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Magazine

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Being a Caregiver for Someone that Refuses to Care for Themselves

How Our Diets May Be Making Us Sick

cover story

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EDITOR / SALES DIRECTOR
Angel Chavez
admusa@hotmail.com

EDITORIAL
Angel Chavez

ART DIRECTOR / ASST. EDITOR
John Gorman
woodpeckerdesigns@yahoo.com

FOR SALES CALL: 772-521-5111
OR EMAIL: admusa@hotmail.com

ADVERTISING DEPT.
772-521-5111
or e-mail us today at
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PHOTOGRAPHY
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Port St. Lucie, Florida
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FROM THE EDITOR

By ANGEL CHAVEZ

Happy New Year 2024!

"[God] has in these last days
spoken to us by His Son, whom
He has appointed heir of all things,
through whom also He made the
worlds; who being the brightness of
His glory and the express image of
His person, and upholding all things
by the word of His power, when He
had by Himself purged our sins,
sat down at the right hand of the
Majesty on high..." *Hebrews 1:1-3*

WHAT DOES JESUS'
WORD DO FOR OUR VISIBLE
UNIVERSE AND THE INVISIBLE
WORLDS? UPHOLDS THEM.
WHAT EXACTLY? HOW ABOUT
PROTECT, NURTURE, PRESERVE
AND KEEP ALIVE? NOT
ENOUGH? KEEP READING...

UPHOLD MEANS: Confirm,
endorse, sustain, validate, ratify,
verify, vindicate, justify, approve,
support, back, back up, stand by,
champion, defend, stick up for,
give one's support to, be supportive
of, give one's backing to, come to
the defense of, maintain, sustain,
continue, preserve, protect, keep,
hold to, keep going, strengthen,
nurture, keep alive.

THE WORD OF HIS POWER?
MEANS HIS ALMIGHTY POWER
IS ACTIVATED BY HIS WORD.

How much power? Enough to
protect, nurture, preserve, keep alive
all universes; visible an invisible
[Including all men]. All dimensions
would collapse if His Power,
activated by His Word, would not be
in the right place at the right time.
THAT IS WHY HIS WORDS IS
SUPREME!

"For by Him [Jesus] all things
were created that are in heaven
and that are on earth, visible
and invisible, whether thrones
or dominions or principalities or
powers. All things were created
through Him and for Him."
Colossians 1:16

NO WONDER APOSTLE JOHN
STARTS HIS GOSPEL: "In the
beginning was the Word, and the
Word was with God, and the Word
was God. He was in the beginning
with God. All things were made
through Him, and without Him
nothing was made that was made.
In Him was life, and the life was the
light of men. And the light shines in
the darkness, and the darkness did
not comprehend it..." *John 1:1-5*

JESUS IS THE TRUE LIGHT
WHICH GIVES LIGHT TO EVERY
MAN ...He was in the world, and
the world was made through Him,
and the world did not know Him. He
came to His own, and His own did
not receive Him." *John 1:10-11*

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TODAY. HE CAN CUT YOU OPEN,
CAN DELIVER YOU, HEAL
YOU, AND TRANSFORM YOU
FROM GLORY TO GLORY IN HIS
IMAGE. I PRAY THAT YOU WILL
MAKE YOURSELF AVAILABLE
FOR THIS OPERATION.

"For the word of God is living
and powerful, and sharper than any
two-edged sword, piercing even
to the division of soul and spirit,
and of joints and marrow, and is
a discernor of the thoughts and
intentions of the heart. And there is no
creature hidden from His sight, but
all things are naked and open to the
eyes of Him to whom we must give
account." *Hebrews 4:12-13*

JESUS HIMSELF SAID: "Heaven
and earth will pass away, but My
words will by no means pass away".
Matthew 24:35

**NEW YEAR - NEW LIFE
PRAYER FOR ALL:**
SURRENDER YOURSELF TO THE
WORD! Lord, I do believe that Jesus
of Nazareth took my place in the

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COVER STORY

Dr. Paulina Pichardo, DDS
Palm City Dental Arts



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Navigating the Challenges: The Biggest Issues Facing Kids Today

In the rapidly evolving landscape of the 21st century, children are confronted with a myriad of challenges that shape their upbringing and future. While the experience of childhood has always been complex, the contemporary world introduces unique problems that demand attention and action. From the digital revolution to mental health concerns, the biggest issues facing kids today are diverse and interconnected, requiring a comprehensive approach to ensure their well-being and development.

One of the most pervasive issues affecting children today is the impact of technology on their lives. The digital age has brought forth unprecedented access to information and communication, but it also poses significant risks. Excessive screen time, cyberbullying, and the addictive nature of social media can contribute to detrimental effects on children's physical and mental health. Striking a balance between harnessing the educational benefits of technology and safeguarding against its potential harms is crucial.

Moreover, the prevalence of social media exacerbates issues like body image and self-esteem among young people. The constant exposure to curated, often unrealistic representations of beauty and success can lead to feelings of inadequacy and low self-worth. This pressure is particularly intense during adolescence, a time when self-identity is forming, making it imperative to foster a healthy online environment that promotes authenticity and self-acceptance.

Another significant challenge facing children today is the growing concern for mental health. The pressures of academic achievement, societal expectations, and the challenges of navigating adolescence contribute to an alarming increase in mental health issues among children. Depression, anxiety, and other mental health disorders can have profound and lasting impacts on a child's well-being, underscoring the need for accessible and stigma-free mental health support within educational and community settings.

In addition to mental health, the issue of bullying persists as a pervasive threat to children's safety and emotional well-being. While traditional forms of bullying still exist within schoolyards, the digital age has given rise to cyberbullying, which extends the reach and impact of harmful behaviors. Addressing bullying requires a multi-faceted approach involving schools, parents, and communities to create safe spaces and nurture empathy among children.

Furthermore, the ongoing global challenges, such as the COVID-19 pandemic, have highlighted the vulnerability of children in times of crisis. Disruptions to education, economic instability, and the loss of a sense of normalcy can have profound effects on children's development. Addressing the immediate and long-term consequences of such crises requires a concerted effort from governments, communities, and educational institutions to provide the necessary support and resources.

An often-overlooked issue is the widening socio-economic disparity that affects children's opportunities and outcomes. Access to quality education, healthcare, and extracurricular activities can vary significantly based on a child's socio-economic background. Bridging this gap requires systemic changes to ensure that every child has an equal chance to fulfill their potential, regardless of their economic circumstances.

Moreover, the environmental crisis poses a formidable threat to the well-being of current and future generations. Children today face the prospect of a planet with dwindling natural resources, escalating climate change, and environmental degradation. Fostering environmental awareness and sustainable practices from an early age is essential for equipping children with the knowledge and skills needed to address and mitigate the environmental challenges they will inherit.

