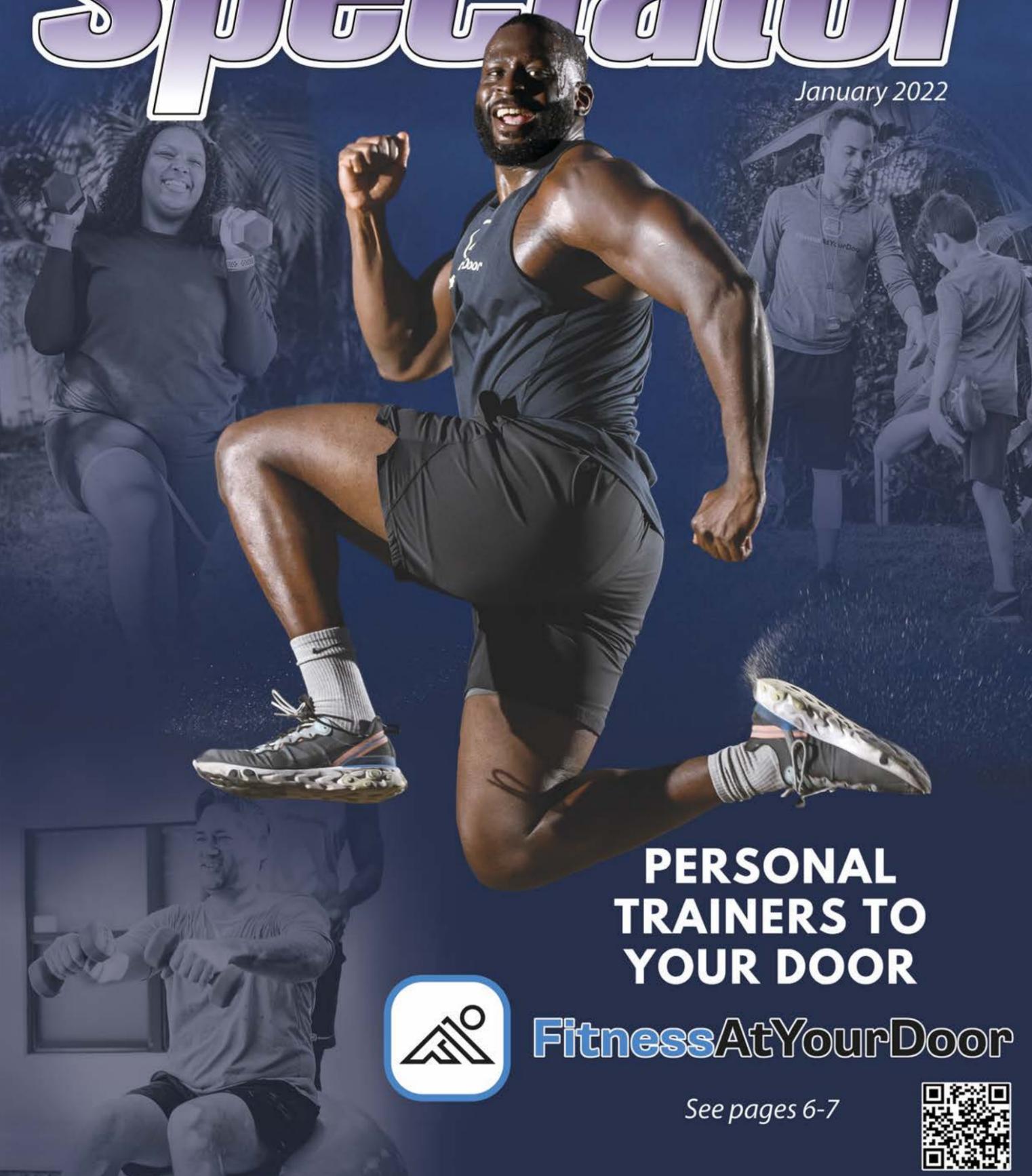


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January 2022



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Happy New Year!

