

TALLAHASSEE

JANUARY 2013

your health

MONTHLY

Kim Bibeau

She used her own sweat therapy to improve her life and health

LICIA BERRY welcomes 2013

Find your personal vision

REV UP YOUR IMMUNITY

Fight off winter ills

SILENCE CAN BE GOLDEN

Meditation for peace of mind

What is your thyroid

telling you?

Finding a balance



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Happy New Year, happy new you!

You know that saying, “When you have your health, you have everything?” I find that to be truer every year. A new year always gives us the opportunity to stop and think about what we would like to do differently in the next 12 months. This month’s issue has lots of choices for ways to find the key to unlocking a new you.

This month’s profile on Kim Bibeau can provide just the inspiration we all want to change our lives, follow our dreams and become healthier. Kim offers some “Kimisms” to get started as any road to change is just one step at a time. She is a bundle of energy and amazing!

Mikkie Hoard profiles a local FIT group that gets a good workout twice a week for one hour—a nice way to fit in a little cross training. Plus, Tracey Grant can help with menus and food selections, even giving advice on grocery shopping.

I don’t know many people who have not felt that dreaded twinge of back pain. Whether it’s the “drop to your knees” kind of event or just a little nuisance, check out injury first aid and tips for prevention.

Balancing our lives for better health comes in all forms. January is National Thyroid month. Leigh Farr shares how your thyroid functions, what happens when it is out of balance, and how to regain a healthy equilibrium.

Fine tuning our lives means starting with fine tuning our minds. For our Your Time segment, we take a look at mindful meditation – how to quiet the mind to make those changes you desire and achieve a more peaceful state of being. Another alternative for you might be hypnosis, so we offer a primer of what you might expect from taking that road.

So please enjoy this issue as a way to get inspired for the changes you want to make, breaking them down into manageable pieces and schedules that fit your life in the best way possible best. And don’t be discouraged when those little slips occur. We’ll be back on January 30 to keep the momentum going.



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{ DENTAL MYTH BUSTERS }

with Dr. Ronald Willis

MYTH #3

Invisalign is just for Kids or Teens?

False: Invisalign can be for anyone. Invisalign is a modern approach to straightening teeth. In fact, Adults prefer Invisalign over traditional braces that have brackets and wires. While many adults look at straightening their teeth for cosmetic reasons, it's important to know that straighter teeth and a proper bite can be beneficial to your overall periodontal health. You'll realize that a perfect smile extends far beyond good looks. As an added bonus, I-tero digital scanning allows the Doctor to take accurate impressions without the hassles of trays and putty.

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2013: Year of the Visionary Woman

BY LICIA BERRY



2012 was quite a year. With the election, women's issues were explosive and pertinent, gaining the attention of mainstream media and women all over the country.

Women have the ability to show the world the way to a holistic vision of peace, safety, fairness and wholeness.

It is a good thing that women were voicing their opinion. Women are natural visionaries, able to access a larger logic through our innate inclination to value the input of our brain's right hemisphere.

The right brain accesses the "big picture," the grand perspective of our life. In a left-brain dominant culture, we can lose those visions of the "big map" as our neural pathways change to support the way we are taught to think. New neural pathways are created with new experience and thought, and those neural pathways are strengthened and grow the more we reinforce those thoughts and experiences. It makes sense that if we want the world to change in positive ways, we need to think in different ways that will lead us to a different path. As Albert Einstein said, "We cannot solve our problems with the same thinking we used when we created them." We must have a different vision, a new vision.

Women have the ability to show the world the way to a holistic vision of peace, safety, fairness and wholeness. In my 25 years of professional experience with women, I have experienced the extraordinary power of women who trust their inner vision of a better world. Recently, I enjoyed the great honor of having Nobel Laureate Jody Williams attend my Whole Brain Collage workshop at the Peace Jam Southeast Conference at FSU. She had a vision of a world without land mines, a world safe for children to walk and play in the fields, safe for the women to gather water. This passionate, powerful woman came from humble origins, never went to college, and had every obstacle thrown at her in her attempts to ban land mines worldwide,

including being raped at gunpoint. Jody did not let that stop her; her trust in the rightness of her vision held her throughout her trials and made her push through any doubt. She successfully banned landmines due to her tireless effort and won the Nobel Peace Prize in 1997; the world is a better place due to her caring vision.

This New Year, 2013, promises to be one of great change; change always comes with a degree of unrest, and sometimes transformation can be resisted because we are uncertain. But if we have a vision, we can gain courage and will, and the trust required to keep our eyes on the prize.

Women take care of the world, but who takes care of the women? We are important because of our connective nature; we must make the choice to honor our ability to hold a higher vision. We must take time for ourselves to nurture the inner life that nourishes others. Let 2013 be the year that we decide to trust the big picture that women are showing us, and with their light, to lead the way.

Licia Berry is an author, educator, speaker and creative artist who facilitates Whole Brain Communication Retreats, Women's Circles, Women's Leadership, and Creative Insight workshops internationally through her company, Illumined Arts. Passionate about women's issues, Licia is hosting and organizing the Tallahassee One Billion Rising Dance on Feb. 14 with several organizations in town that care about women, as well as an entire weekend of creative arts Feb. 15-17.

Creative Vision Quest Circle, a monthly women's circle that meets to support creative visioning and self-leadership, starts March 2013. In addition, Licia's autobiography, Soul Compost – Transforming Adversity into Resilience was published in December 2012.

Learn more about Licia's work with women at www.LiciaBerry.com/WomanSpace. She can be contacted on Facebook, Twitter or at Licia@LiciaBerry.com ❖

Here are a few simple ways to access your right brain and find your personal vision for 2013:

Join a Women's Circle

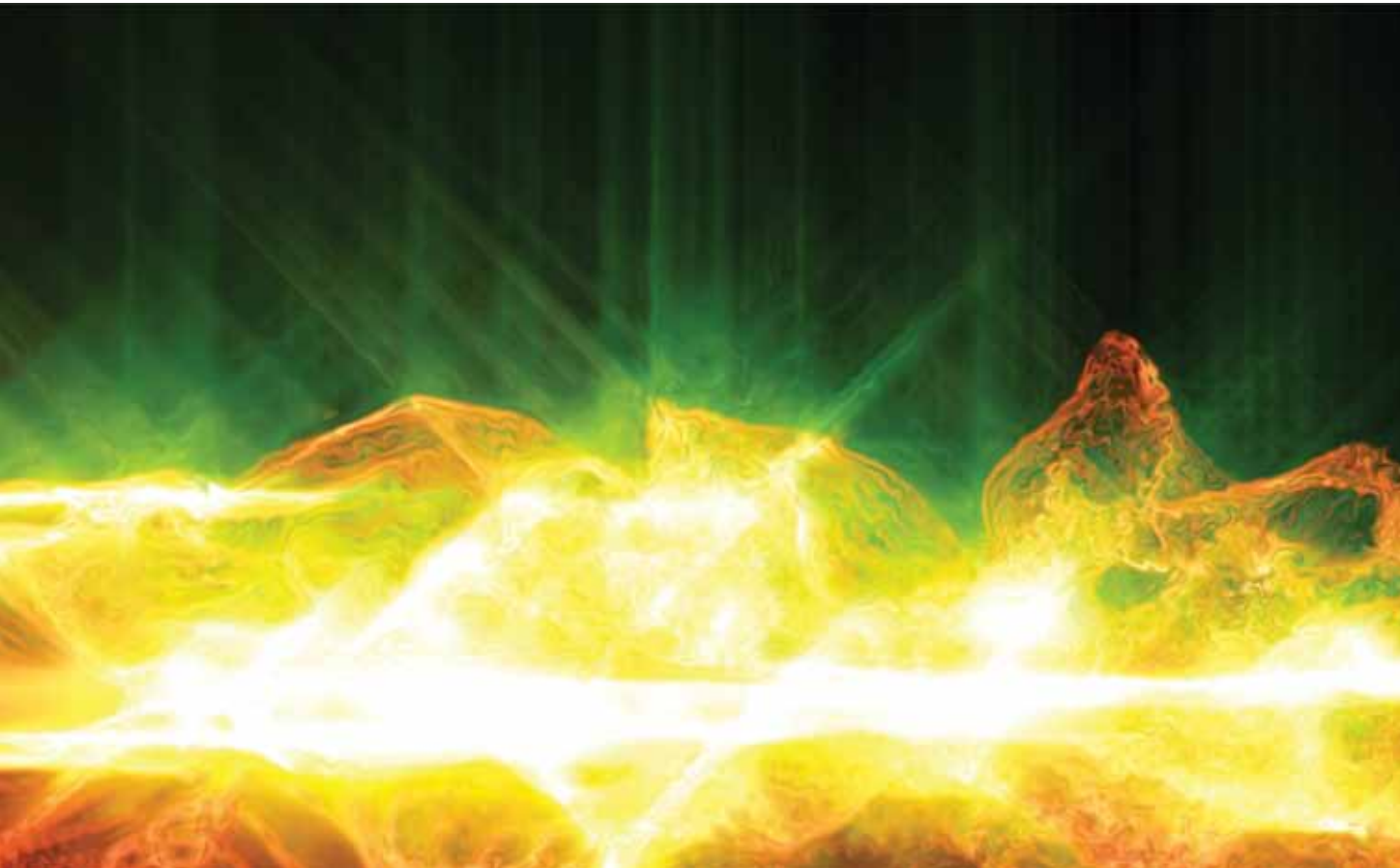
It is scientifically noted that women in community with other women are healthier and happier. This also provides a place for support and reflection of our special nature.

Be Creative

Arts of any kind are a language of the right brain in partnership with the left brain. Paint, dance, make music, write poetry, speak eloquently of your vision.

Meditate

Quiet time to reflect and cultivate our relationship with the inner landscape is essential to finding our wisdom and gaining the peace to trust it.



Healing Salt Lamps

Shedding Some Light on the “Positives” of Negative Ions

BY KATHLEEN BACK BRADY

Let there be light and let it be salty? Popular in Europe and Asia for many years, healing salt lamps have piqued the interests of Americans during the last decade. A healing salt lamp combines natural salt crystal with the aesthetics of warm illuminating color.

Although the healing and cleansing effects of salt go back thousands of years, in our contemporary lifestyle we often overlook something as basic as salt. A salt crystal lamp provides a beneficial use of natural salt that can be brought indoors. The integration of heat with salt crystals can be quite therapeutic.

Natural salt crystal used in the lamps is mined in the foothills of the Himalayas, which are known for the purest and most colorful salt. When salt crystals are heated negative ions are released. Negative ions attract to the positive ions in the air to dilute odors and naturally clear the air of smoke, pet dander and other indoor pollutants. Negative ions also neutralize electromagnetic pollution from computers, televisions, microwaves, etc.

Think back to the last time you were on a beach or stepped near a waterfall. Do you remember walking through a forest or heading outside immediately after a thundershower? Perhaps without realizing it, you

experienced the “positive” effects of negative ions in all of those nature experiences. Air circulating in the mountains and at the beach contains negative ions, smells fresh and invigorating as it soothes the soul and body. A salt crystal lamp injects those negative ions indoors to recreate that fresh and appealing outdoor atmosphere. It brings a little déjà vu of that day at the beach – or forest right into your own home.

There are different sizes of lamps to accommodate various sizes of rooms. Colors range from light salmon to deep rich oranges, and the hues are visually calming and enhance relaxation.

But the possible benefits of salt crystal lamps go beyond presentation. Some claim that their allergies, respiratory conditions and even sleep apnea have improved from better quality of naturally cleansed indoor air.

Can healing salt lamps really improve health and have a beneficial effect on one’s mood? Although they are not considered “medical devices,” their ability to enrich the air with negative ions reduces indoor pollutants. They may provide welcome relief from respiratory ailments, eliminate indoor allergens and add to a better feeling of serenity. ❖

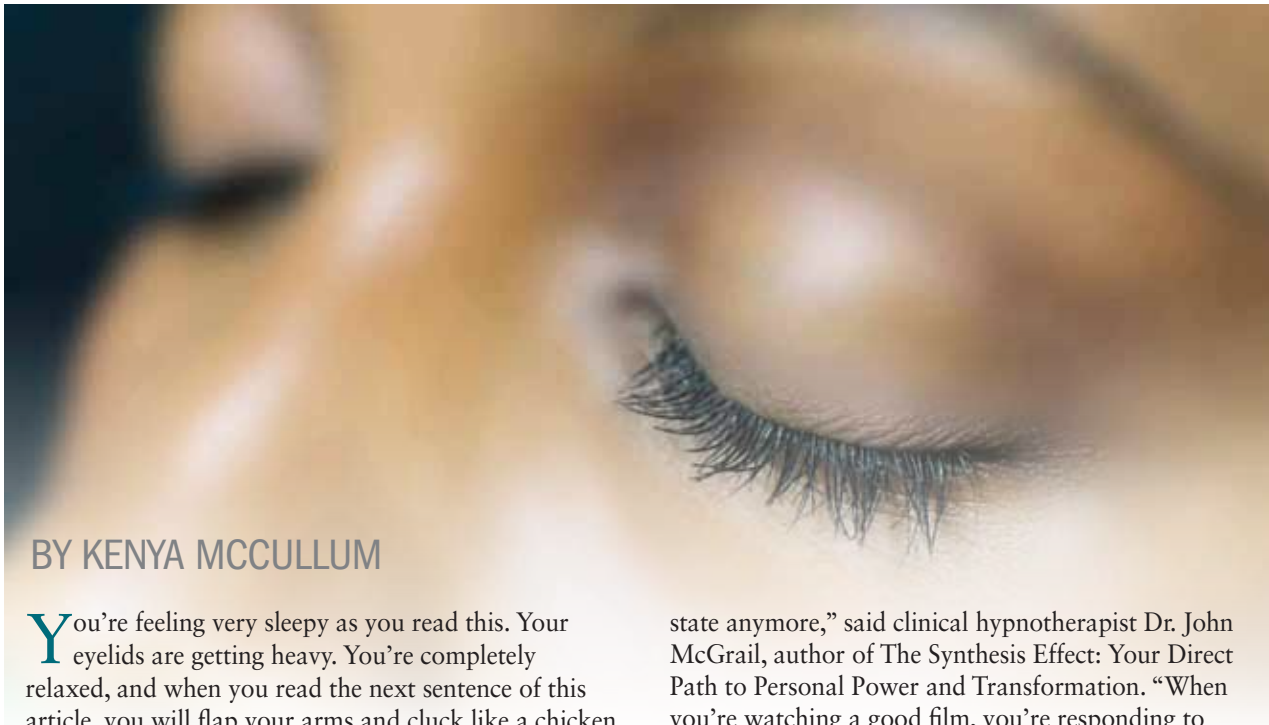


Feng Shui is the ancient Chinese art of placing objects to achieve harmony and balance. Is a healing salt lamp good Feng Shui?