In conclusion, the biggest issues facing kids today are complex, interconnected, and demand a holistic approach from individuals, communities, and policymakers. The digital revolution, mental health concerns, bullying, the impact of global crises, socio-economic disparities, and the environmental crisis are all critical aspects that shape the landscape of childhood in the 21st century. Addressing these issues requires a commitment to fostering a supportive and inclusive environment that prioritizes the well-being and development of every child. Only through collective effort can society hope to provide a brighter future for the generations to come. ♦





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Florida Disabled Toll Permit

What is a Toll Permit?

A special permit that allows qualifying individual's toll-free passage through "manned" toll lanes.

Who can qualify for a Disabled Toll Permit?

Any person who has a severe and permanent upper limb mobility or dexterity impairment that substantially impairs the person's ability to deposit coins in toll baskets, has a valid driver's license, and operates a vehicle specially equipped for use by the disabled. Vehicle must be registered to applicant or applicant is insured on the registered vehicle.

Do I automatically qualify if I am a disabled Veteran?

No. In order to qualify, you must have a severe and permanent upper limb mobility or dexterity impairment that substantially impairs the person's ability to deposit coins in toll baskets, a valid driver's license and operates a vehicle specially equipped for use by the disabled. Vehicle must be registered to applicant or applicant is insured on the registered vehicle.

Do I qualify if I am in a wheelchair and use hand controls?

Not necessarily. As stated above, in order to qualify you must have a disability that is severe and permanent and involves upper limb mobility or dexterity impairment that substantially impairs the person's ability to deposit coins in toll baskets.

How do I obtain an application for a Disabled Toll Permit?

You may obtain an application via the web at www.fdot.gov/ctd/tollpermit/tollpermit.htm.

Does my doctor have to sign my application?

Yes. You must have a licensed physician sign the application to verify your disability. We cannot accept a Physician Assistant's signature. If you are a veteran, you may provide a statement from the Veterans Administration instead, as long as it states you have a permanent and severe upper limb mobility or dexterity impairment, which substantially impairs your ability to deposit coins in toll baskets.

How long does it take to get a Disabled Toll Permit?

Please allow six (6) to eight (8) weeks from the time we receive your completed application for processing. All completed applications must be MAILED -- NO ELECTRONIC DELIVERIES, THIS INCLUDES EMAIL AND FAX. If your application is approved, your Disabled Toll Permit will be mailed to you.

When does a Disabled Toll Permit expire?

The Disabled Toll Permit expires in five (5) years.

Can the Disabled Toll Permit be used in other states?

No. The Disabled Toll Permit is only valid in Florida.

Where can I use my Disabled Toll Permit?

You may use your permit to access all Florida toll roads. Your Disabled Toll Permit allows you to apply for and purchase a Non-Revenue SunPass Mini Transponder which can then be used through "unmanned" toll lanes ♦



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The last day to register to vote or change your party affiliation for the upcoming primary election is February 20, 2024. Here are some important facts to know about the upcoming Presidential Preference Primary:

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Experience the Best of CROWN CAR CARE in 2024

By TODD HARRIS

2023 is behind us, as the holidays end, 2024 will be another exciting year with many surprises and gifts from our creator. Our family at Crown Car Care wishes all of the readers nothing but the best, with new exciting memories being created all year long. Crown Car Care was blessed with continued support from our community and the neighborhoods that surround both of our locations all of 2023 as with any business that is in the service industry there are challenges that always jump out in front of us. All our qualified technicians and staff are prepared for what ever they encounter while servicing and repairing our customers' vehicles. This is a requirement to always be prepared and have the tools at our finger tips to create a Crown experience second to none.

How may you ask do we accomplish this challenging directive? I will tell you, it requires all hands on deck and a vision to see what's ahead. We all know how many curves there are, more than 5 years ago, but not as many as we will be presented with in the future. The key is forward thinking and the grit to constantly educate ourselves with new evolving technology and never ever forget TRUST is earned over the long haul. Even with no one is watching, always do the right thing and always leave a smile and thank you with the keys when a customer is dropping or picking up their vehicle.

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The Deceptive Potential of Artificial Intelligence

Artificial Intelligence (AI) has emerged as a transformative force, permeating various aspects of our daily lives. While its applications hold tremendous promise, there exists a parallel concern regarding the potential for AI to deceive. This deception can manifest in subtle ways, from biased algorithms reinforcing existing prejudices to deepfake technologies creating convincingly false content. This article explores the multifaceted dimensions of how AI can deceive and the ethical implications that arise from its deceptive capabilities.

Understanding Deceptive AI

Deception in AI is not a monolithic concept; instead, it encompasses a spectrum of behaviors and applications. At its core, AI deception can be categorized into two main types: unintentional and intentional.

Unintentional deception often stems from biases ingrained in the datasets used to train AI models. If historical data reflects societal prejudices, the AI system can inadvertently perpetuate and amplify these biases. For instance, facial recognition algorithms trained predominantly on data from certain demographics may struggle to accurately identify individuals from underrepresented groups, leading to unintentional discrimination.

Intentional deception, on the other hand, involves the manipulation of AI systems for malicious purposes. Deepfake technology, a prominent example, leverages advanced machine learning techniques to create hyper-realistic audio and video content, often featuring fabricated appearances or speeches of public figures. The potential for deepfakes to spread misinformation and influence public opinion poses a significant challenge to the integrity of information in the digital age.

Bias in AI Algorithms

The foundation of many AI systems lies in their ability to analyze and learn from vast datasets. However, these datasets are not immune to the biases inherent in human society. AI algorithms trained on biased data can perpetuate and even exacerbate societal prejudices, leading to discriminatory outcomes.

For instance, in the realm of hiring, if historical data used to train an AI recruitment tool reflects gender or racial biases, the algorithm may inadvertently discriminate against certain demographics, perpetuating an unjust cycle. Unraveling these biases requires a critical examination of the data used for training and the development of strategies to mitigate and correct them.

Deepfakes: The Art of Synthetic Deception

Deepfake technology represents a paradigm shift in the realm of AI deception. Enabled by generative adversarial networks (GANs), deepfakes can produce highly convincing forged content by pitting two neural networks against each other—one generating synthetic content, and the other evaluating its authenticity. While deepfakes have garnered attention for their use in creating entertaining videos or mimicking celebrities, their potential for malicious activities raises ethical concerns.

