables and fruits, and even extra virgin olive oil.

With that said, there are some questions about whether melatonin has a physiological effect on the sexual maturation of teenagers. The impact of melatonin supplementation on the onset of puberty in people is still unclear. With just three studies on the topic to date, it's hard to draw any conclusions at this time.

Myth #2: Your Brain Will Become Desensitized to Melatonin

Unlike many prescription sleep medications, you are highly unlikely to become dependent on melatonin.

Researchers have consistently found that melatonin has a low rebound rate and no withdrawal symptoms, meaning that patients rarely experience adverse effects after they stop using it. Similarly, in a long-term study published in 2018, researchers found that the sleep quality of children who discontinued melatonin use did not deviate from controls.

There are some studies that show melatonin may have a reduced effect on sleep parameters after 6-12 months of routine use. In these cases, simply taking a short break (or temporarily reducing your melatonin dosage) appears to improve effectiveness again.

Myth #3: Only People with Sleep Problems Need Melatonin

The role of melatonin extends far beyond sleep. Scientists are exploring melatonin's impact on a wide range of conditions, including cancer therapy, cardiovascular disease, anxiety and depression, and neurological disorders like traumatic brain injuries and Alzheimer's disease.

There's simply too much research to highlight everything in a single article. So let me briefly touch on the potential effects of melatonin for the aging brain:

Besides regulating our circadian rhythm, melatonin is one of nature's best antioxidants, helping to protect the brain from oxidative stress through its action on MT3 receptors. Because of this antioxidant function, there has been a substantial amount of research on the neuroprotective benefits of melatonin (particularly for Alzheimer's disease) over the last 20 years.

The body's natural melatonin production dramatically decreases with age, and lower melatonin levels are considered a biomarker of aging. However, researchers have also found that Alzheimer's patients typically have lower levels of melatonin compared to age-matched controls, leading to a suspected connection between the two.

In animal models of Alzheimer's disease, researchers have found that melatonin may disrupt the production and accumulation of plaques and neurofibrillary tangles, both hallmarks of the disease. More promising, some studies have demonstrated that melatonin slowed the progression of Mild Cognitive Impairment (MCI) to Alzheimer's disease, and helped patients with Alzheimer's disease and MCI improve their cognitive and emotional performance.

While melatonin supplementation may only be effective for patients in the earliest stages of AD, more than one recent scientific review has concluded that melatonin could be a helpful adjunct to Alzheimer's disease therapy.

This article was abbreviated from a longer version published on omega3innovations.com. For full text and references, visit:

<https://omega3innovations.com/blog/6-common-myths-about-melatonin-debunked/>

About AnneMarie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



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Staying Healthy With Immune Boosting Remedies & Lifestyle Changes

Gerry Letendre, RPh, MBA, CHt

In regard to keeping yourself healthy at any time of the year, it's essential to plan ahead, as there are ways to prevent viruses, cold, infections, and the flu. If you or a loved one becomes infected with a virus, there are antiviral homeopathic remedies that help limit the length and severity of many infections.

A Few Natural Supplements and Preventative Measures You May Not Have Considered:

Elderberry

Elderberry has been used to fight infections and viruses for thousands of years. Because of its immune-modulating and antioxidant properties, Black Elderberry is able to work at the cellular level and provide deep support for overall immune health.(1)

Black elderberry has antioxidant properties that specifically support and maintain proper mucous membranes and protects the upper respiratory system. It can be used daily as an immune booster, or it can be taken in higher doses at the onset of a virus, like the flu, to lessen the effects and promote healing.

Olive Leaf

The olive tree produces a molecule called oleuropein. This substance is found in the fruit, the oil, and the leaves. When it's extracted directly from the leaves, you're left with a potent antioxidant that is known for its oxidative and antioxidant effects. It is said to have five times more antioxidant power than Vitamin C. Olive leaf boasts a phytochemical component that is responsible for the immune-boosting power of the extract.