Professional Feng Shui Consultant Diane Gallin, based in Tarpon Springs, Florida, frequently recommends the use of salt crystal lamps to her clients, and she also personally uses them. She notes that the incorporation of salt crystal lamps in the home satisfies the Feng Shui elements of “fire” as well as “earth.” She describes the subtle lighting of salt crystal lamps as perfect when a décor calls for lighting that is not too harsh. Gallin added that the small bulb used in salt crystal lamps is energy efficient and very green.

Gallin says that in addition to the health-promoting benefits of negative ions released from the lamps, salt crystal lamps provide balance in a living space. She describes the smell of a room with a salt crystal lamp as “crisp, fresh and clean.” For larger areas, Gallin prefers the larger lamps to represent rocks and earth, for stability. She recommends smaller salt crystal lamps for use in a child’s bedroom to provide soft soothing light at night. She also notes that she keeps her salt crystal lamps on 24 hours a day.

Hypnosis for Better Health



BY KENYA MCCULLUM

You're feeling very sleepy as you read this. Your eyelids are getting heavy. You're completely relaxed, and when you read the next sentence of this article, you will flap your arms and cluck like a chicken three times.

Thanks to many examples in popular culture, when people think of hypnotism, they generally envision a scenario much like this. But hypnosis is not just a parlor trick performed by wannabe Harry Houdinis. When used in a clinical setting, hypnosis can be a mechanism for improving patients' health and well-being by working on problems at a subconscious level.

Although the idea of using hypnosis for better health might sound a little bit like metaphysical voodoo, the fact is we actually experience levels of hypnotic states all the time. Whenever we get engrossed in an activity — driving, listening to music, watching a movie — we enter a natural state of consciousness that is akin to what the stage hypnotist does to his unwitting volunteers during a show.

“When the subconscious mind takes over, which is what happens in hypnosis, it cannot tell the difference between illusion and reality — so a good movie feels real for those two hours and when the movie is over, the lights come up and we come back to what is called conscious awareness. You're not under the trance

state anymore,” said clinical hypnotherapist Dr. John McGrail, author of *The Synthesis Effect: Your Direct Path to Personal Power and Transformation*. “When you're watching a good film, you're responding to suggestion. The same thing happens when you read a really good book or when you just daydream.”

When done in a more deliberate manner, this hypnotic state can be instrumental in overcoming a myriad of health challenges, and patients commonly report that clinical hypnosis has helped them with issues like weight loss, smoking cessation and overcoming fears and anxiety.

In addition, clinical hypnotists may also help patients with serious physical ailments, like chronic pain and psychological problems, including depression. In these cases, practitioners will work in conjunction with their patients' physicians to ensure that the treatments do not ultimately cause more harm than good. For example, frequent headaches are often a sign of serious health problems and although a clinical hypnotist can eradicate the headaches, it doesn't help the patient if the underlying illness is still present. The symptoms have merely been masked.

WORKING WITH A CLINICAL HYPNOTIST

Many people who consider hypnotherapy fear that the process will put them at risk of being programmed

to do things that they don't want do. But, according to Jason Linett of Virginia Hypnosis, the opposite is actually true.

“Some people have the expectation that hypnosis involves some kind of loss of control, when really hypnosis is more about helping people take control of those parts of their lives that often feel like they're out of control,” he said. “So, we're dealing with habits, we're dealing with behaviors, and we're dealing with emotions, beliefs and feelings. Rather than being that loss of control, it's that process of helping people empower themselves to think better, feel better and become much more effective at what they're doing.”

Clinical hypnotists begin their sessions much like a doctor by doing a patient intake to understand what the problem is. During this time, the hypnotist will ask about the patient's issue, how it originated, how it manifests itself and, most importantly, what success will look like when the hypnotherapy sessions are complete.

Based on this information, the hypnotist will tailor sessions toward patients' specific needs and goals. But no matter what the problem is, the objective remains the same — to slow the brain waves so that patients' unconscious mind will be open to making the changes they want to make. This can be done in a number of ways, such as by having patients count backwards, visualize something that relaxes them or stare at an object.

Once patients have entered this relaxed state, the hypnotist will begin the work of encouraging their subconscious mind to change. This is effective because the process quiets down the conscious mind — which often clings to the familiar and stands in the way of change — and allows the subconscious mind to take over during the session.

“The conscious mind is usually in the front seat and the subconscious is in the back seat. This is how most of us operate, but the subconscious is more of the driver — It's the backseat driver,” said hypnotherapist Beverly Flaxington, author of *Understanding Other People: The Five Secrets to Human Behavior*. “During hypnosis, if you've done it well, the subconscious is really sitting now in the front seat listening and the conscious mind is taking a little bit of a backseat.”

And when your subconscious mind gets behind the wheel, it begins to reprogram your conscious mind, encouraging it to make the changes that you are trying to make — but only if you really want to make them.

“Provided a person wants to change, hypnosis is usually 100 percent successful; otherwise it can have between a 75 to 85 percent success rate,” said Colin Christopher, author of *Success Through Manipulation: Subconscious Reactions That Will Make or Break You*. ❖



Choosing a Clinical Hypnotist

Check credentials. There is no state licensing procedure for clinical hypnotists at this time, but there are a number of professional associations that issue certifications, such as the National Guild of Hypnotists, the American Society of Clinical Hypnosis and the International Medical and Dental Hypnotherapy Association. You can find clinical hypnotists through these associations, or check the credentials of the ones that you're already interested in working with.

Get references. Just like with any other service, it's important to get references. Try talking to patients who have tackled the same issues that you want to change to get a sense of whether a hypnotherapist is the right fit.

Look for community involvement. One way to tell if a clinical hypnotist is reputable is by looking for evidence of involvement in the professional community, as well as your local community. Does the hypnotist have a blog about their work? Does the hypnotist write journal articles about clinical hypnosis or participate in industry conferences? Has the hypnotist been interviewed on local television or radio? These can be indicators of experience and a deep involvement in the field.



Turbo Charge Your Immune System

Boost your natural immunities and power through this cold and flu season without a sniffle.

BY AMBER BARZ

It's no secret that catching the flu or a cold has a lot to do with exposure. By steering clear of sick people, washing your hands frequently and getting a flu shot, you can reduce your risk. "Multiple flu strains are hitting Tallahassee pretty hard this year," says Dr. Amy Neal, an urgent care MD in Tallahassee. "Most strains are covered by this year's vaccine, so if you haven't gotten the shot, get one as soon as possible."

Vaccines aside, have you wondered why some people catch everything they come in contact with and others don't? It's about the body's immune system, and it functions best when it's well nourished.

Drink Lots of Water

Drinking eight, 8-ounce cups of water a day ensures that your blood will carry plenty of oxygen to each vital organ. And, your immune system functions best when your organs are functioning best. Water also allows your kidneys to remove toxins from your body quickly, reducing the possibility of build up, explains Dr. Neal.