Political manipulation, character defamation, and the spread of misinformation are among the risks associated with deepfake technology. As deepfakes become more sophisticated, distinguishing between authentic and manipulated content becomes an increasingly challenging task, putting the reliability of visual and auditory information in jeopardy.

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Combating AI Deception

Addressing the deceptive potential of AI requires a multifaceted approach encompassing technological, ethical, and regulatory measures.

Ethical Considerations and Responsible AI Development

Developers and organizations must prioritize ethical considerations in AI development. This involves acknowledging the potential for bias in training data and actively working to minimize and rectify these biases. Additionally, incorporating transparency into AI systems allows users to understand how decisions are made, fostering accountability.

Explainable AI (XAI)

To build trust in AI systems, there is a growing need for explainable AI. XAI aims to make the decision-making processes of AI models transparent and understandable to non-experts. By providing insights into how an AI system arrives at a particular outcome, users can better assess the reliability and fairness of the technology.

Advancements in Detection Technologies

As AI deception techniques evolve, so must the technologies designed to detect them. Researchers and technologists are actively developing tools that can identify deepfakes and other deceptive AI applications. These detection mechanisms play a crucial role in mitigating the harmful effects of deceptive AI.

Regulatory Frameworks

Governments and international bodies must establish clear regulatory frameworks to govern the development and deployment of AI technologies. Striking a balance between fostering innovation and preventing malicious use requires robust legislation that outlines ethical guidelines and repercussions for unethical practices.

Public Awareness and Education

Educating the public about the capabilities and limitations of AI is essential for fostering a society that can critically evaluate information. By raising awareness about the existence of deepfakes and other deceptive AI applications, individuals can become more discerning consumers of digital content.

Conclusion

The deceptive potential of artificial intelligence raises profound ethical questions and challenges the fabric of our information-driven society. As AI becomes increasingly integrated into our lives, understanding and mitigating its deceptive capabilities are imperative. By prioritizing ethical considerations, investing in detection technologies, and establishing clear regulatory frameworks, we can harness the benefits of AI while safeguarding against its potential for deception. In the face of this technological evolution, a collective commitment to responsible AI development is essential to ensure that the power of artificial intelligence is wielded for the betterment of society rather than its detriment. ♦



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UNVEILING THE CULPRIT:

How Our Diets May Be Making Us Sick

In an era where food is not merely sustenance but a complex interplay of flavors, textures, and cultural identities, the notion that the foods we consume could be contributing to our illnesses might seem counterintuitive. However, emerging research and a closer examination of modern dietary patterns reveal a compelling argument: the foods we eat could be a significant factor in the rising tide of chronic illnesses. This article delves into the intricate relationship between diet and health, exploring how certain aspects of our food choices may be contributing to the alarming prevalence of diseases.

The Shift in Dietary Patterns: From Nutrient-Rich to Calorie-Dense

One of the fundamental shifts in dietary patterns over the past few decades has been the transition from nutrient-dense, whole foods to highly processed, calorie-dense options. Processed foods, often laden with additives, preservatives, and refined sugars, have become staples in many diets. The convenience and palatability of these foods, however, come at a cost.

The excessive consumption of processed foods has been linked to a myriad of health issues, including obesity, cardiovascular diseases, and metabolic disorders. These products, stripped of their natural nutrients during processing, may provide empty calories devoid of essential vitamins and minerals. Consequently, individuals relying heavily on processed foods may find themselves overfed but undernourished, creating a breeding ground for chronic illnesses.

Sugar: The Sweet Saboteur

The pervasive use of added sugars in the food industry is a concerning trend with far-reaching health implications. From sugary beverages to hidden sugars in seemingly innocuous products, many individuals unknowingly consume excessive amounts of sugar daily. This influx of refined sugars has been associated with the development of insulin resistance, type 2 diabetes, and obesity.

The addictive nature of sugar poses a unique challenge. As individuals become accustomed to the hyperpalatability of sweetened foods, they may find it difficult to adhere to a balanced diet rich in whole, unprocessed foods. This reliance on sugar-laden options not only contributes to immediate



health issues but also sets the stage for long-term metabolic and cardiovascular complications.

The Gluten Dilemma: Beyond Celiac Disease

Gluten, a protein found in wheat and related grains, has garnered attention in recent years due to the increasing prevalence of gluten-related disorders. While celiac disease represents a well-established condition wherein the immune system reacts adversely to gluten, a spectrum of non-celiac gluten sensitivity has emerged.

Non-celiac gluten sensitivity, characterized by gastrointestinal and extra-intestinal symptoms in response to gluten consumption, remains an area of ongoing research. Some individuals experience improved well-being by adopting a gluten-free diet, suggesting a potential link between gluten and various health issues beyond celiac disease. However, the complexities of gluten sensitivity necessitate further investigation to elucidate the underlying mechanisms.

Gut Health: The Microbial Orchestra

The human gut is home to trillions of microorganisms collectively known as the microbiota. Emerging research indicates that the composition and diversity of these microbes play a pivotal role in maintaining overall health. The foods we consume profoundly influence the balance of our gut microbiota, and disruptions to this delicate ecosystem may contribute to a range of health problems.

Diets high in processed foods and low in fiber can negatively impact gut health, leading to dysbiosis—an imbalance in the microbial community. This imbalance has been linked to inflammatory bowel diseases, autoimmune conditions, and even mental health disorders. Prioritizing a diet rich in fiber, prebiotics, and probiotics may foster a healthy gut environment, potentially mitigating the risk of various illnesses.

Processed Oils and Inflammatory Culprits

The widespread use of refined vegetable oils in cooking and food processing has introduced a new dimension to the

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HAPPY NEW YEAR

NEW YEARS RESOLUTIONS FOR NUTRITION SUCCESS

By ANDREA HOLWEGNER

The holidays are a time of indulging in sweets and treats during festivities with family, friends, and colleagues. It's hard to stick to your healthy eating habits all of the time, but it becomes even more difficult from Thanksgiving through New Year's. If you're like most people, you've probably indulged more over the holidays than you planned to.

But with this busy season behind you, you'll have more time to concentrate on yourself and get back to your healthy habits. To get started, here are nine New Year's resolutions for a healthier 2020.

1. Start Fresh

You may have a lot of leftover Christmas cookies, pumpkin pie, and fruitcake, but it's okay to toss them. "Clean out what's lingering from the holidays, and start the new year with a clean slate," says Dian Griesel, PhD, a nutritionist and co-author

of TurboCharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast and Leave Diet and Exercise Rules in the Dust. "It's like Halloween candy - if it's there, you eat it." Purge your refrigerator and pantry of holiday goodies as one of your New Year's resolutions, and replace them with healthier snacks and treats, like cut-up veggies, fresh fruit, slices of chicken or turkey, and low-fat cheese. That way, when you reach for food, you have no choice but to eat healthy.