Other Herbs and Supplements

There are so many other well researched immune strengtheners to help keep us healthy like vitamin C, zinc, oregano oil, lemon balm, and astragalus. Did you know, echinacea, garlic, and ginger are considered natural antibiotics? These can help to cut down on the longevity and severity of certain conditions. However, when you decide to add supplements to your diet, it's imperative to seek out the highest-quality brands. We are offering 20% off and have plenty of Immune Boosting high grade supplements in stock now. Call us to discuss which one is right for you.

Take Time for Yourself

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself in the a separate room for 10 minutes to do deep breathing

exercises can reduce anxiety significantly and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day. It's also okay to chill—Want to binge on Netflix or Apple TV, we don't blame you. It's a great way to unwind and destress.

Get Moving

Most people can benefit from taking a brisk 30-minute walk. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen rich blood flow, and helps you build strength. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise. YouTube has every kind of exercise you can imagine. Type in HIIT, Barre, Yoga, Tai Chi or whatever you'd like to try, and you'll be able to choose from a multitude of workouts.

Meditation

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation also reduces stress, reduces anxiety, promotes emotional well-being, can help fight addictions, can generate health and improve immune function, and it can stave off memory disorders and increase neuronal plasticity.

Sleep

The body produces cytokines, which are protective proteins that block infection and inflammation. When a person gets the recommended, uninterrupted seven to nine hours of sleep, cytokines are produced. Without quality sleep, they are significantly less. Avoid Blue light. Blue light is a significant cause of circadian rhythm interruptions. Blue light emits wavelengths that contribute to sleep disturbances. Blue light comes from artificial lighting and electronics like fluorescent and LED lightbulbs, laptops, mobile phones, iPad, television, some alarm clocks, fiber-optic cable boxes, and other devices that use blue light. The issue is that blue light makes your brain think that it's still daytime, which makes it difficult to fall and stay asleep. Blue light disrupts the circadian rhythm and natural sleep cycles, specifically, the delta and beta wavelengths, leading to increased activity in the brain, less relaxation and exacerbates stress and anxiety.

Hygiene

Medical professionals can't stress enough about the importance of washing your hands, covering your mouth when sneezing or coughing and wiping down hard surfaces that may be infected with viruses or bacteria.

Along with proper hygiene, keeping your nasal passages moisturized with saline spray and washing the sinuses out with by using a neti pot can help to rid the sinuses of harmful germs and also to loosen any mucus.

Combining Methods is Best

In order to overcome stress, we need a well-rounded treatment protocol that incorporates stress management, nutrition, high-quality sleep, exercise, meditation, hormone balancing and other therapies that can help to stabilize our systems.

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Sarasota Specialty Pharmacy and Wellness Center is an independent, family owned pharmacy that has served the Sarasota community for over 40 years. They specialize in meeting patient's needs through innovative compounding. Their compounding pharmacists work with physicians, veterinarians, dentists and other health care practitioners to prepare patient specific medications. Their compounding services allow them to create formulations in unique strengths and dosage forms.

Your Options with Sarasota Specialty Pharmacy are numerous! Stop by and see them today!

Source:
(1) Youdin KA, Martin A, Joseph JA. Journal of Alternative and Complementary Medicine. 1995; 1:361-9.



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Arthritis: Discovering Natural Solutions

By Liana Weinstein LMT/ Founder of Conscious Times Topicals

Arthritis is the swelling of one or more joints creating stiffness, lack of movement and pain. Connective tissues, such as cartilage, that surround joints naturally break down. Over time, our joints naturally wear and tear due to digestive health (poor diet), ageing, repetitive motion, injuries, genetics and more. Symptoms can range from moderate discomfort to severe tenderness making it difficult to perform tasks that were once easily fulfilled.

Rheumatic and Osteoarthritis are two of over 100 different types of arthritis affecting about 23% of the United States population.

We would love to have an “easy fix situation”, this is simply not the case. Synthetic nonsteroidal anti-inflammatories such as Advil and Ibuprofen (or more powerful medications like Humira and Hydroxychloroquine) can cause greater internal damage than they fix. Prolonged use not only negatively impacts parts of the body (liver and kidneys) but also disrupts the body as a whole, destroying our digestive system and immune system leading to further breakdown of our tissues. To disregard long-term care for a “quick fix” will disable the body from healing by itself.