Get Plenty of Vitamins and Minerals

Vitamin C. Medical studies suggest that vitamin C increases the antibodies in your immune system

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eating fatty meats and full-fat dairy products, such as butter or whipped cream

Reduce Stress

Stress produces a hormone called cortisol. Cortisol is an essential hormone in our bodies and is also known as the “flight or fight” hormone. A shot of cortisol is good if you are trying to run away from a lion, but it can turn into a bad thing when it’s elevated for hours or even days at a time. Lower your daily stress elevators by taking time for enjoyable activities, such as a long walk, soaking in a warm tub or enjoying a dinner out with friends.

and helps speed up the delivery of white blood cells to fight infection. Vitamin C is plentiful in fruits and vegetables, especially citrus fruits. If you take it in supplement form, don’t exceed 2,000 milligrams a day.

Vitamin A. Vitamin A deficiencies have been shown to increase the severity of bacterial and viral infections, so make sure your body’s storehouse is full by consuming fruits and vegetables with a red or orange coloring, such as carrots, squash, cantaloupe and melons.

Zinc. A recent study suggests that getting the recommend daily dose of zinc, (15 milligrams), may also help your immune system, says Dr. Neal. Avoid using zinc via a nasal spray, because in some studies, the nasal variety has been associated with a diminished sense of smell.

Choose Healthy Fats

Medical studies suggest that unsaturated fats play an important role in supporting the immune system and your heart. You can find healthy fats in fish, especially salmon, and in extra virgin olive oil and canola oil. Unhealthy fats, called trans fats or saturated fats, have the opposite effect. These fats suppress the effectiveness of the immune system, so avoid



Get Your ZZZs

Lack of sleep may increase the production of stress hormones. Moreover, people who are sleep-deprived may have more inflammation in the body, which adversely affects the immune system and increases the risk of disease, including, heart disease, stroke, cancer and diabetes.

“To help ensure you get a good nights rest, try and go to bed at the same time each night and get up at the same time each morning,” says Elizabeth Markovich, a nurse practitioner at Integrative Health Care in Tallahassee.

Turn off the TV and the computer. The light from these devices may suppress melatonin production, which helps you sleep. Instead, try listening to soothing music or practice a few relaxation exercises, such as deep breathing or stretching. ❖



Avoid Sugar

Downing 75 to 100 grams of sugar (the amount that is contained in two cans of soda) can severely suppress the immune system within 15 minutes and up to 24 hours after consumption. “Skip the sweets, especially when you plan to be in a crowded place, such as the airport or the mall,” says Elizabeth Markovich, a Tallahassee nurse practitioner.

Hygiene Matters

In addition to washing your hands, Neal suggests you avoid touching your face and keep your nails clipped short. “Fingernails can be a harbor for bacteria and viruses,” she says. “If you do catch a cold, change your shirt often. Coughing and sneezing can turn your shirt into another place for germs to accumulate and spread.”



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BY ANDY LINDSTROM

Kim Bibeau was auditing financial records for the state Legislature when she got what she called “my e-mail from God.”

The message from above actually came by way of a more secular medium: a website advertisement for RealRyder, a revolutionary indoor exercise bike that in two short years has helped change Bibeau from a mid-level government bureaucrat into a small-business entrepreneur with her own fitness center, staff of 25 and the clear possibility of franchising her success story as it continues to unfold.

And it all began because, as a youngster growing up in rural Miccosukee, she thought she was too fat. “I was just a chubby girl,” Bibeau said on a recent morning at Sweat Therapy, her Thomasville Road studio/boutique. “I couldn’t even get a date to my senior prom.”

Tucked between an Italian food shop and a hair salon, Sweat Therapy is a study in the old and new of the fitness industry. The black and yellow straps of something called

“Our motto is ‘we believe in the power of sweat,’” she said. “For a long time, I was working in an office. But I knew that was not what I was meant to do.”

TRX suspension training dangle like swings in a playground from an overhead crossbar. Iron dumbbells and plastic balls line the walls. IndoRow rowing machines, with real water, fill a second room down the hall. More than two dozen RealRyders sit vacant between classes in a third.

Trim and slim after recently turning 50, in a red sweatshirt and black tights, Bibeau is a testimonial to the power of positive thinking. A self-described type A personality, she radiates the breathless exuberance of a high-school cheerleader – or the dedicated disciple of fitness training

that she has been for the past 21 years. “Our motto is ‘we believe in the power of sweat,’” she said. “For a long time, I was working in an office. But I knew that was not what I was meant to do.”

As far back as she could remember, Bibeau said, being overweight had been a curse she could trace to everything from bad eating habits to low self-esteem. “Even back in seventh grade I weighed 150 pounds and was laughed at for being fat. My mom put me on my first diet, and by 1981 I had lost and gained back 80 pounds over twelve times. I just loved to eat – and for all the wrong reasons.”

First married at 20 and now the mother of two 20-something daughters, Bibeau finally turned to walking during her lunch hour because she couldn’t fit the cost of a traditional fitness center into her



Kim and Brian Bibeau review business details before an active day.

budget. It wasn't quite the epiphany of her e-mail from the Lord, but simple half-hour walks twice a week finally got her started on the right track. Rather than worrying about what she ate, she found that exercise combined with diet made the difference in her life.

"And I was very successful at walking," she said. "I even decided to join a gym. Me, a Weight-Watcher dropout. Before you know it, I was certified to teach a class."

Eventually Bibeau found herself teaching over 13 classes at fitness centers all over town while still working 40-hour weeks at her government job. After getting married again four years ago, her husband Brian (a lawyer/lobbyist who also teaches fitness classes) told her it was time to slow down. "But I'm a people person," she said. "When the Gold's Gym where I was teaching decided to do away with all their classes and go with personal trainers, that's when I got the word that changed everything."

Watching the video of former pro cyclist Colin Irving riding his stationary trainer, Bibeau was mesmerized as she saw him turn, bend and lean into curves as though he were out on the open highway. "This is just what Tallahassee needs," she recalled thinking. "So I called my friend, April Hambrecht, and said 'April, let's just do this.'"

Bibeau doesn't like to think of herself as compulsive, although some of her friends might have a different opinion. But she does confess to exercise as a personal addiction. And like St. Paul on the road to Damascus, she saw no reason not to share the message. "Brian said we were too old, April complained she was a stay-at-home mom, I said 'trust me, we can do this,'" Bibeau remembered. "And we've been growing ever since."

After knocking out walls, removing carpet, painting and putting in lights and fans, Bibeau and Hambrecht opened for business in a 700-foot studio on Williams Street with 11 RealRyders and a clientele raised by word of mouth. Now open from 5:30 in the morning until the last class ends at 8 p.m., Sweat Therapy attracts turnaway crowds of

working professionals, retirees and college grad students. Weekends, Hambrecht said, "we are slammed."

And the key to their success? Aside from high-tech gear like fancy bikes and hanging straps, what makes Sweat Therapy stand apart from any other Tallahassee workout emporium?

"We're like the 'Cheers' of fitness," Bibeau said. "It's a place where all of our employees know your name and wants to help you reach your goals. We know how hard that is, because live it everyday."

Personal training in small group classes at Sweat Therapy, 1122 Thomasville Road, range from \$18 for a single session to \$100 for ten. No contracts. A black card costing \$169 covers unlimited classes for 30 days. In addition to the Big Three of TRX Suspension, IndoRow and RealRyder, classes in yoga, Pilates and high-intensity cardio drills are also on the schedule. For more information, call 222-1781 or visit online at www.SweatTherapyFitness.com. ❖



Kim is the best testimonial for the fitness training she offers.