2. Snack Smart

The belief that you must eat three meals a day and nothing in between in order to lose weight is outdated. Recent research shows that this way of eating can slow down your metabolism. The new and improved way of dieting is to eat smaller meals and snacks throughout the day, which can crank up your metabolism and help you burn more calories more easily.

Good foods to snack on between meals include cut-up fruit and vegetables with low-fat dips and high-fiber crackers with peanut butter or low-fat cheese. "Smart snacking can control your hunger, and you won't feel as though you're depriving yourself as you try to lose those holiday pounds," says Angela Ginn, RD, LDN, a nutritionist in Baltimore and spokeswoman for the Academy of Nutrition and Dietetics. Filling up on fruits and vegetables is ideal because they are low in calories and high in fiber.

3. Pack Your Lunch

"If you're really serious about healthy eating, eat out as little as possible," says Tom Griesel, co-author with Dian Griesel of TurboCharged. "When you go out to eat, you have no idea what you're going to eat, and without a plan, you leave yourself open to making less-than-ideal choices." At restaurants, you may also

feel obligated to get your money's worth and end up overeating, especially since many restaurant portions are oversized. When you pack your lunch, you can bring healthy foods that fill you up without adding hidden fat and calories "It's a lot easier to control the situation," Griesel adds. You can still take a walk around the block to get a break from the office and go to the company lunch room to socialize.

4. Practice Portion Control

Even if you're eating only healthy foods, if you're not mindful of how much you're eating, you won't lose weight. By practicing portion control, you can

fruit, such as an apple. Fruit has a high moisture content and is high in fiber, so it can fill you up and make you feel satiated longer, says Dian Griesel.

7. Get Moving

Focus on being more active. The more you move, the more calories you burn, and the more calories you burn, the easier it is to control your weight and get in good shape. Try to stay on your feet as much as possible. Incorporate short exercise sessions into your day. Look for activities to do outdoors. Go to a museum instead of the movies. Take the stairs instead of the elevator. Don't sit for more

"Clean out what's lingering from the holidays, and start the new year with a clean slate,"

eat the foods you like and successfully manage your weight. Portion control can be as simple as having one helping and not going back for seconds or sharing a meal with a friend. With portion control you can even eat your favorite indulgent foods. "Eating one bite of something you really want will be more satisfying than multiple bites of something you don't want or like," says Ginn.

5. Try Something New

The fact that you're watching your diet doesn't mean you have to eat boring foods. You can excite your taste buds by trying a new recipe or even just a new fruit or vegetable at least once a week. For example, look for a different variety of a diet staple, such as lettuce. "I think a lot of people have tried only one kind of lettuce, but there are lots of different kinds," says Tom Griesel. If you're cooking your vegetables, choose low-fat cooking methods. Most vegetables can be steamed or baked and served with just a small amount of butter or olive oil to keep their calorie content low.

6. Stay Hydrated

We often confuse thirst for hunger. "We reach for food instead of water, and we end up eating when we're really only thirsty," Tom Griesel says. Try keeping a bottle of water at your desk. When you think you're hungry, take a drink and see whether it "quenches" your need for a snack. Another option: Eat a serving of

than an hour at a time. Watching TV? Do some bending and stretching during commercials.

8. Eat Breakfast Every Day

Eating breakfast is a simple but easy healthy habit to start in the new year. When you eat breakfast, you not only rev up your metabolism, but you also stay more alert and energized throughout the day, says Ginn. If you skip breakfast, you're probably starving by lunchtime, which can make you more likely to overeat or make unhealthy food choices. Breakfast is also a great time to add some protein and fiber to your day that will help keep you feeling fuller until you eat again. Add some fresh fruit to your cereal, or have a veggie omelet.

9. Cut Liquid Calories

An easy place to cut calories is with high-calorie drinks. That 8-ounce glass of soda has 100 to 120 calories. A 12-ounce latte can have 150 to 200 calories. Drink two sodas a day or one daily latte, and that's around 1,400 calories a week - almost equal to the calories in half a pound. Cutting high-calorie drinks from your diet can help you lose weight without much effort. You can also cut unnecessary calories from your regular coffee by using artificial sweetener and nonfat creamer.

These resolutions for healthy habits shouldn't be hard to adopt. Stick with them, and the results you see will be your reward. ♦

unveiling the culprit cont.

discussion on diet and health. While these oils may offer a seemingly healthier alternative to traditional saturated fats, their high omega-6 fatty acid content can contribute to an imbalance in the omega-6 to omega-3 ratio.

An imbalanced ratio, skewed in favor of omega-6 fatty acids, has been associated with chronic inflammation—a common denominator in many chronic diseases, including cardiovascular diseases, diabetes, and certain cancers. Reassessing cooking oil choices and incorporating sources of omega-3 fatty acids, such as fatty fish and flaxseeds, may help restore a healthier balance.

Conclusion

In the intricate dance between diet and health, the foods we choose to consume wield remarkable influence over our well-being. From the pervasive impact of processed foods to the nuanced relationship between gluten and health, our dietary choices can either fortify our bodies against disease or pave the way for chronic illnesses.

Recognizing the potential link between our diets and health concerns opens the door to proactive measures. Embracing whole, nutrient-dense foods, minimizing the consumption of processed and sugar-laden options, and prioritizing the health of our gut microbiota are crucial steps toward fostering a resilient foundation for overall well-being.

As we navigate the complexities of modern dietary landscapes, the awareness of how our food choices may contribute to illness empowers us to make informed decisions. By fostering a culture of mindful eating and promoting a return to wholesome, unprocessed foods, we can collectively work towards a future where the foods we eat become a source of nourishment and vitality, rather than a potential contributor to sickness.

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UNVEILING THE CAUSES AND HEALTH RISKS OF SOCIETAL LAZINESS

In the fast-paced and technologically advanced world of today, society has experienced a profound shift towards a more sedentary lifestyle. With the rise of digital technology, remote work, and the prevalence of screen-based entertainment, people find themselves increasingly ensnared in the trappings of convenience. This growing inertia has led to a multitude of health risks, both physical and mental, that are steadily infiltrating our communities. In this article, we will explore the factors contributing to the rise of societal laziness and the alarming health consequences associated with this sedentary epidemic.

The Digital Age and Sedentary Habits

One of the primary culprits behind the societal shift towards laziness is the omnipresence of digital devices. The advent of smartphones, tablets, and computers has revolutionized the way we work, communicate, and entertain ourselves. While these technologies offer unparalleled convenience, they also facilitate a sedentary lifestyle, with individuals spending increasing amounts of time glued to screens.