Modalities including supplements, acupuncture, stem cells, massage, stretching/strengthening exercises may help bring ease to certain movements however, there is no cure for rehabilitating broken down joints.



A topical comes in handy when needing something fast and easy to use. *Conscious Times Topicals* provides a unique *Joint Relief Blend* formula, encouraging the body to find relaxation and efficient relief as a plant based pharmacon. *Joint Relief Blend* was formulated specifically for people who suffer from stiffness or swelling in their joints. Research for each oil is based on its capability to permeate the joint capsule, bring blood flow and heat to the area, and its effectiveness to absorb and work quickly.

Arnica Montana contains helenalin, making it an effective anti-inflammatory when used topically. Neem oil and calendula are documented to be used in treating lower back/hip pain, osteoarthritis

and rheumatism. CBD is a fast-growing medicine, working through the endocannabinoid system to diminish inflammation and rid the body of free radicals. Cooling wintergreen merges with lemon-grass and frankincense essential oils, driving down inflammation. Other essential oils such as juniper berry and black pepper offer antioxidant, immune health and antibacterial assets.

The properties of each ingredient have a deep cellular reaction and safety concern is low considering it is a natural remedy free of fillers and harmful substances.

Using combinations of self-care and plant-based assistance will dramatically improve our well-being. When we are able to consider how our joints and tissues heal, we can then continue to maintain and live a full and fruitful life overflowing with options.



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ARTHRITIS AND THE AGING POPULATION



Some of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue and inadequate blood flow. Two of the main types of arthritis are Osteoarthritis (OA) and Rheumatoid Arthritis (RA). With Osteoarthritis, wear and tear damages the cartilage in the joints and causes friction between the bones rubbing together. Injury or infection usually causes Rheumatoid Arthritis. RA is an autoimmune disease that causes the body to attack its own lining of the joints and membranes; this results in painful swelling and inflammation.

Arthritis causes significant inflammation of the joints. When arthritis affects the neck, back, hands, feet or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create tension headaches, stiff joints, and impinged range of motion. Although exercising can be extremely beneficial for arthritis, the thought of movement is too much for many individuals. As time goes on, arthritis can make it difficult to maintain a normal lifestyle and perform the tasks necessary to live a high-quality of life. It also can lead to other interrelated conditions, such as hip and knee issues. If an individual needs a joint replacement procedure, learning to get around in an optimal manner, can require home health care.

McKenney Home Care provides exceptional in-home health services and client-centered care. With a passion for maximizing the quality of life of their clients and their families, they are driven to ensure social engagement and specialty services during all stages of life.

For Individuals with arthritis, joint replacement, and other disorders that make it difficult to maintain daily tasks safely, McKenney Home Care delivers enriched specialized training for its caregivers working with these patients and their specific medical needs. In addition to specialized videos and manuals, McKenney personally educates the caregivers involved in helping their loved-one at home.

Seniors face many challenges as they age. If you or a loved one could benefit from assistance, it's important to seek help as soon as possible from a reputable home health care company.

McKenney Home Care is a trusted home health care provider. They specialize in medical care that fits your needs in the comfort of your own home. They have a highly-trained, experienced, licensed staff who are passionate about giving genuine care to their clients.

McKenney Home Care in Naples, FL hosts a Lewy Body Dementia Support Group on the first Wednesday of every month. This ongoing support group is approved by the Lewy Body Dementia Association in Atlanta and is in affiliation with the Parkinson's Association of SWFL and the Alzheimer's Support Network.

For Individuals with neurodegenerative disorders, McKenney Home Care delivers enriched specialized training for its caregivers working with Dementia Patients. In addition to specialized videos and manuals, McKenney educates the caregivers through the use of the Virtual Alzheimer's App. This virtual reality experience helps caregivers understand the feelings and experience of those suffering from Alzheimer's and other forms of Dementia.