We're excited to welcome you to a 2022 that is FULL of new opportunities! We encourage you to begin each day intentionally focused. Please learn about an exciting business that is focused on YOU and YOUR well-being! FitnessAtYourDoor is a unique creation that is benefitting families all over South Florida. See pgs 6 & 7 for more info.

This last year has been challenging in our community, and throughout the world. It's brought out the best in many of us. Being there for others is an important lesson, and one thing I'm certain of... whether we are on the giving or receiving end of help in times of adversity, we are constantly modeling examples. The kids are always watching!

This year is the 20th anniversary of this humble publication that arrives in your mailbox every month, and we are so thrilled to celebrate this milestone! Our prayer throughout 2022 is for YOU, dear Reader, Neighbor & Friend. Thank you for your time and support of our advertisers.

God bless you and our troops,

Shellie & Scott

Out with the New, Back to the Old

By Shellie Miller-Farrugia

Written several years ago, I can't resist the urge to reprint this article. Though this stage in our lives is almost a decade ago, certainly there are a countless number of parents who can relate today....

Spending "quality" time with the kids has gotten pretty complicated and expensive lately. As they've gotten older, the trip to the park is no longer as satisfactory for them as a trip to a "park" in Orlando, or a jaunt 30 miles to race go-karts and play video games until my ATM card screams, "Mercy!" Throwing a birthday party has become so demanding that I've given up. Silly hats and a cake are no longer the acceptable celebration. Unless there's something inflatable on the lawn, a clown on the back porch and goody bags deserving of Oscar recipients, I may as well throw in the towel. Whatever happened to Pin the Tail on the Donkey? The competition is killing me, so I've decided to quit!

Before I sound like I've become my mother, can anybody tell me what's really wrong with sitting around the kitchen table and playing Monopoly? My son (the Boardwalk King) loves the game, but he says, "It takes so long!" After this response, he'll excuse himself to his Xbox with headphones and a rumble pack for as many hours as we will allow. He calls it good gaming, but I call it senseless sensory overload. Good gaming involves another real person on the other side of the table. Good gaming is anticipating the opponent's next chess move, which territory to take in Risk and whether to go out or try for more points in Rummy. Good gaming is guessing which play the quarterback is going to call and then watching a teamful of guys try together to make it happen.

When they were young, I taught my children to play jacks. 10 little pieces of metal and a rubber ball were all we needed for hours of fun trying to get to seven (little hands have a hard time with all of them), penning the pigs and jumping the fence. With all of the complicated "educational" toys available now, jacks are apparently not enough to keep my six-year-old entertained anymore. Even Mouse Trap (one of my childhood favorites) doesn't excite him as much as a handheld electronic game, computer challenge or a toy that makes realistic (and very loud) sounds.

On Mother's Day, we all sat down to breakfast and wondered what to do next. Since it was my choice, I suggested a game of Go Fish. With a glimmer of hope and much to my surprise, I witnessed our kids from 6 to 16 have a great time, laughing, fishing and slamming pairs onto the table with gusto. Winners got a fun, family chiding and vowed to come back even stronger in the next round. It was a family moment that, I believe, they'll remember always. Making meaningful memories doesn't have to entail great expense or a week of planning. The only assembly required is getting family and friends in the same place together.



Publishers, Shellie & Scott Farrugia

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| Publisher & Managing Editor
Shellie Miller - Farrugia | Contributing Writers
Valerie Block
Scott Brook
Shellie Miller-Farrugia
Ashley Ferraro
Dr. Howard Gelb
Rich Walker |
| Creative Director
Scott Farrugia | Advertising Sales
Office
(954) 753-4300
Scott Farrugia
(954)684-6590
e-mail:
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Fitness At Your Door

By Shellie Miller

A man with boundless energy, compassion, and encouragement, Kashawn Fraser has a unique mission. His focus is to match you with a professional who will positively partner with you, help you meet your fitness goals, and impact your life in a positive, uplifting way!