Remote work, a trend accelerated by the COVID-19 pandemic, has further exacerbated the issue. Many individuals now find themselves working from the comfort of their homes, often without the need to commute or engage in physical activities associated with a traditional office setting. As a result, the boundary between work and leisure has blurred, leading to prolonged periods of sitting and reduced physical activity.

The sedentary lifestyle that has become ingrained in society comes with a host of health risks, affecting both physical and mental well-being.

Convenience Culture and Its Consequences

The modern convenience culture has significantly contributed to societal laziness. Fast food, home deliveries, and drive-through services have made it easier than ever for individuals to avoid physical exertion. The prevalence of sedentary behaviors, such as binge-watching TV series or playing video games for extended hours, has become a societal norm. The constant availability of entertainment at our fingertips has led to a decline in outdoor activities and physical pursuits.

Obesity and Cardiovascular Diseases:

Prolonged periods of inactivity contribute to weight gain and obesity. Lack of physical exercise hampers the body's ability to

continued next page



burn calories and maintain a healthy weight. Obesity, in turn, is a major risk factor for cardiovascular diseases such as hypertension, coronary artery disease, and stroke.

Musculoskeletal Issues:

Sedentary habits can lead to a range of musculoskeletal problems, including back pain, neck strain, and poor posture. The lack of movement weakens muscles and puts additional stress on the spine, resulting in chronic discomfort and reduced mobility.

Metabolic Disorders:

Insufficient physical activity is linked to metabolic disorders such as Type 2 diabetes. Regular exercise plays a crucial role in regulating blood sugar levels and promoting insulin sensitivity. The absence of physical activity can contribute to insulin resistance and the development of diabetes.

Mental Health Implications:

Laziness doesn't only affect the body; it takes a toll on mental health as well. Sedentary behavior is associated with an increased risk of depression and anxiety. Physical activity releases endorphins, which act as natural mood lifters. The absence of exercise can disrupt this natural mechanism, leaving individuals more susceptible to mental health disorders.

Reduced Life Expectancy:

Numerous studies have highlighted the correlation between a sedentary lifestyle and reduced life expectancy. Chronic diseases associated with inactivity can significantly shorten one's lifespan, making it imperative for individuals to adopt healthier habits to enhance overall longevity.

Addressing the Issue:

While the sedentary epidemic is pervasive, there are steps individuals and society as a whole can take to mitigate its impact.

Introducing and emphasizing physical education in schools is crucial. Educating children on the importance of regular exercise and instilling healthy habits early can help establish a foundation for an active lifestyle.

Employers can play a pivotal role in promoting a healthier work environment. Implementing workplace wellness programs, providing ergonomic workstations, and encouraging physical activities during breaks can contribute to a more active workforce.

Local communities can organize events and initiatives that promote outdoor activities. Creating parks, sports facilities, and pedestrian-friendly spaces encourages people to engage in physical activities and fosters a sense of community well-being.

Technology Time Management:

While technology has its benefits, setting limits on screen time for both adults and children is essential. Encouraging breaks for physical activities and outdoor recreation can help strike a balance between the digital world and an active lifestyle.

The rise of societal laziness is a complex issue influenced by technological advancements, cultural shifts, and lifestyle choices. The health risks associated with a sedentary lifestyle cannot be understated, as they pose a significant threat to the well-being of individuals and communities. By understanding the root causes and implementing proactive measures, we can collectively work towards building a society that values and prioritizes physical activity, ultimately fostering a healthier and more vibrant future for generations to come. ♦

Dr. Paulina Pichardo, DDS

PALM CITY DENTAL ARTS

Hi Dr. Paulina, can you give us a brief introduction about yourself and your family?

I am a general and cosmetic dentist serving the Treasure coast since 2014 and have offices serving Port Saint Lucie and Palm City. I was born in the Dominican Republic, and migrated to the United States to further my education and pursue my passion of Dentistry.

I am an alumna of the prestigious Columbia University in New York, where I completed my residency. I am also an alumna of the prestigious Dawson Academy; as well as a fellow at the international congress of oral implantologists.

Besides being a Dentist, I am a proud mother of 3 wonderful boys, age 4, 6 and 7.

When and why did you move to Palm City?

I moved to Palm City in 2019, because I had heard a lot about it, and I am so glad I did, as it is a wonderful neighborhood for my 3 boys to be raised and grow up. We also had the opportunity to acquire a well-known and established Dental office in Palm City, so the stars aligned for us to move to this wonderful neighborhood we call home!

What do you love about what you do?

Dentistry is my passion and I am committed to transforming my patients' oral health, smiles, and overall lives, by boosting their confidence and enabling them to smile on a daily basis. I cherish the opportunity to create confident, healthy, smiles! The idea of treating patients in my community and assisting them in protecting their oral health is a privilege that I am so blessed to initiate and experience. I have the best patients!

Can you give a short story about how your business has helped people?

Palm City Dental Arts has helped many patients in the community to transform their smiles and oral health, as well as boost their confidence! I had the pleasure of meeting a wonderful woman years back, and she had the courage to open up to me about being bullied and ridiculed for many years of her life. She was extremely emotional when we first met, and was in tears to show me her smile that society deemed "unattractive". She opened



up to me as she sat in my chair and shared these terrible thoughts that she had been thinking for years about herself, and that hit me hard. I had an overwhelming experience and such gratitude, since I was able to give her the smile of her dreams, see her gain so much confidence back and her ability to now share her smile with the world again. It was beautiful. Two weeks later, she came to my office with flowers and her new business cards, which she informed me that she had the courage to start her own business now that she was not afraid to smile or hide from people any longer. It was a new her! Seeing this newly transformed woman, so full of confidence, happiness and joy was one of the most rewarding moments of my life and dental career, as well as why I love what I do on a daily basis.

What are your future plans?

Another passion that I hold dear to my heart is teaching and mentoring the younger generations, so that they are able to join this wonderful and rewarding profession of Dentistry. I am very happy and excited to announce the opening of the Advanced Dental Assisting Academy of the Treasure Coast located in both our Port St Lucie, and Palm City offices! I can't wait to pass the wonderful gift of Cosmetic and Restorative dentistry to students that want to learn this field and help change other people's lives as well.

At the Advanced Dental Academy, you will learn the basics of general Dentistry, but you will also gain hands-on experience through live training of specialty procedures. I also have exciting plans to continue

helping my community, helping my local church, and empowering women and single mothers to reach their goals and new milestones in their lives.

What is your philosophy on business and life?