Along with their medical expertise, McKenney Home Care is a certified Music & Memory Agency. Providing help for Dementia Patients; this specialized music therapy program is highly personalized and has been shown to reduce the need for anti-anxiety and antipsychotic drugs by up to 50%, while bringing joy to the lives of patients who have Dementia.

If you or someone you know would like more information about McKenney Home Care or the LBD Support Group, please call McKenney Home Care at 941-548-1182, or visit mckenneyhomecare.com.

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GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED

By Dr. David S. Zamikoff

With remarkable outcomes, GAINSWave is growing in popularity in regard to treating erectile dysfunction (ED) and Peyronies Disease, yet it's also used as a preventative treatment. GAINSWave treatment is available for any man looking to enhance sexual health and performance. A medical condition like ED or Peyronies disease does not have to be present for men to benefit. In fact, many healthy men without an issue opt for treatment to "biohack" or optimize their performance as a prevention method.¹

How Can GAINSWave Prevent & Treat ED?

The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through soundwaves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. These soundwaves or 'shockwaves' also are beneficial in preventing the buildup of plaque and increasing blood vessel growth and circulation. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of



new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronies disease (scar tissue) as well as enhance sexual performance.

Younger Men Should Seek Treatment Early

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSWave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

Men are Preventing ED with GAINSWave

Many men are now understanding the importance of this technology and how it can benefit them in the long term. GAINSWave offers immediate results that are cumulative. Much like living a healthy lifestyle, starting GAINSWave treatments early is another way men can be proactive about their health.

SEEK EARLY TREATMENT & DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

Source: GainesWave
<https://www.biospace.com/article/releases/mobility-spine-and-sports-is-helping-men-wave-goodbye-to-erectile-dysfunction-with-cutting-edge-gainswave-treatment/>

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Effective & Proven Chronic Pain Relief with VAX-D®

By Craig S. Aderholdt, D.C., B.S.C.

VAX-D, short for Vertebral Axial Decompression, is a patented non-surgical therapy proven to successfully treat chronic low back pain, caused by prolapsed, bulging, herniated or degenerative discs, facet syndrome, stenosis and sciatica. Even post-surgical patients and those suffering from central canal or foraminal stenosis have reported significant pain relief with VAX-D therapy. Over a series of relaxing treatment sessions, patients experience powerful pain reduction and healing. Some patients even notice relief after just one visit.

VAX-D's proven and patented technology is currently being utilized by leading physicians in orthopedic medicine, pain medicine, neurology and other specialties in hundreds of clinics around the world. Many doctors choose VAX-D over other devices because it employs the original, patented technology from which decompression therapy was born. VAX-D effectiveness is backed by clinical research. Back pain has grown to be a \$54 billion industry and has literally become a national epidemic. Due to the astounding array of varied treatment options, finding a back pain solution can be a daunting task. Knowing that a product backs its claims with clinical research makes all the difference, and that is what VAX-D offers. A recently completed 2 1/2 year study has demonstrated that VAX-D achieved a remarkable 88% success rate in the 283 chronic back pain patients studied! The patients selected for the study had been unsuccessful at finding relief with at least two previous non-surgical treatments.

VAX-D is not to be confused with traction. VAX-D lengthens and decompresses the spine, reversing high intradiscal pressure through the application of negative pressure via a patented "slow ramp-up" process. This reversal of pressure creates a vacuum inside the discs that not only takes pressure off of pinched nerves, but helps to reposition bulging discs and pull extruded disc material back into place. Simultaneously, nutrients, oxygen and fluids are drawn into the disc to create a revitalized environment conducive to healing. VAX-D stimulates the body's repair mechanism, providing the building blocks needed to actually mend injured and degenerated discs. VAX-D's process is the only patented treatment clinically proven to decrease disc pressures to the negative levels needed to facilitate healing!

How does VAX-D work?