Kimisms

"We Change Lives" is the mission statement at Sweat Therapy, Kim Bibeau's fitness studio on Thomasville Road. Among her tips for changing your life, which she has collected in a folder labeled Kimisms, here are some of her favorites:

- Treat yourself daily to something that brings you pleasure
- Walk every chance you can get.
- Success requires work. Hard work pays off.
- Don't take the first spot in the parking lot. Park farther back so you have to walk.
- If there's an elevator, take the stairs.
- Don't just watch your kids at the playground, get on the swing and pump your legs. Better yet, do ab rollouts on the swing seat.
- Mopping the floor, use two rags and do lunges.
- We always underestimate the amount of food we eat and overestimate the exercise we do.
- There's a huge difference between thin and fit. Exercise gives you back the empowerment to make healthy choices.
- You are what you eat. If healthy food isn't a good enough option, you really don't need that snack.
- My 15-minute rule: if you're craving something, wait 15 minutes and see if that's something you really want. The same with walking. If you don't want to walk, try walking for just 15 minutes. Then you'll find you want to keep on going.
- Find out what true hunger is...if you want a snack and a healthy choice isn't appealing, it may not really be hunger.



You might see Kim pedaling around Midtown doing her errands.

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NOT ACTUAL PATIENTS



The thyroid is a tiny gland but it has an enormous impact on your health. Located in the lower front of your neck, this butterfly-shaped gland generates powerful hormones that regulate every aspect of your body's metabolism. When the thyroid pumps out too much or too little hormone, it can radically affect your overall quality of life.

"There are receptors for thyroid hormone in every cell in the body so the impact is diverse and crucial," says Celeste Hart, M.D., a board-certified endocrinologist in Tallahassee. "It contributes to the control of mood, cognitive ability, body temperature, respiratory rate, heart rate, blood pressure, weight, energy, digestion and reproduction."

EARLY DETECTION

Right now, an estimated 20 million Americans live with a thyroid condition. Women are five to eight times more likely to have a thyroid disorder than men, and having a family history raises your risk even higher. Pregnancy can also cause a temporary or permanent bout of thyroid problems. Fortunately, a thyroid hormone imbalance is highly treatable if caught early.

Too Much, Too Little

A THYROID IMBALANCE CAN WREAK HAVOC ON YOUR WELL-BEING, BUT IT IS ALSO HIGHLY TREATABLE

BY LEIGH FARR

"Thyroid conditions are treatable and people with thyroid conditions are able to live normal, active lives," says Kristin A. Harmon, MD, a board-certified endocrinologist with Tallahassee Primary Care Associates. "The earlier a thyroid disorder is detected, the earlier it can be treated, which is important because thyroid disease, both hypothyroidism and hyperthyroidism, can cause severe symptoms and problems if left untreated."

FINDING A BALANCE

There are two major types of thyroid disorders. Hypothyroidism, the most common form, occurs when the thyroid gland does not produce enough thyroid hormone, causing your metabolism to slow down. It's usually caused by an autoimmune disease, and can also result from radiation treatment or surgical removal of the thyroid. If you have this type of thyroid disorder, you might feel extreme fatigue, depression, forgetfulness, sensitivity to cold and you may gain weight. If you experience several of these symptoms, your doctor might order a blood test. Although hypothyroidism can't be cured, your thyroid level can return to normal with hormone medication.

A less common condition, hyperthyroidism, occurs when the thyroid gland produces too much thyroid hormone, causing your metabolism to speed up. Symptoms include nervousness, sudden weight loss, rapid heartbeat, muscle weakness and insomnia. Hyperthyroidism occurs when antibodies attack the thyroid, causing it to become enlarged and release a surplus of thyroid hormone. An overactive thyroid can be treated with anti-thyroid drugs, radioactive iodine or surgery.

WHAT ARE NODULES?

Another type of thyroid condition is the development of lumps within the gland. These lumps, or nodules, may pose problems if they produce excess thyroid

hormone or enlarge and begin to press on other structures in the neck. While most nodules are benign, up to 10 percent are cancerous. If your doctor finds nodules in your thyroid, he or she may perform tests to determine whether the tissue is benign. If cancer is present, you may have surgery to remove part of your thyroid, followed by hormone therapy. Most patients with thyroid cancer do well following treatment.

You can learn more about the thyroid by visiting the American Thyroid Association at www.thyroid.org. ❖

Get the Most from Your Meds

With so many advances in the way hypothyroidism is treated, a diagnosis can still mean living an active lifestyle and feeling your best. The key? Know how to take your meds.

“The majority of people we see that are having trouble managing hypothyroidism has to do with the way they take their medicines,” says Terry Sherraden, M.D., a board-certified endocrinologist at Tallahassee Endocrine Associates. “You can live a normal, active life as long as you adhere to the medicine prescribed by your physician.”

Use these sure-fire strategies to make your thyroid meds more effective:

- **Don't miss a pill.** Buy a 7-day pill box to manage your daily doses.
- **Be a purist.** Take thyroid meds on an empty stomach with only water, advises Dr. Sherraden. Wait 30 to 60 minutes before eating or drinking anything but water. Optimal times are first thing in the morning or if you get up in the middle of the night.
- **Don't mix meds.** Certain medications and supplements may hinder your thyroid medicine from doing its job. Talk to your doctor about which meds or supplements to avoid.
- **Hold off on the java.** Coffee can inhibit absorption of thyroid medication so avoid drinking coffee right after you take your medicine.
- **See your doc.** Continue close follow-up with your doctor to make sure you are on the correct dose of medication.

EMBARRASSED TO SHOW OFF YOUR LEGS??

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Free your legs...



FIT Walk Is Worth the Talk

BY MIKKIE HOARD

Happy New Year! I always find this time of year so invigorating and hopeful. We reflect on the good and the bad of the past year, and look optimistically onward to our fresh slate in 2013. After the eggnog, fruitcake, and holiday cookies have all settled snugly at our waistband, so many of us make faithful claims to devote more time to our physical well-being, not just our personal fitness. Fact is, mental and physical fitness go hand-in-hand toward a greater good: a better YOU.

Where do you begin? Sure, we all love the idea of looking and feeling better, but the idea of joining a gym can be overwhelming. The buddy system is one of the best ways to get started and get committed. Having someone waiting for you, holding you accountable can really help motivate you. Trying to coordinate workout time with a friend can be a challenge with careers, kids and multiple schedules, so that may not be as consistent as you need it to be. One great way to get moving and be held accountable is FIT walk.

Tracey Grant, owner of TLG Personal Fitness, is a CPR/AED-certified personal trainer here in Tallahassee and began her FIT walks three years ago when she and friends were discussing the probability of being able to zip their wedding dresses at a bridesmaid party. Tracey told one of her pioneer FIT



Top photo: Crunch time! (L to R) Jennifer Peters, Brooke Lochore, and Suzy Phipps work their abdominal muscles with encouragement from Tracey.

At left: Tracey keeps (L to R) Suzy Phipps, Brook Lochore, and Jennifer Peters motivated during core work with planks.