A professional player in both the NFL and CFL, when he was in Canada, Kashawn took Uber everywhere... And realized that having something similar for training would help keep people fit, and also encourage them. His mission became, "To make training affordable and accessible for everyone."

It's almost impossible to have a conversation with this man and not see the positivity in his focus for doing the right thing. "If you get the right person, a trainer can really transform your life," Kashawn elucidates. "My goal was to bring the high standard of training back to the industry." Playing football and basketball in college, fitness was always a passion for Kashawn, and he saw the value in bringing people what they needed... Great quality training in their individual homes, scheduled at a time that was convenient for the client.



Diana Virella feels that Kashawn has helped her meet and then exceed her goals. She tells us, "Kashawn is the best trainer I have ever had! He is extremely knowledgeable and customizes the workouts to help me work around my previous injuries and overcome my limitations. He's more than a trainer, he's a master of his craft, a motivator, and a kind person."

Currently with 75 trainers on the site, and more than 100 available at any given time, "We do a lot of research and evaluations," Kashawn says. "Each trainer has an extensive background check, and we make sure they are certified in the fitness industry and are also insured." Focused on interpersonal relationships and each client's individual success, Kashawn continues, "We always want to make sure that each trainer is a good fit for FitnessAtYourDoor; are they innovative trainers? Do they get results? One of

the most important things to me is that fitness doesn't come first, people do! I want to be sure that each trainer genuinely cares about people."

A man of faith and positive energy, a pivotal moment came at one of Kashawn's training sessions. "I was training a man named Michael, who had lost 45 pounds in 90 days. He told me, "You changed my life and saved my marriage! I stopped smoking cigarettes!"

Every program is custom made for each client. Physical evaluations, goal discussions, nutrition information, and budget concerns are all part of matching clients with the best professional for their desired outcome.

Trainers are all certified in FitnessAtYourDoor culture and techniques. Each have various affiliations, and clients can hire a standard (1 to 3 years of certified training experience) or an advanced trainer (3-4 years of certified training with a proven track record... Many were collegiate or professional athletes, have competed in fitness competitions or have accomplished cool

feats in fitness like winning spartan races.)

Our interview concludes with Kashawn telling us, "No matter what kind of fitness you are looking for, we are able to help you. We are built for busy entrepreneurs, families that want to train together, people who don't have time, or who have tried everything and feel like nothing has worked. We can tailor everything our client needs based on the specialties of our variety of trainers."

Another satisfied client, Aaron Rothenberg, says, "Kashawn brings a wealth of knowledge and drive to his business! I don't think I have ever seen someone as passionate as he is about any profession! The product FitnessAtYourDoor puts out, with trainers coming straight to you, is tremendous and the platform works perfectly. Great business!"

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Meet The

Mendoza Family

This month's family is unique in many ways, and we are excited to call them neighbors! Ted and Lisa are proud of their lovely daughters Brixtn, 9 and Lennyn, 7. The family is completed by their two rescue dogs, Peso, and Maisie, as well as four red footed tortoises, Rosie, Marble, Banana, and Spot. Rescued from Broward Humane society, Peso came from Puerto Rico after Hurricane Maria. He is a tripod, but he gets around just fine. Maisie came from the Bahamas after hurricane Dorian.

Ted is an artist and co-owner of an award winning tattoo shop in Coral Springs; No Hard Feelings Tattoo. Open for 13 years at that location, Ted has also been tattooing more than 21 years. Before Brixtn arrived, Lisa was working in the commercial insurance industry, but was able to become a stay at home mom /homemaker and has enjoyed having that opportunity.

Before moving to Parkland 2 1/2 years ago, both Lisa and Ted had lived in Coral Springs for more than 20 years. Lisa says, "We enjoy living in Parkland because it's very family oriented. We love that the same kids that live in our neighborhood are the same ones that go to school with our kids. It's a tight knit community where everyone seems to know everyone."