I live my personal and business life with honesty and integrity, since those are two characteristics that everyone should keep in the forefront of their minds. I live by a quote I heard a long time ago... "Never get so busy making a living that you forget to make a life!"

Many professionals that work full time are so consumed with their careers, that they forget to cherish the meaningful moments in life and share them with the people that we love. I am so grateful for all of the blessings and experiences that I have been granted in my life, whether good or bad, since those experiences mold you to be the current and best version of yourself. Last but certainly not least, always surrender yourself to God, praise the lord and spread his graciousness in your lives.

What is your best advice to the community?

Oral health is more important than people may realize and is essential to your overall health and wellbeing. Most oral health problems; such as tooth decay, jaw disorders, and gum disease are preventative with regular oral care such as visiting your dentist for routine check-ups, not smoking, brushing your teeth twice a day and consuming a well balanced diet. ♦


To make an appointment with Dr. Paulina Pichardo please call 772.287.6717 or visit our practice located at: 1500 SW Mapp Rd., Palm City, FL 34990



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A SUN SMART RESOLUTION:

Lower Your Skin Cancer Risk in 2024

In a world where outdoor activities and sun-soaked destinations beckon, the importance of safeguarding our skin against the sun's harmful rays cannot be overstated. Skin cancer, the most common form of cancer globally, poses a significant threat to our well-being. However, with a proactive approach to prevention, we can mitigate the risk and promote skin health. This article explores a comprehensive guide to skin cancer prevention, encompassing lifestyle choices, protective measures, and the significance of early detection.

Before delving into prevention strategies, it is crucial to comprehend the factors that contribute to the development of skin cancer. Ultraviolet (UV) radiation from the sun is the primary culprit, damaging the DNA in skin cells and

increasing the risk of mutations that can lead to cancer. Other risk factors include a history of severe sunburns, a family history of skin cancer, fair skin, a weakened immune system, and exposure to certain substances like arsenic.

Use Sunscreen as a Shield

Sunscreen stands as a frontline defender against harmful UV rays. Choosing a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or higher is essential. It is recommended to apply sunscreen generously to all exposed skin, even on cloudy days or during winter, as UV rays can penetrate clouds and cause cumulative damage over time. Reapplication every two hours, or more frequently if swimming or sweating, ensures continuous protection.

Wearing sun-protective clothing is a smart and stylish way to reduce UV exposure. Opt for tightly woven fabrics that block the sun, and consider clothing with a UPF (Ultraviolet Protection Factor) rating for added protection. Wide-brimmed hats and sunglasses that block both UVA and UVB rays offer additional defense, particularly for the face and eyes.

Seeking Shade: A Natural Umbrella

Limiting direct sun exposure, especially during peak hours between 10 a.m. and 4 p.m., reduces the risk of skin cancer. When outdoors, seek shade under trees, umbrellas, or any available structure. Planning outdoor activities in the early morning or late afternoon when the sun is less intense is a simple yet effective strategy for minimizing UV exposure.

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by JESSE JAMES CARROLL, RRT
Founder and CEO of Outlaw_Health

Methylene Blue:

The Key to Vibrant Health is Within Reach

Hey! Jesse Carroll here, founder and CEO of Outlaw_Health. My mission has always been to bridge the gap between the complexities of health science and the everyday actions we can all take to thrive and be optimized. Throughout my career, I have worked in all areas of healthcare, critical care, pediatrics, neonatal, and emergency medicine. I want to take this time to share with you the magnificence of a small molecule we know as Methylene Blue.

Are you feeling sluggish, forgetful, and showing signs of aging? Methylene blue may be the solution you've been searching for. This unique compound boasts an array of benefits that can transform your health and appearance.

Let's dive in! Methylene blue enhances mitochondrial function and energy production. As the powerhouses of our cells, healthy mitochondria are essential for vitality and longevity¹. Methylene blue accumulates in mitochondria, bypassing dysfunction and boosting cellular respiration². With enhanced energy generation, you'll feel more motivated and mentally sharp. Additionally, methylene blue exhibits powerful antioxidant effects to counteract aging and disease. It scavenges destructive free radicals that damage cells, contributing to cognitive decline, skin aging, and chronic illness³. With strengthened antioxidant status, methylene blue protects your body from oxidative stress.

Research also indicates methylene blue improves immune function and fights infections from bacteria, viruses, and other pathogens⁴. With reinforced immunity, you'll get sick less often and recover more quickly. Methylene blue may also offer neurocognitive benefits, with studies showing improved memory, focus, and processing speed⁵. As a bonus, it acts as a potent antidepressant by modulating neurotransmitters like serotonin⁶. Typically, methylene blue can reduce signs of skin aging, increasing collagen production and skin thickness while smoothing

fine lines and wrinkles⁷. It brings new life to dull, uneven complexions. The benefits don't stop there. Methylene blue increases cellular lifespan, enhances mitochondrial respiration, lifts mood, boosts energy levels, and supports healthy inflammation response⁸.

With over 140 years of research demonstrating safety and efficacy, the case for methylene blue is clear. Just a small daily oral dose could provide big benefits for your health, cognition, immunity, and appearance. Unlock your potential with methylene blue today.

If you want to take your healthcare to the next level, you must begin to think in-terms of health span. Identifying integrative and functional medical professionals in your area can help you begin taking a proactive approach to how you manage your care. There has never been a better time to remove yourself from the sick care system and become engaged in your well-being. ♦

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reduce your risk cont.**Say No to Tanning Beds**

Tanning beds emit UV radiation comparable to the sun, making their use a significant risk factor for skin cancer. Avoiding tanning beds altogether reduces the cumulative damage to the skin and lowers the risk of developing skin cancer. Embracing your natural skin tone is a healthier choice in the long run.

Regular Skin Checks

Becoming familiar with the landscape of your skin is crucial for early detection of any changes. Conduct regular self-examinations, looking for new moles, changes in the size or color of existing moles, or any unusual skin growths. Pay attention to areas not commonly exposed to the sun, as skin cancer can develop in hidden areas. If any abnormalities are noticed, promptly consult a dermatologist for further evaluation.

Professional Skin Screenings

In addition to self-examinations, scheduling annual skin screenings with a dermatologist is a proactive step in skin cancer prevention. Dermatologists are trained to identify early signs of skin cancer that may be overlooked during self-checks. These screenings are particularly important for individuals with a history of skin cancer or those with multiple risk factors.

Hydration and Nutrition

Maintaining proper hydration and a balanced diet rich in antioxidants supports overall skin health. Antioxidants, found in fruits and vegetables, help combat free radicals that can contribute to skin damage. Adequate hydration ensures the skin remains supple and resilient, enhancing its natural protective barrier.