Bottom photo: Stopping along the way for outer thigh work – Suzy Phipps (L) and Brooke Lochore (R).



walkers, Laura Ervin, “I can get you back in your dress,” and so it began. Three years later, these ladies meet to walk and “work it” twice a week for one hour for a flat rate of \$10 each. As if being led by the charismatic, down to earth Tracey isn’t reason enough to make it to the FIT walk, these ladies have strengthened their body and mind, as well their friendships, old and new. Tracey’s FIT walk consists of fast-paced walking with light to medium weights,



Tracey's fit tips for year round success

Try these guidelines to insure your success and create a lifestyle change you can live with!

Decide to make a healthy fitness transition.

Evaluate where you are right now health wise and get "inspired" by planning where you would like to be.

Set realistic goals and take one step at a time.

Don't try to crash diet and start a workout program all together.

Eat mindfully and build on your success.

Cut a 100 calories at each meal in the beginning of your program.

Give yourself some wiggle room for slip ups.

Most important: Get moving! Take a walk at lunch or after dinner, a bike ride or a yoga class.

Make your life the most active and healthiest for your lifestyle.

intervals of lunges, push-ups, squats, and balance work.

There are definite advantages to having a personal trainer lead you to better health. Tracey will guide her clients who range from ages 30-65, through grocery shopping and form a detailed, personal regimen to target specific areas that they need to work on. Laura Ervin likes working with Tracey because "She is a busy mother, that eats and lives like most of us." The goals she sets for her clients are based on their lifestyles and visions for their bodies.

So what is 2013 going to mean for you? Bring your idea of an active, healthy body and mind to reality. As a mother of three I often have to be reminded that if I don't take care of myself, who will take care of my family? Get motivated and get moving! If FIT walk isn't for you, get your dog, friend, spouse, baby stroller or neighbor and hit the road. If you need a dedicated companion contact Tracey Grant at www.tlgpersonalfitness.com and consider forming your own FIT walk group from the office or neighborhood. Live by Tracey's motto "Get Fit! Get Focused!" Make this YOUR year! ❖

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mindful meditation

HOW SILENCE MAY BE THE MAGIC ELIXIR OF LIFE

BY ELISE OBERLIESEN

Does it ever like your life resembles a NASCAR race every day? From the constant barrage of frantic work deadlines, family obligations and getting dinner on the table, who has time for a little down time with friends, our partner or even ourselves? And yet sometimes what we crave most is that space in our day to rejuvenate and renew from the inside out.

Want to start the new year with more me time? How about adding a side of calm and focus to the mix? Then it's time to schedule a date with the most important person you know. That's you, baby.

Consider a silent, but golden meditation practice where you lie or sit still and focus only on your breath. Another option is to repeat a mantra like "OM" or another word or phrase that suits you, like "feeling peaceful."

Start with just 10 minutes a day, says Mary Beth McBride, a physician's assistant and one of the founders of the Tallahassee Shambhala Meditation Center. Whether you lie on the floor or pull up a cushion or chair, simply close your eyes and focus on each breath or mantra, explains McBride. If your mind wanders back to your job, the kids or a conversation about the dreaded Visa bill, that's OK, says McBride. "We never really clear our mind, our mind chatters."

It's good when you notice a thought, McBride says, because that's the whole objective: to notice and increase your awareness. "Meditation is a practice of bringing our mind back to one thing at a time," McBride says, a stark comparison from our multi-tasking mindset littered with racing thoughts.

“Meditation can ground your energy field and your mind so you can feel less fractured and more focused,” McBride says.

As your awareness grows, says McBride, the answers to some of your deeper questions will surface when least expected. It could happen when you’re washing dishes or maybe filling up “your” gas tank, she adds. With each mindful encounter, consider it as time that revitalizes your spirit.

Who would know better about the ancient practice of meditation than monks? Even the people who devote a lifetime to meditation and the pursuit of enlightenment realize the temperamental nature of the mind.

That’s because, left to its own devices, the mind behaves like a wild horse, says Venerable Saynourat, a monk from the Lao Buddhist Temple in Westminster, Colorado. Practicing meditation, says Saynourat, helps bring clarity of mind. The best way to “get clear” is to “train” the mind, he says, which is achieved

Your brain on white noise

WHAT WHITE NOISE CAN DO FOR YOU

The white noise of humming fans helps some folks sleep better while others swear it boosts concentration levels. One such person, Swedish researcher Sverker Sikstrom studied the effects of white noise on children with Attention Deficit Hyperactivity Disorder (ADHD).

“What we’ve found is, if you have white background noise, like a vacuum cleaner, some people with poor attention perform better on cognitive functions, compared to complete silence,” he said.

But you don’t exactly need an ADHD diagnosis to feel distracted. Maybe it’s your 21st-century lifestyle that distracts you – always plugging into your phone, computer and cyber-world at-large.

White noise combines multiple frequencies throughout the entire wavelength. The sounds of white noise miraculously block everything from ambient sounds from the next room to blaring freight trains screaming down the tracks.

While the white noise phenomenon doesn’t work for everyone, you may be one of the lucky ones.

Whether you download hours of white, pink or brown noise, readily available on YouTube, Sverker says, the color of noise likely won’t matter. The key is to listen to “sound without information,” he says.

If white noise annoys you, then consider filling your ear buds with soothing sounds of rhythmic ocean waves or a gentle rainfall, says Sverker.

through a regular practice of sitting, lying or walking meditations.

Even if you only practice only a few times a week, it’s better than none at all, he says. Whether he spends just 20 minutes or 20 hours in walking meditation, Saynourat says, duration only depends on the circumstances at that particular time.

Want to try walking meditation? As you hit the trail, track or treadmill, remember, walking meditations

clock in a slower pace. Instead of focusing on breath, focus on the rhythm of each footfall. “Focus your gaze out in front. Your mind will start to chatter but just bring your focus back to your foot touching the ground,” McBride says. ❖



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A woman with long, wavy blonde hair is posing in a red bikini. She is sitting on a black and white zebra print rug, leaning forward with her hands on her knees. She is looking down and to the side with a soft smile.

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Did I just pull my back out?

BY ANNE MARIE CUMMINGS



If you haven't pulled a muscle in your back before, count your blessings. If you have, then you know exactly how excruciating it feels. According to Dr. Dennis Fiorini, of Tallahassee's Fiorini Chiropractic Center, there are two types of common injuries to the back: strain or sprain. The difference? A strain involves muscles. A sprain involves ligaments.

"With a strain, the position you've put your body in can unlock the safety joints in the lower part of your spine, causing them to move too much," says Fiorini. "When the body senses those safety joints are unlocking it causes a tightness of the musculature to keep the joints from further movement."

With a sprain, the spinal joints are taken out of their normal range of motion, which stretches and tears the ligaments. "And because it happens so quickly, muscles don't have time to tighten up and protect the ligaments," says Fiorini.

The good news? Thanks to blood flow, strained muscles heal in about a week. The bad news? Sprained ligaments can take up to 12 weeks to heal. Remember, whether you have a strain or sprain, symptoms are similar: pain, swelling and decreased range of motion.

SPRAIN OR STRAIN TREATMENT

24 to 48 Hours

The first 24-to-48 hours are the most painful. Allison Eagen, a physical therapist with HealthSouth Rehabilitation Hospital in Tallahassee, says to follow the RICE principle: rest, ice, compression and elevation. "To relieve swelling, apply ice (or frozen gel pack) to the injured area throughout the day. But, don't apply ice for more than 15 minutes at a time because that can cause peripheral nerve damage," she says.

