

From losing weight to looking younger to feeling fit, there are many reasons to focus on one's health. Choosing the right way to maintain a healthy lifestyle can be a daunting task, but the Southwest Orlando Bulletin's 16th annual Health & Fitness Guide provides advice from local experts to help readers achieve and maintain their varied health goals.

The Benefits of Reiki

by Anne Van Allen

Tranquiliti Wellness Center

407-448-0244

www.tranquilitiwellnesscenter.com [Reiki energy healing](#) is a noninvasive, gentle healing art that can help

Energy channels, or the body's meridians, that may have blockage brought on by any number of causes

Home Is Where the Heart Is

by Daysi Merino

Merino Adult Family Care

407-295-8872 • 347-693-3620

www.merinoafch.com When providing home care for another, whether in one's own home or in a patient's

Adult family-care homes provide a family-type living arrangement in a private home setting for up to five

Confused About Mammograms?

by Chanhi Park, M.D., breast and women's imaging specialist CDI Breast Care at Center for Diagnostic

407-253-7190

www.orlandocdi.com When a woman reaches age 40 or older, it is time to make [decisions](#) about annual [Preventive Task Force in November 2009](#)

American Cancer Society continues to recommend annual mammograms beginning at age 40 to detect

Primary doctors are resources, but patients also should choose a breast-imaging radiologist, a medical oncologist

Ear, Nose & Throat Allergy Management

by Wade W. Han, M.D., F.A.C.S.

Florida Ear Nose Throat & Facial Plastic Surgery Center
407-944-3340

www.floridaent.com More than 45 million Americans, or about one-fifth of the population, suffer from o

A thorough history by an ear, nose and throat, or ENT, specialist is necessary to determine if allergies a

When indicated, comprehensive allergy testing for airborne and food allergens may need to be performe

Depending on the test results, the ENT specialist determines the best course of action, whether it be alle

For those patients who have a fear of receiving injections, [sublingual immunotherapy](#) , which involves p

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