Brixtn plays soccer in the Parkland Soccer league (go Pink Panthers!). She also loves reading, creating her own comic books, animals, nature and any STEM related activities. She is extremely creative and resourceful and can build anything out of stuff she finds around the house. Lennyn just started Basketball with the Parkland league (go Lakers!). She loves fidget trading with her friends, and cooking with Mom. Both sisters enjoy swimming and playing Roblox with their friends.

Lisa is currently the Reflections Chair on the Park Trails PTA, and shares, "I recently found a love for refurbishing furniture. My Instagram page is yourjunk_mygems. I also enjoy crocheting and knitting."

Ted tells us, "I enjoy golfing and riding bikes. I also enjoy working with my kids in sports. I'm not a coach, but I like to help them practice."

Both girls attend school at Park trails Elementary. Brixtn is in the 3rd grade, and especially enjoys the Art Design Lab and Robotics. Lennyn has fun in 1st Grade, and also loves Robotics & the Art Design Lab.

When there is time away from school and work, Lisa says, "We enjoy going to the beach, the park, or just relaxing at home having a movie night." Pandemic life was a good reminder for the whole family. Lisa continues, "It reminded us that the most important thing is our health, and our family's health. Without your health, you have nothing. We've lost loved ones, as well as knowing friends who have lost loved ones to Covid, so we have learned to not sweat the small stuff."

Finally, this peaceful, loving family gives us some wisdom to reflect on. Ted says, "Be curious, not judgemental." Lisa tells us, "Happiness is letting go of what you think you life is supposed to look like and celebrating it for what it is." And to finish us off, the wisdom of Miss Brixtn is probably the most fun. "It's my way or the highway!" (to which Lisa replies, "she said she would never say this to her teacher, though!")

The Mendozas are members of Mary Help of Christians in Parkland.



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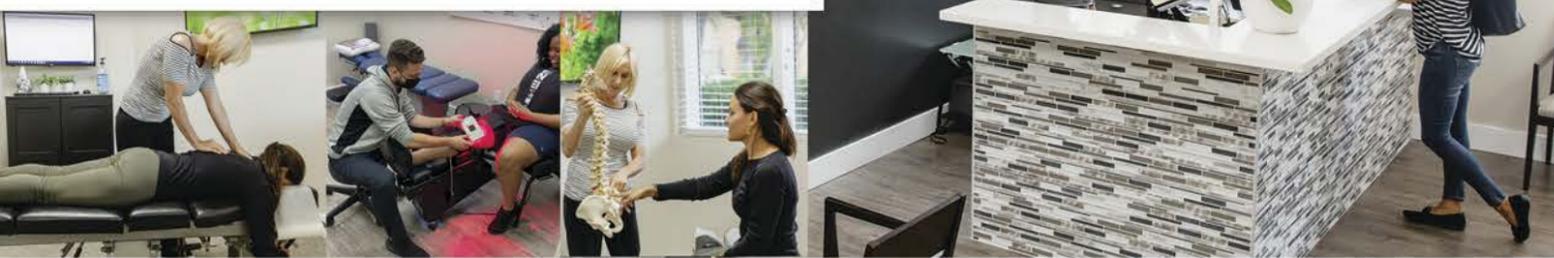
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How Genesis Physical Medicine Is Paving The Way For Non-Surgical Knee Treatment



By Ashley Ferraro

Chronic knee pain doesn't need to be viewed as a permanent "be all, end all," for the rest of your life. It certainly doesn't have to require invasive surgeries, injections, or drugs for treatment. That's what the folks at Genesis Physical Medicine in Fort Lauderdale believe. For the past year, Dr. Mike Rozenblum and his colleagues have implemented their revolutionary Five Point Knee Restoration Program developed for patients experiencing persistent knee pain.

This revolutionary program utilizes cutting-edge techniques such as Knee Decompression, muscle balancing techniques and therapeutic LED therapy. For those accepted, much of the program is administered at Genesis' office through cutting edge therapies to the muscles and joints. The other portion of care is conveniently performed by the patient at home, with the help of state-of-the-art equipment provided by Genesis.