Educational Outreach

Education plays a pivotal role in skin cancer prevention. Spreading awareness

about the dangers of excessive sun exposure, the importance of protective measures, and the significance of early detection empowers individuals to make informed choices. Community initiatives, educational campaigns, and public health efforts contribute to a collective understanding of skin cancer prevention.

Encouraging Sun-Safe Habits in Children

Instilling sun-safe habits in children sets the foundation for a lifetime of healthy skin practices. Teaching children the importance of sunscreen application, wearing protective clothing, and seeking shade fosters a proactive approach to sun protection from an early age. Schools and community programs can play a vital role in promoting sun-safe behaviors among the younger generation.

Conclusion

Skin cancer prevention is a multifaceted endeavor that requires a combination of lifestyle choices, protective measures, and regular monitoring. By understanding the risk factors, embracing sun-safe practices, and fostering a culture of early detection, individuals can significantly reduce their susceptibility to skin cancer. Incorporating these strategies into daily life not only promotes skin health but also contributes to the broader effort to mitigate the impact of this prevalent and potentially deadly disease. Remember, when it comes to protecting your skin, proactive measures today can lead to a healthier tomorrow. ♦

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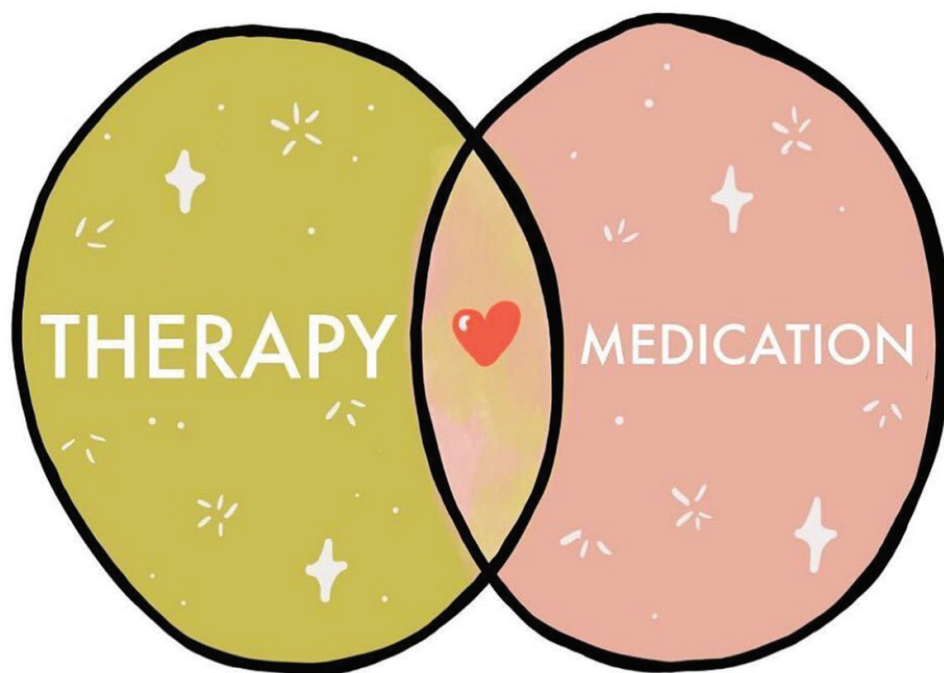
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Exploring the Effectiveness of Medication and Therapy in Addressing Mental Health Issues



Mental health issues have gained increasing recognition as significant contributors to global disease burden. Depression, anxiety, bipolar disorder, and schizophrenia are just a few examples of conditions that can profoundly impact an individual's well-being. The debate over the relative effectiveness of medication versus therapy in treating mental health issues has been ongoing for decades. Both approaches have their merits and limitations, and the effectiveness often depends on the specific disorder, individual differences, and the interaction between the two modalities.

Medication in Mental Health Treatment:

Medication, particularly psychotropic drugs, has played a crucial role in managing various mental health disorders. Antidepressants, anxiolytics, mood stabilizers, and antipsychotics are commonly prescribed medications. They work by altering neurotransmitter levels in the brain, aiming to alleviate symptoms associated with different mental health conditions.

One significant advantage of medication is its relatively rapid onset of action. In acute cases, such as severe depression or acute psychosis, medications can provide swift relief, preventing further deterioration of the individual's mental state. Moreover, for some individuals, a biological basis underlies their mental health issues, and medication can correct these imbalances effectively.

However, medications also come with drawbacks. Side effects are a common concern, ranging from mild issues like nausea and drowsiness to more severe complications like weight gain and sexual dysfunction. Additionally, medications might only address symptoms, not the underlying causes of mental health issues. Moreover, the risk of dependency and withdrawal symptoms can make long-term medication use challenging.

Therapy in Mental Health Treatment:

Therapeutic approaches, including psychotherapy and counseling, aim to address the psychological and emotional aspects of mental health disorders.

Cognitive-behavioral therapy (CBT), psychodynamic therapy, and interpersonal therapy are examples of widely used therapeutic modalities. Unlike medication, therapy emphasizes understanding and changing thoughts, behaviors, and emotions through talk-based interventions.

One of the key strengths of therapy lies in its ability to provide individuals with coping mechanisms and tools to manage their mental health independently. Therapy allows for exploration of the root causes of issues, helping individuals develop insight and strategies to navigate life's challenges. It can be particularly effective for conditions like anxiety disorders, post-traumatic stress disorder (PTSD), and certain types of depression.

However, therapy also has limitations. It often requires more time to produce noticeable effects compared to medication, and its success depends heavily on the individual's commitment and willingness to engage in the process. Access to qualified therapists can be a barrier for some individuals, and the financial cost of long-term therapy may be prohibitive.

Combining Medication and Therapy:

In many cases, a combination of medication and therapy proves to be the most effective approach to treating mental health issues. This integrated model, often referred to as pharmacotherapy or medication-assisted therapy, capitalizes on the respective strengths of both modalities. For instance, medication can provide immediate relief while therapy addresses the underlying issues and equips individuals with long-term coping skills.

This combined approach is particularly beneficial for conditions like major depressive disorder and bipolar disorder, where both biological and psychosocial factors contribute to symptomatology. The synergy between medication and therapy can enhance treatment outcomes, reduce the risk of relapse, and improve overall quality of life.

Considerations for Individual Differences:

The debate over the effectiveness of medication versus therapy should also consider individual differences. People

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How to Be a Caregiver for Someone Who Refuses to Care for Themselves

by LEE WOODRUFF, AARP

Ways to avoid resentment when apathy, inaction or a 'lifetime of bad decision-making' exacerbates a loved one's health problems

When my husband came home from the hospital after the head injury he received in Iraq when a roadside bomb exploded, I worked to find the balance between creating “bubble wrap fences” and giving him a sense of independence.