High intradiscal pressures cause discs to bulge out and press painfully on nerve roots. They also make for a compressed, anaerobic environment unsuitable for healing. Decompression produces and sustains negative pressures within the disc, creating a vacuum effect which draws in nutrients and fluids to promote the repair of injured discs and surrounding tissues. This vacuum has also been shown to aid in the retraction of escaped cushioning gel from herniated discs. Much like gauging the air pressure in a car tire, scientists have been able to use pressure sensors to



measure the various pressures put on spinal discs while lifting, standing, sitting, lying down, undergoing traction, and during VAX-D Therapy. Like other pressures found in the body such as blood pressure, intradiscal pressure is measured in millimeters of mercury (mmHg). While traction, physical therapy and manipulation may reduce disc pressures to as low as 40mmHg, only VAX-D has been shown to achieve negative pressures within the spine. Clinical studies have shown that, with VAX-D Therapy, negative pressures as low as -160 mmHg* are created within the injured disc during the treatment session!

The key to the "distraction" of VAX-D is achieved through an intricately timed series of pulls, holds, and releases over the course of a treatment session. VAX-D's biofeedback system adjusts this curve of tension specifically to each patient's needs, making every session a truly individualized treatment.

VAX-D Therapy involves three phases that repeat fifteen times throughout a treatment session: the Decompression Phase, the Retraction Phase, and finally, the Rest Phase. During the Decompression Phase, tension slowly mounts, lengthening the spine; up to 99 pounds of tension may be exerted directly on the injured discs. This is where spinal pressures drop and decompression actually occurs. During the Retraction Phase, tension is slowly decreased and the spine is retracted slowly. This is followed by a short Rest Phase.

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

- You have chronic and/or severe back and/or neck pain caused by bulging or herniated discs. Degenerative disc disease, sciatica, and/or facet syndrome.
- You have been diagnosed with a clinically unstable low back.
- You have failed back surgery syndrome.
- You have been told to consider surgery.

Many patients have experienced more than a 50% reduction in pain after their first treatment! For those suffering from herniated and degenerated discs, the escaped nucleus pulposus may be partially or completely retracted back into the disc after just the first session (though usually it takes longer), relieving a great deal of pain. However, pain reduction does not indicate full recovery, and a full

recovery is essential to preventing re-injury. Each treatment session lasts approximately 45 minutes. A typical VAX-D treatment regimen consists of about 20 sessions. Some conditions require fewer visits; some require more. Many patients report relief from their pain and other symptoms during the first few treatment sessions, and most experience dramatic pain relief after completion of their prescribed VAX-D Therapy program.

VAX-D therapy is a non-surgical procedure to reduce pain by decompressing your spine and reducing the stress and pressure on your discs and spinal nerves. Contact Dr. Craig Aderholdt, at 941-756-5528 for a *free consultation* to see if you are a candidate for this revolutionary procedure. We hope you enjoy the information within and share it with others.

Contact Dr. Aderholdt today to find out if you can finally relieve your pain and suffering with this proven safe and effective nonsurgical breakthrough for neck and back pain.

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Dr. Craig S. Aderholdt, BSc, DC



At Back Pain Institute of West Florida, located in Bradenton, FL, our number one concern is to help our patients with a natural approach to pain treatment. Dr. Craig Aderholdt, BSc, DC, received his undergraduate degree from Pennsylvania

State University State College, and his Doctor of Chiropractic from Life University School of Chiropractic in Marietta, GA. He then later graduated Cum Laude.

Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant. He was also voted a Bradenton Herald People's Choice Awards Winner for 2008 and is the Manatee Herald-Tribune Awards winner for 2015, 2016 and is the Sarasota Herald-Tribune Awards winner for 2019.



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SMOKING AND CORONAVIRUS SUSCEPTIBILITY

As we all strive to stay healthy during this coronavirus pandemic, Gulfcoast South Area Health Education Center (GSAHEC) wanted to share this important update from Campaign for Tobacco-Free Kids® regarding how smoking and vaping leaves one susceptible to this serious respiratory disease.

The coronavirus (COVID-19) attacks the lungs, and behaviors that weaken the lungs put individuals at greater risk.