According to Dr. Rozenblum, who's been in practice for 28 years, it's crucial to offer non-surgical treatment options to patients experiencing this kind of chronic knee pain. "With surgery, you have the risk of infection, nerve damage and several other unwanted, unexpected and undesired outcomes." He adds, "Our program is extremely safe. There are no known risk factors for those we accept for treatment."

Dr. Rozenblum explains, "What I love about our evaluation is that on the first visit to our office, we know who will benefit from treatment and who will not. 100% of patients accepted for care demonstrate a 10-15% improvement, immediately after their first Test Treatment."

Dr. Rozenblum notes that his Knee Restoration Program has success stories from patients of all ages. One of his favorite accounts is about a fifteen-year-old girl who developed chronic knee pain due to series of uncontrollable falls. In her case, the problem wasn't necessarily severe

enough for surgery, but physical therapy was unsuccessful.

"She went through our evaluation, she went through our Test Treatment, and she did amazingly well," he says. "After the Test Treatment, her parents thought it was impressive enough that they elected to move forward with the program."

The Knee Restoration Program is ideal for patients experiencing pain for numerous reasons, including post-surgical knee complications. Dr. Rozenblum recently had a patient who lost feeling in her knee after undergoing knee replacement surgery, limiting her knee function. After just four weeks of treatment, her knee regained feeling and function.

"At the end of the day, outcomes are what we're looking for," he adds. "We want to be honest and realistic, but we do believe that everybody deserves to feel great. If we know we can help somebody, we're going to accept their case."

Aside from chronic knee pain treatment, Genesis specializes in disc-related problems such as Sciatica, as well as Peripheral Neuropathy. Dr. Rozenblum works alongside longtime partner Dr. Lisa Green and associate Dr. Klaudia Bohorquez to offer patients high-quality care, but most importantly, results.

Genesis Physical Medicine boasts of having "the most friendly and courteous Spanish bilingual staff," Dr. Rozenblum emphasizes, "No one is going to 'out customer service' us! Our team does their very best for every patient, every time; it's our culture. No one will care how much we know, until they know how much we care."

To learn more about Genesis Physical Medicine and Dr. Rozenblum's Knee Restoration Program, visit www.genesisphysicalmedicine.com or call (954) 977-0888.

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See ad & article pages 6-7

Parkland P-Rec

PICKLEBALL
Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a whiffle ball over a net. Yearly fee: Residents \$45/Non-residents \$54. P-REC - 10559 Trails End (located inside Pine Trails Park) For more info please call 954-757-4105.

Special Needs

PARKLAND BUDDY SPORTS
Find out about league offerings and activities. www.ParklandBuddySports.com

CHALLENGER BASEBALL LEAGUE

Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329.

THE FRIENDSHIP JOURNEY

Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact hello@thefriendshipjourney.org or www.thefriendshipjourney.org

Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade
Find a local unit at www.beascout.org

Adult Softball

For more info. contact Parkland Parks & Rec. Manager Bruno Battel at 954-757-4103

i9 Sports - Youth Sports Leagues

Parkland Leagues - Saturday Only

Soccer - Ages 3 - 12

Baseball - Ages 3 - 7

www.i9sports.com

954-227-9955 (M-F, 9am-8pm)

Important Numbers

Leisure Services	(954)757-4105
Field Conditions	(954)757-4110
Park Ranger	(954)575-1007
Youth, Teen, & Senior Programs	(954)757-4129
City Hall	(954)753-5040
Tennis	(954)757-1910
P-REC	(954)757-4105

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Serving South Florida Families Since 2002!

By Wendy Hunter & Ken Webster

Parkland Buddy Sports ("PBS") has been serving South Florida families since its opening in 2002, offering recreational programs for children and young adults with special needs ("Players") and connecting student volunteers ("Buddies") looking to make a difference in their communities while earning service hours towards their graduation.

The program provides opportunities for children and young adults with special needs and teen volunteers to come together to participate in organized sporting activities in an inclusive, safe, and fun filled environment. PBS programs take place over the weekends and run concurrently with the school calendar. Through peer guidance and support by our Buddies, the Players are aptly challenged and participate at the appropriate age and skill level.