Eagen also recommends that you limit activity, avoid applying heat to your injury (at this phase

heat increases inflammation), wear a corset or ace bandage during the day and find a position that's as comfortable as possible while you sleep.

ONE WEEK LATER

Since your body is repairing itself, you'll want to do all you can to assist it. Jamie Hanuka, a licensed massage therapist in Tallahassee, says that for a strain, massage will relax the muscle spasms causing you pain. "And for a sprain, massage will relieve the tightness of the muscles guarding injured ligaments," he said, adding that now is a good time to alternate hot and cold temperatures to your injured area.

Sandra H. Hunter, a registered nurse and licensed massage therapist with A Touch of Healing recommends lymph edema massage, a gentle massage that helps remove tissue congestion underneath the skin. She also suggests a weekly Swedish or neuromuscular massage.

TWO WEEKS LATER AND BEYOND...

By now, if you've had a strain, you're on your way to the glorious days of a normal back again. Kim Ortloff, exercise physiologist and author of, *Where It Hurts and Why*, says that most people in pain from a strain or sprain don't want to move. "However, sometimes the best way to encourage the reduction of pain is to move," she says.

But whatever you do, don't jump back into your usual go get 'em exercise routine. Ortloff's top three suggestions for busting out the gentle moves are: walk, move around in water and do active, isolated stretching on your bed.


PREVENTION

It's a pretty simple strategy: stay flexible. There are countless ways from yoga to Tai Chi, stretch class to Pilates, water workouts to qigong, and

before and after running, biking or lifting weights. George Kousaleos, founder and executive director of Tallahassee's CORE Institute School of Massage Therapy, says that whether he's working with Olympic athletes or his regular clients, he always encourages flexibility training.

"Today, health professionals understand that the connective tissue that surrounds the muscles – myofascia – is much stronger and tougher than the muscles it's surrounding," Kousaleos says. "Deep stretching releases tension of the myofascia so that the muscles underneath can relax and return to their natural length." And don't forget the added bonus that comes with stretching – a release of serotonin that makes you feel real good. Oh-la-la!

And it goes without saying, that you should eat healthy, maintain your weight, wear shoes that fit properly, don't force your body into difficult positions, hold stretches for 20 to 30 seconds, and for goodness sake, when lifting something heavy...bend your knees! ❖



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●●● MAKE OVER

Smile More, Feel Great

BY ANDY LINDSTROM

Some might call it vanity. Others see it as the Hollywood syndrome.

But for dozens of Tallahasseeans suffering from issues with their teeth, cosmetic dentistry is more than an ego trip or copy cat of West Coast trend setters. It's a morale booster, a confidence builder and a giant step toward improving their personal and professional lives.

"We treat a lot of people in pain," said Dr. Ronald Willis of the Centre Pointe Dental Group. "But most just want to do something about the way they feel. As a result of what we can do for them, they end up looking good as well."

Willis, who specializes in cosmetic dental and related problems, said that he's worked with patients from the age of 5 to over the century mark. A woman of 101 came in for a cosmetic implant. Others hoped to restore discolored teeth to their original luster, realign a bite or jaw line, bridge the gap between missing teeth or cover up cracks, chips or worn enamel.

"For me, it was just a litany of things," said retired financial adviser David Heath. "When they put a photo of my mouth on the screen, it was like watching a horror show. I looked bloody awful."

Former television newscaster Liz Compton, now a bureau chief with the state Department of Agriculture and Consumer Services, said that her problems with small teeth and a misaligned jaw not only made her look older but led to neck and back pain as well.

"I just hurt all the time," she said. "I would sit at my desk and massage the muscles where it ached, never realizing that it was tooth related."

Crooked and discolored teeth led Ruth Ann Divine, retired from the City Commission, to the dentist's chair. For the past 17 years, she had been suffering from migraine headaches and neck pain. Since having her teeth realigned, she said, the headaches have disappeared and her neck is pain-free.

"I truly believe it was related to the teeth," she said. As for the discoloration, which had grown steadily darker over the years, "now they're beautiful, and so white. I'm certainly smiling more."

While the American Dental Association doesn't recognize cosmetic dentistry as a separate specialty, there are a number of Tallahassee dentists including Willis who offer the service. Many have taken advanced courses to familiarize themselves with the latest procedures, but an added warning: dental insurance doesn't always pick up the tab.

Heath said that a full menu of crowns, implants, veneers and other work set him back what he estimated as "the price of a small car – a small, used car." Willis added that costs can range from \$4,500 for a simple procedure to \$45,000 for a complete smile makeover.

And was it worth it? Liz Compton gave her emphatic approval. Ruth Ann Divine agreed. "I don't look so wonderful," Heath said with a smile. "But my teeth look fine." ❖



Smile

It's the most beautiful thing a human can do. More than a toothy grin, a genuine smile brightens your day, lifts your spirit and can help put a happy face on everyone around you.

Which might explain why cosmetic dentistry has become one of the fastest growing specialties in the field. Studies suggest that baby boomers as they age are particularly concerned about preserving the youthful appearance of their face and mouth. For a rundown on how to keep your smile pearly white and perfect, check these dental options:

Inlays and onlays replace old-fashioned metal fillings with cosmetic materials fashioned in a dental lab.

Crowns, also known as caps, fit over a damaged tooth to protect it and retain your jaw's natural alignment.

Fixed bridges not only fill the gap of a missing tooth but prevent misalignment of surrounding teeth.

Composite bonding repairs damaged teeth with porcelain or similar compounds that looks like natural enamel.

Whitening or bleaching restores the natural color to stained teeth.

Dental veneers bond to the surface of a worn or discolored tooth.

Dental implants compensate for tooth loss with artificial roots to support a restoration.

Smile makeovers provide a comprehensive assessment of your smile aesthetics.

Full mouth reconstruction covers functional problems with bite, muscles, teeth and bone structure.

JANUARY 2, 12 P.M.

SLOW-FLOWING VINYASA YOGA

Slow-flowing vinyasa yoga class designed to help students regain lost tone, strength and flexibility. Ideal for students in their 30s, 40s, 50s and beyond who are interested in maintaining a healthy lifestyle. No prior yoga experience necessary. Special adaptations for students suffering from physical limitations or recovering from injury or surgery. Every Wednesday at noon. First class free. \$10 after the first class. Pilates by Maggie, 508-1282, 1690 Raymond Diehl Road, Osaka Plaza, Suite B2.



January 8, 7 p.m. – 9 p.m.

TUESDAY NIGHT LIGHT BALANCING

Every Tuesday night, the Light Balancing Center of Tallahassee offers an opportunity for all to learn about and participate in light balancing techniques intended to bring well-being into all aspects of one's life (physical, mental, emotional and spiritual).

The center offers the opportunity to share in setting up a circle of light, meditation practice, journeying and drumming, full moon celebrations, Earth blessings, light tree plantings and other activities. Everyone is invited. Contact Laura Huff, 224-4995, ladylightweaver@gmail.com. Light Balancing Center of Tallahassee, 545 E. Van Buren.

January 10, 5:30 p.m. – 7 p.m.

WELLNESS FOR CANCER SURVIVORS

This group meets the second Thursday of every month, providing support to anyone who has been diagnosed with cancer. Please call 431-4226 for more information. Tallahassee Memorial Cancer Center, 1775 One Healing Place.

January 26, 9 a.m. – 3 p.m.