The harmful impact of smoking on the lungs is well-documented. There is conclusive evidence that smoking increases the risk for respiratory infections, weakens the immune system and is a major cause of a number of chronic health conditions, including chronic obstructive pulmonary disease, heart disease and diabetes. In addition, there is a growing body of evidence that vaping can also harm lung health.

These factors put smokers, and in all likelihood vapers, at greater risk when confronted with the coronavirus.

There has never been a better time for smokers to quit and for individuals to protect their health by avoiding use of all tobacco products, including e-cigarettes.

For more information, please see this recent blog post by Dr. Nora Volkow, director of the National Institute on Drug Abuse. It includes the following:



"Because it attacks the lungs, the coronavirus that causes COVID-19 could be an especially serious threat to those who smoke tobacco or marijuana or who vape."

"It is therefore reasonable to be concerned that compromised lung function or lung disease related to smoking history, such as chronic obstructive pulmonary disease (COPD), could put people at risk for serious complications of COVID-19."

"Vaping, like smoking, may also harm lung health. Whether it can lead to COPD is still unknown, but emerging evidence suggests that exposure to aerosols from e-cigarettes harms the cells of the lung and diminishes the ability to respond to infection."¹

Gulfcoast South AHEC (GSAHEC) can help you quit!

In fact, GSAHEC is now offering free group quit classes virtually! Participants in this program receive free nicotine patches, gum or lozenges, participant workbook, and cessation materials. Call 866-534-7909 to register today (registration is required)!

In addition to these virtual classes, GSAHEC is also offering **free individual tobacco cessation classes!** Participants receive free nicotine patches, gum or lozenges, workbook and materials, and individual cessation classes over the phone (two sessions, one hour each) with a trained Tobacco Cessation Specialist to discuss the dangers of tobacco use, the benefits of quitting, and the tools to increase your chances of being successful. Call 866-534-7909 to schedule your session today!

Reference:
1 Covid-19: Never Has It Been More Important For Smokers To Quit and For Individuals To Avoid Damaging Their Lungs By Vaping
https://www.tobaccofreekids.org/press-releases/2020_03_20_covid-19

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Need an Alternative to the Emergency Department? Skip the Wait at Millennium's Walk-in Medical Center

By Kara Sabatino

Feling sick during the week or weekend and can't get in to see your primary care doctor? There's a new alternative to the busy Emergency Department!

The Venice Walk-in recently expanded their hours to every day of the week. They are now open seven days a week from 7 a.m. – 7 p.m. The Venice Walk-in Center, conveniently located near the corner of U.S. 41 Bypass and Center Road.

There are no appointments necessary and wait times are much shorter than a typical Emergency Department or Urgent Care Center. The Walk-in is now accepting new patients, and you don't have to be an established Millennium Physician Group patient to utilize the convenient services. Most insurance plans are accepted and self-pay patients are always welcome.

Millennium's family-friendly Walk-in Medical Center provides treatment for all of your urgent care needs, such as colds, sore throats, flu, rashes and earaches. Our physicians also treat non-life-threatening emergencies like sprains, abrasions, and burns.

Our Walk-in Medical Center team knows that when you visit our Center, you want to feel better quickly and without a lot of hassle. No need to wait in an emergency room or wait to schedule an appointment with your physician, the Walk-in Medical Center can see you today.



Skip the Wait! No need to wait hours at a local Emergency Room or busy Urgent Care Center. Millennium's Walk-in Medical Centers now have a feature to allow you to view all of the wait times at their Walk-in facilities. You simply "skip the line" by pre-registering for a time that you would like to be seen for the day and you get to "skip the line" when you arrive. If the provider is running behind you will receive a text messaging letting you know to come in a few minutes later, reducing your overall wait time.

Log-on to www.MillenniumPhysician.com and select "Skip the Line" at the top of the webpage. View the wait times and get in line to feeling better today!



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Slowing the Pace of Your Life

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

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

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

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

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

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

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

If you find yourself making statements like this:

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

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

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



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