PBS began with soccer Buddies, partnering with the City of Parkland and the local recreational soccer league. The City of Parkland has been a phenomenal partner offering the use of their fields, equipment, expertise, and guidance in setting up and managing this "new" sports program. Word quickly spread and the program grew from one sport, with a few volunteers and players, to eight different sports, an organized and dedicated Board of Directors to oversee the growing program and hundreds of volunteers and players. In 2009, PBS made the strategic decision to become a 501c3 registered non-profit organization with a focus on offering these life changing sports programs fee-free for every family with a child or young adult with special needs.

Bob Mayersohn, who has been involved since the inception of PBS, is its current President and also serves as a Commissioner in the City of Parkland, says "Looking back, it is incredible to see how we have organically grown. Our success is a result of providing opportunities for these incredible Buddies and Players to learn, play and have fun, building life-long bonds and making a difference in the lives of others. We remind all involved to never lose sight of our mission; that there are "No Limits" to what can be achieved by our players with special needs, and our volunteers. When we all work together to understand and embrace our differences and similarities, that's when the magic happens. Watching our players and volunteers grow and mature over the past 20 years has been truly rewarding."

The stories of personal achievement and growth are endless. The drivers for personal involvement in the program are as

unique as the program itself, but one of the more common threads has been having close family ties. One example is Bob's son Garrett, who was one of the first players in the program and was then, and continues to be now, one of the strongest advocates, engaging his fellow student peers to join the organization as volunteers.

The list of local families deeply involved in the program including the Cordovers (Jared, Julia and Joey), the Hunters (John, Hank and Shane), the Clarks (Ryland, Linden and Jensen) the Websters (Kiersten and Kayla), and so many more, all represent volunteers following in the footsteps of their older siblings and other relatives in the program. The program has been strengthened by families bonding together and committing to give of themselves and make a difference in the lives of others.

Once they are exposed to the program, our volunteers, who may begin in the program out of a need for service hours, have their motivations changed to love and a desire to "make a difference". John Hunter is one of those exceptional volunteers who was previously a student volunteer and currently serves as an adult volunteer. The family connections include every combination from siblings to parents and even grandparents participating alongside their grandchildren.

Several families have both a player and a volunteer in the program and that always brings an added value to the program. The sibling volunteers of our players are experienced in working with children with special needs and share the love and compassion they have for their family members with other volunteers, providing a real-world example to those that may be meeting and playing together with someone with special needs for the very first time.

PBS continues to grow and is always looking for new ways to reach families of children and young adults with special needs to let them know about the various programs and special events that are offered. The activities offered by PBS give the players, their families, and the volunteers a chance to learn, have fun and build lasting friendships.

The program is funded entirely by personal and corporate donations and every dollar donated goes back into the program.

To get involved or to donate to this amazing organization please visit www.parklandbuddysports.org.

The Athlete's Elbow Part 2

By Dr. Howard Gelb

Little league elbow is a common problem in the growing athlete and describes medial elbow pain that is attributed to a microscopic injury to the growth plate or apophysis, where the tendon attaches to the inner elbow. Pain and loss of motion are common symptoms of little league elbow. Pitchers sustain the majority of injuries but any player may develop it from overuse. X-rays are very important as part of the work up for little league elbow. Comparison x-rays can be helpful in certain cases to evaluate the extent of the injury. The UCL (ulnar collateral ligament) can be involved in severe cases. If the apophysis or UCL origin is significantly displaced, surgery may be indicated. If the ligament is completely torn, a formal UCL reconstruction (Tommy John procedure) may be needed to return to competitive throwing. Prevention of overuse injury in the throwing athlete is critical to avoid long term injury. Injury to the young athlete's elbow may be prevented by limiting the number of pitches in a game or practice, allowing the athlete adequate rest after throwing, and limiting the number of teams that he or she plays on. Recent studies demonstrate that the fast ball may be worse than breaking pitches for the immature elbow, causing the growth plate to separate or ligament to fail. Fortunately, most athletes can return to their sport after adequate rest and rehabilitation.



