

Everyone Deserves the VIP Treatment

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Body shape seems to be a problem for a lot of women, and, as they get older, their bodies can go through changes. Tightening, lifting and firming the entire body without surgery and needles, and without having to get a surgical procedure, is now possible. VIP Italia equipment offers a solution for common problems such as cellulite and sagging skin. It tones and firms the skin. This procedure is on the cutting-edge of aesthetic science, even though it originated in Turin, Italy, more than 20 years ago. The firming and slimming treatment is a procedure in which electrical stimuli are introduced into the muscles.

Choosing the Right Pacifier

*by David Goldstein, D.M.D.
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After making the decision to use a pacifier, some parents are confused about which type to give their baby. Parents should consider purchasing a pacifier with a symmetrical nipple and shield shape. These pacifiers are the most recommended. Other recommended features include a nipple with a soft, flexible neck; large shield vents to prevent skin irritation. Pacifiers should be inspected frequently for signs of wear and discarded if the bulb becomes sticky, swollen, or cracked. A bottle nipple should not be substituted for a pacifier, because hard sucking may dislodge the nipple from the bottle. For safety reasons, an infant should not be left unattended with a pacifier in his mouth, nor should parents

Healthy Eyes, Healthy Body

by Amanda Stebbins, O.D.
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Some people might wonder why they need an eye exam. They may not have any vision problems and, so far, they are doing fine. However, they should know that optometrists do not just check for eyeglasses these days, but are rather thorough. A comprehensive vision exam includes an overall assessment of the health of the eyes and, oftentimes,

The eyes are also windows into one's overall physical health. A comprehensive eye exam includes a look at the back of the eye. In addition, at some offices, the doctor may be able to show a digital image of the back of the eye to the patient.

Lifelong Benefits From a Lifelong Sport

*by Perrin Foerster, head coach
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Those looking for a great after-school or summer activity for children should consider the sport of competitive swimming. Opportunities for taking part in competitive swimming can be found from the neighborhood swim leagues to international competitions. Florida is such a great state for swimming that it has hosted the Olympic Games. This low-impact, high-intensity sport is a physical activity that offers lifetime benefits. Olympic gold medalist Michael Phelps is a great example of a swimmer who has benefited from this sport. Swimmers have the option of competing in any or all of the four different strokes and at various distances.

Identifying Allergy Triggers

*submitted by Allergy & Asthma
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Nasal allergy symptoms can be triggered by year-round indoor or seasonal outdoor allergens. Knowing what triggers your allergies can help you avoid them. Indoor nasal allergy symptoms can persist year-round and are caused by allergens like mold, dust mites, and pet dander. Outdoor nasal allergy symptoms are very common and usually caused by allergens that appear at specific times of the year. Allergists can provide year-round testing and treatment for patients to help alleviate symptoms.

Snoring Is Not Sexy

by Keith Vevera, D.M.D.
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Snoring is very common and, in most instances, relatively harmless. However, snoring can be extremely
Chronic and loud snoring may be signs of a more serious condition known as obstructive sleep apnea, a
Obstructive sleep apnea is caused by a partial or complete blockage of the airway passage from the nose
A dental sleep specialist can work as a team with a person's primary-care physician to provide complete
Oral appliances are comfortable, convenient and a noninvasive treatment for snoring and mild-to-moderate

Pilates Is Here to Stay

by Sara Acioli
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In the fitness world, it is common to see the latest rage come and go in a matter of months, especially w
One day it is hot, and the next it is not. That is, unless one is referring to Pilates.

Pilates originated in the 1920s, and it is still going strong today. What was one man's vision has become

The Benefits of Proper Posture

by Mike Lewis, D.C.

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Modern life makes it tough to stand tall. After all, as a population, people are increasingly computer-bound.

These long periods of sitting result in out-of-shape bodies with aches and pains that many do not know how to manage.

Those who turn to coping strategies like pain pills and shoulder rubs to relieve pain should consider a visit to a physical therapist.

Age-Related Macular Degeneration

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Macular degeneration is an age-related condition that affects the central vision. Symptoms include blurry or distorted vision.

Age, genetics, smoking and environmental free radicals are the major causes. The "dry" form, whereby the macula degenerates, is the most common type.

Three Compelling Reasons to Exercise

by Sr. Master Von Schmeling
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Everybody would like to feel healthy and energized, as well as live longer. Well, the simple habit of regular exercise can help you achieve these goals.

The following three compelling reasons may help people make that decision to begin exercising today:

- Regular physical activity can help individuals prevent or manage a wide range of health problems and conditions.
- Regular exercise promotes proper resting, which is sure to elevate the quality of anyone's life. Physical activity helps reduce stress and improve mood.
- Exercise will boost a person's energy level and offer an emotional lift. Not only does it improve strength and endurance, but it also helps with mental clarity and focus.

When it comes to habitual exercising, the benefits are real.

The Benefits of Probiotics

by Kathleen Jones, D.N.P., A.R.N.P.
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Probiotics are live microorganisms that, in certain amounts, provide health benefits for individuals of all ages. It is important for consumers to understand that all probiotic preparations are not created equally. Many probiotics are generally safe. They should be avoided in premature infants and people who have a weakened immune system.

Vitamins & Health

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For most Americans, a balanced diet that includes fruits and vegetables provides most of the recommended daily intake of vitamins. Taking excessive vitamins can be potentially harmful. For example, ingesting high levels of vitamin A can cause liver damage. Individuals should check with a health care provider to determine if taking a daily multiple vitamin would be beneficial. More information about proper nutrition can be found at www.choosemyplate.gov on the Web.

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