6TH ANNUAL TALLAHASSEE FITNESS FESTIVAL

The 6th Annual Tallahassee Fitness Festival is a one-day opportunity to experience the latest exercise classes, home gym equipment and health and nutrition products. Guests will also have the opportunity to learn about health and nutrition through Lunch and Learn Series by industry experts. Over 100 local and national vendors will conduct FREE health screenings, provide FREE health and fitness information and FREE product samples. Valuable door prizes will be awarded every 30 minutes.

An interactive Kids Korner will provide activities tailored to children under the age of 12. Local college athletes will conduct mini-sports camps and sign autographs. For more information call 222-0200 or email tallyfitnessfestival@gmail.com. The event will be held at the Leon County Civic Center, 505 West Pensacola Street.

January 19, 8 p.m. – 10 p.m.

"PICTURES PERFECT," TALLAHASSEE SYMPHONY ORCHESTRA

Matthew Kraemer will conduct the TSO in this blockbuster evening of favorites: Kabalevsky: Overture to Colas Breugnon, Op. 24, Beethoven: Piano Concerto No. 4 in G Major, Op. 58 and Mussorgsky/Ravel: Pictures at an Exhibition.

Beethoven's beloved 4th Piano Concerto was the composer's last because of his advancing deafness. Its intimacy and lyricism are the perfect foil to Mussorgsky's vivid depiction of a stroll through an exhibition of artwork by his recently deceased friend, Viktor Hartmann. Mussorgsky's Pictures at an Exhibition is a virtual tour de force of orchestral color and the perfect complement to Tallahassee's chromatic January days. Happy hour with drinks and local bands begins in the lobby of Ruby Diamond at 6:30 p.m. "Meet and greet" the conductor immediately follows the concert in the lobby.

Call 644-6500 for tickets or visit tickets.fsu.edu. Ruby Diamond Concert Hall Westcott Building, FSU Campus.

~ PHYSICIAN PROFILES



MICHELLE HOGGATT, MD

Gynecology and Gynecologic Surgery

Dr. Hoggatt received her undergraduate degree in genetics from the Univ. of California at Berkeley and she received her Doctor of Medicine from the Medical Univ. of South Carolina, Charleston, SC. After completing her obstetrics and gynecology residency at Tulane Univ. Medical Center, Dr. Hoggatt began practicing obstetrics and gynecological medicine in Sacramento, CA. She relocated to Tallahassee and has been in a group practice specializing in gynecology

and gynecological surgery. Dr. Hoggatt is a member of the AMA, Capital Medical Society and the American College of Obstetrics and Gynecology. Dr. Hoggatt uses her specialized skills in gynecological medicine to help educate her patients about the importance of managing the challenges of women's health issues.

Contact: 2009 Miccosukee Road., Tallahassee, 850.656.2128



LAURENCE Z. ROSENBERG, MD

Cosmetic and Reconstructive Surgery

Dr. Rosenberg attended Emory University for college and medical school. He is board certified by the American Board of Surgery and Plastic Surgery. He has written articles on facelifts, breast reduction and reconstruction, abdominoplasty, melanoma and non-melanoma reconstruction. He has a many specializations; eyelid surgery, breast reconstruction, augmentation and reduction, abdominoplasty, hand surgery, treatments

of skin disorders and body contouring for massive weight loss patients. Dr. Rosenberg is the only board certified physician in N. Florida and S. Georgia to perform a hair restoration procedure of transplanting individual follicular units. **Contact: Southeastern Plastic Surgery, 2030 Fleischmann Rd., Tallahassee, 850.219.2000, se-plasticsurgery.com**



BEN J. KIRBO, MD

Cosmetic and Reconstructive Surgery

Dr. Kirbo is a board certified plastic surgeon who has been practicing in the N. Florida and S. Georgia area for more than 15 years. Dr. Kirbo completed his medical degree at the University of Miami. Dr. Kirbo completed general surgery residency at the University of Kentucky and plastic surgery residency at Vanderbilt University. His particular

interests are cosmetic, breast, post-bariatric weight loss surgery, correcting undesirable plastic surgery results and body contouring. He was recently recognized as a recipient of The Tally Awards top surgeon in Tallahassee. **Contact: Southeastern Plastic Surgery, 2030 Fleischmann Rd., Tallahassee, 850.219.2000, se-plasticsurgery.com**



ROBERT FRABLE, DO

Family Medicine

Dr. Robert Frable is a board certified family practice physician established in Wakulla County for 24 years. Originally from Pennsylvania, he attended undergraduate school at Northeast Missouri State University and graduated from Kirksville College of Osteopathic Medicine. Family

Pratice Residency was completed at the Kirksville College of Osteopathic Hospital in Kirksville, Missouri. **Contact: Capital Regional Medical Group, 2832 Crawfordville Hwy., Crawfordville, 850.926.6363**



RONALD G. WILLIS, DMD

General and Cosmetic Dentistry

Dr. Ronald G. Willis Graduated from the Medical University of South Carolina. Dr. Willis specializes in Cosmetic Dentistry, TMJ/TMD Neuromuscular Dentistry, Neuromuscular Orthodontics, and Veneers. Dr. Willis has treated missing and discolored teeth. Many treatment options exist for his

patients as well as finishing the frame around the teeth and face with Botox and Derma Fillers. Dr. Willis received an award for Best Dentist in 2003 & 2005 and Las Vegas Institute for Advanced Dental Studies Clinical Instructor of the year. **Contact: Centre Point Dental Group, 2470 Care Dr., Tallahassee, 850.877.5151 or rwillisdmd@yahoo.com**



AFOLABI SANGOSANYA, MD

Cadiology/Internal Medicine

Dr. Sangosanya has joined Capital Regional Cardiology Associates. He earned his medical degree from New York University School of Medicine and completed his cardiovascular disease training at the University of Miami-Jackson Memorial Medical Center. Dr.

Sangosanya is board certified in cardiovascular diseases and internal medicine. He is also board eligible in clinical cardiac electrophysiology. Dr. Sangosanya is committed to providing accessible care to the Big Bend and provides same day appointments to patients. **Contact: Capital Regional Cardiology Associates, 2770 Capital Medical Blvd, Ste 109, Tallahassee, 850.877.0216, CapitalRegionalMedicalGroup.com**



JANA BURES-FORSTHOEFEL, MD

Gynecology and Obstetrics

Dr. Jana Bures-Forsthoefel has been practicing in our community for 25+ years and is now delivering the next generation. Dr. Bures -Forsthoefel received her doctorate in from the University Of Louisville School Of Medicine and did her residency at Emory University Grady Hospital in Atlanta Georgia. She is Board Certified in

Gynecology and Obstetrics. **Contact: Gynecology & Obstetrics Associates, PA Professional Office Building, 1405 Centerville Rd. Suite 4200, 850.877.3549, obgyntallahassee.com**



SHAWN RAMSEY, DO

Doctor of Osteopathic Medicine

Dr. Shawn Ramsey specializes in minimally invasive surgery, female pelvic reconstructive surgery, and aesthetic procedures. He is certified in the da Vinci Robotic Surgical System. Dr. Ramsey received his Doctorate of Osteopathic Medicine from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania

and he did his residency at the Henry Ford Health System in Michigan. **Contact: Gynecology & Obstetrics Associates, PA Professional Office Building, 1405 Centerville Rd. Suite 4200, 850.877.3549, obgyntallahassee.com**

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