Howard J. Gelb, MD

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Messages from the Mayors



Parkland Mayor Rich Walker

The start of a New Year brings the promise of good things and new beginnings. In a psychological turning of the mental calendar, we seek to do our part to contribute to that new beginning by making promises to ourselves. But as you turn the page of your calendar, my hope for you is more than just a New Year's resolution that may or may not be forgotten by March.

My wife Catherine and I have five beautiful children and raising them will be our imprint on the world. No matter how long I serve as Mayor, no matter the successes Catherine and I achieve personally or in our careers, raising our children will be our legacy. One thing my kids never let me forget is that they are always listening. There are plenty of teaching moments, and I always find it interesting when one of them repeats something that Catherine or I have said when we didn't know they were listening. And now we realize they're always listening—which means we are always teaching.

Children hear your grumbling under your breath when someone leaves the room. They hear your narrative about the homeless person holding a cardboard sign. Whether it's a driver who accidentally cut you off, a waitress who made a mistake, or a neighbor asking for a favor that you don't want to do, your kids hear it all. They even hear your silence on issues that deserve comment. They're always learning because we're always teaching.

That eureka moment can be a bit of a game-changer. It underscores the importance of always setting the right example, always being kind, always being compassionate and understanding, always trying to say the right thing, and always being the person you want your children to grow up to be. That's a tall order, but that's what we signed on for. It's also likely to be the most rewarding thing parents ever experience. That proud moment when you see your child has developed into an adult, the next generation being an improvement on the last.

If a community is the sum total of its people, it's tough to think of a greater community service than sending your children into that community with the best set of character traits; Traits they've taken on from those focused, teaching moments and things they've picked up along the way. But it's vital that we remember parenting isn't an ala carte proposition—do as I say not as I do—it's a full-time job because someone is always listening.

If you would like to share your thoughts about parenting, or perhaps share one of your listening experiences, I would love to hear from you. I can be reached via e-mail at rwalker@cityofparkland.org or via cell phone at (973) 390-1453.

Coral Springs Mayor Scott Brook

Happy New Year Neighbors and Citizens. I hope that this past year was a good one for you. I know it was quite a challenge to many. Thankfully, we live in a unique, family-oriented community. Our City has the best first responders and our City Manager and City Attorney are extraordinary. This year, we will see a lot of progress with Downtown, new construction and the continued expansion of our business community.

We also went back to live events, including a very well-attended Holiday Celebration on our lawn and a great parade! I love all the love our community shares! Given the Omicron variant, we still urge caution and continue to host the local vaccine site at the Coral Square Mall. Please visit our website, www.CoralSprings.org/events to learn about all of our upcoming events. My colleagues and I are always available to chat with our residents and business owners and you can also find all of our office hours and phone numbers on the website. If you ever need me, my best email address is Sbrook@coralsprings.org and my cell phone is 954-494-9872. One of the most important issues we are faced with is the cost of recycling wrong. Please also look at our website for the link about how you can recycle RIGHT!

Thank you for the honor and privilege of being your Mayor!

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The Giving Tree...

Four High Schools join with Coral Springs community in donations for Broward Partnership Homeless Shelter

By Valerie Block, Coral Glades High School and Broward County National Honor Society President

Four High Schools and Coral Springs community members joined together to deliver supplies and gifts to Broward Partnership, a homeless shelter assisting more than seven-hundred families in Pompano Beach, Florida from December 11th to December 20th.

Dr. Bessie Cristwell was instrumental in spreading the word about the homeless population in Broward County in need of supplies. For several years she has worked with the community and schools to secure toys and supplies for families in need. As most of the population returned back to a post-COVID lockdown lifestyle, Dr. Bessie wanted to engage as much of the community as possible this holiday season. Dr. Cristwell worked with student leaders to spread awareness for the importance of community service during the holiday season.

Student leaders and sponsors of Coral Glades High School National Honor Society, Marjory Stoneman Douglas High School Black Student Union, Coral Springs Charter School Student Government Association, Taravella High School Interact and Key Club worked together to collect vital items for those in need. The students were able to place items they collected under the tree at Broward Partnership, ensuring gifts for less fortunate children this holiday season. Contributions of essential items along with gifts were also made by the Coral Springs Community Ambassador Program, Bushra Razvi

with the Multicultural Advisory Committee, Commissioner Joy Carter, and Abundant Life Church members.

Isabella Preble from Broward Partnership for the Homeless is the Community Relations Specialist who thanked the students for coordinating the Community Drive for the Giving Tree. "Each gift received will help men, women, and families with children experiencing homelessness, transition out of homelessness and into stable housing. We are truly grateful for the outpouring of generosity from the young people in our community who have chosen to give rather than receive this holiday season," said Preble. Upon the collection of all the donations, she expressed to the swaths of volunteers, "Thank you! We look forward to continued collaboration and wish you and yours a happy holiday season!"

Dr. Cristwell said, "It is important that students learn how to give to others at an early age, so they may have a lifestyle of giving later in life. It is a good principle to know that when they assist others, it helps them too. When they give at an early age, they learn how to give a hand up, instead of a hand out. This year the gifts we received from these special individuals were more than what was ever collected in the past years." The community pulled together to uplift the less fortunate this holiday season, and hope to accomplish the same next year.



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Healthy Eating for the New Year!

By Rosemarie Rutecki, PharmD, IFMCP - Functional Medicine Pharmacist



It is that time of the year when we want to start fresh and, once and for all, stay consistent with a food plan.

I will give you some tips to help you achieve your dietary goals.

1. Take out of your mind the word diet and focus on a healthy food plan, which will be your new lifestyle. A diet is something you do temporarily, a quick fix. Food is medicine and a code for your cells, and once you see food this way, you will not diet anymore.

2. Clean your pantry, get rid of all processed foods. Sugars will get stored in your body as fat and will not provide any nutrition, a reason why you might be constantly hungry. Learn to read the food labels. If you can not pronounce the ingredients, leave the item at the store.

3. Eat protein; protein is needed for detoxification and to build muscle mass. As we age, we lose muscle, which gets replaced with fat. Aim to consume 30g of protein per meal.



4. Eat the rainbow; your gut microbiome loves the diversity of foods. Try new foods. The more colorful vegetables your meal has, the more fiber, phytonutrients, and polyphenols you will be eating.

5. Ditch sodas and replace them with clean distilled water and tea. For example, green tea is a great addition, rich in polyphenols that protect your body against heart disease and cancer.

6. Be mindful and pay attention to how food makes you feel. If you feel sick when eating gluten-containing foods like bread, pasta, or bloating when consuming dairy. Cut them for 21 days and reintroduce them one at a time. See how you feel when you put

them back. If there are no improvements in your health, you can try a more comprehensive Food Elimination Approach or do a Food Sensitivity Test to find out more information.

7. Do not starve yourself. If you want to lose weight, you have to try caloric restriction and combine it with a clean diet consisting of healthy protein, healthy fats, and carbohydrates. Find help with a Functional Medicine Practitioner that has experience with calorie restriction and nutrition. This combination is what brings the best results to my patients. They lose weight without experiencing hunger and eating a wholesome food plan.

8. Do not compare yourself with others. We are all on different health paths. What you need might be different from what others will need. Focus on yourself, focus on your journey, find what makes your body feel good, and stick with it.

9. Are you eating healthy and can't lose weight? Do you continue having gut issues? It might be time to get a microbiome stool test from a Functional Medicine Provider. Some gut bacteria and parasites are associated with obesity, gut issues, and overall health. When the gut microbiome is balanced, weight might come off more quickly; the autoimmune process will improve, and you will feel better overall.

Put yourself first in 2022, you are worthy!

For more information please see www.functional-pharmacy.com



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