He'd felt “trapped” for so long, tired of being mothered and hating all the focus on his health. But as he recovered, there was a kind of recklessness to his self-care, a rejection of my mothering when I'd suggest he drink more water or ask if he'd taken his medication. Resentment gathered like storm clouds. From my perspective, I was only trying to help, to improve his health so that he could live a full life. He simply wanted me to back off, and sometimes his definition of independence meant not putting his health first.

Scenarios like mine are common in caregiving, and in any relationship where the balance shifts after an illness or injury. But when a loved one openly chooses to be noncompliant on an ongoing basis, that can lead to frustration and resentment. Picture the loved one with lung disease who won't quit smoking, or the person with diabetes eating a high-sugar diet. How does one continue to care for a loved one in these situations?

Picking your battles

Becky, 70, from Millville, New Jersey, met her boyfriend Mitch, 74, after her husband passed away. (We are withholding last names

here and throughout this article for privacy purposes.) When they met, Mitch had an existing disability from a back injury, but then a motorcycle accident left him with multiple injuries and chronic pain. A lingering infection sent him to the hospital, and when he returned home, life was very different. Now, due to injury and compounding illness, he sleeps in a hospital bed at home and Becky is his primary caregiver. “It's frustrating,” she says. “As soon as the PT leaves, he refuses to do any of the exercises with me. You don't want to get angry or be the nag, because that doesn't go anywhere.” Mitch relies on Becky to help him to the toilet, even though he can get up himself or use the commode.

“You pick your battles,” she says, “and when you add in a stubborn personality, it gets harder. He has to be the one who does the exercises. I can't do that for him, but it's the only way he will get some mobility back.”

Becky turns to her faith in God to keep positive, attending Bible study, walking and carving out time to read. “You have to have other things you can do besides taking care of your loved one,” she explains. Becky's part-time job gets her out of the house and interacting with others. She makes a point on her daily walk to say good morning to people on the street and maybe start a short conversation.

A “delicate dance”

Pam,* 70, from Jacksonville, Florida, moved in with her mother when her father passed away. A few years later, after her brother died from ALS, her once independent mother, began to give up on caring for herself. “First, she'd ask me to wash her hair,” recalls

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be a caregiver cont.

Pam. “When I reminded her that she could do it herself, she would beg me to help.”

Little by little, her mom, suffering from depression, began to give up other activities that Pam knew she could still do, from making meals to getting dressed. “It’s like she gave up and wanted me to do everything,” says Pam. “In the end, it was often easier doing things myself than making her do things I knew she could do.” Pam’s best advice is to try to realize the person you are caring for did not ask to be in the position they’re in. “I can’t say I coped extremely well,” she says. “But when you love someone, you do what you have to do.”

Amy Goyer, AARP’s family and caregiving expert, moderates the AARP Family Caregivers Discussion Group on Facebook, where she sees so many people sharing their heartaches and frustrations. “It’s extremely difficult for family caregivers who are struggling to care for a family member or friend who they know didn’t take good care of themselves prior to becoming ill, or who refuse to do things that would help them feel better — and be easier to care for — now,” says Goyer. “It can affect a caregiver’s motivation and build resentment.”

As a longtime caregiver of multiple family members, including her late mother and father, she has personal

experience with several family members who either didn’t adjust their diets or wouldn’t do exercises that would ease their pain in the long run. “As a caregiver, I had to accept the fact that I can’t make others do things,” says Goyer. “I can offer suggestions and be honest with them about my feelings, but I cannot change them. They have a right to make their own decisions, even if we perceive them as bad choices, and there’s a delicate dance between pushing a bit and pushing too far.”

The burden of solo caregivers

As an only child, Sam,* 50, from Sonoma, California, always understood he would be caring for his parents alone. “We lived in a tumultuous state for most of my life, moving 15 times, usually for financial reasons, which was destabilizing,” he says. As he got older, Sam became the responsible child, and both parents leaned on him more and more for support, from financial assistance to caregiving. “You want to idolize your parents, but it’s hard not to feel angry that a lifetime of bad decision-making on their parts has led to their health issues,” he says.

Sam’s father smoked and had poor eating habits, which led to diabetes. He is also addicted to opioids, all of which has landed him in the hospital

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numerous times. "His lack of care drove me nuts," Sam says. "I'd get resources and set up appointments, and he wouldn't go to the doctor. His edema would go untreated for too long, and instead of being proactive, he'd routinely end up in an ambulance headed to the ER."

Instead of hammering his father with phrases like, "We wouldn't be here if you'd taken care of yourself," Sam focuses on what he can do going forward. "I tell myself that I can't change him, but what I can do is try to make this hospital stay better and push to get him home faster," he says. "Those are the kinds of things I had to focus on to not live in resentment."

A stroke in May landed his father in the hospital again, and with all of his comorbidities, including lung disease, he began to fail. Palliative care was called in and then hospice, which was a game changer for Sam. Suddenly there were other people, professionals who could take over the tough conversations without emotion and try to understand his father's health goals.

"I realized that other people's voices had a much better impact than mine, especially as the adult child who had been there all along," says Sam. "They are able to navigate tough conversations and take other ones off of my plate completely."

Setting boundaries

Jennifer Guttman, M.D., a clinical psychologist in private practice in Pleasantville, New York, stresses the importance of communicating boundaries when you are caregiving, especially with those who are noncompliant.

"It's important to maintain honest and transparent communication so that both of you understand and can try to hold space for the complicated nature of the other's feelings," says Guttman. "Sometimes just being 'heard' and 'known' can make a big difference, even when it doesn't change the role or job requirements."

She also advises caregivers to try not to just say yes to everything before they've determined whether there are others who could assist. "Asking for help is a sign of courage, not weakness, and delegating tasks is great for self-care," says Guttman.

"When we're taking care of people we love, they also want to see us taking care of ourselves, so be open with them about how we intend to do that and when we need time for it."

As for Sam, he says he looks for the silver lining in this hard situation, which is ultimately heading toward the loss of his father. "I tell myself that this experience is forging the decisions I make now with my life and what I do with my body so that I will not put my own children in this position one day." ♦



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NAVIGATING THE REAL ESTATE LANDSCAPE

A Guide to Successful Investments in 2024

Investing in real estate has long been considered a lucrative venture, offering a tangible and potentially appreciating asset. As we enter 2024, the real estate market continues to evolve, presenting both challenges and opportunities for investors. To navigate this dynamic landscape successfully, it's crucial to understand the current trends, leverage innovative strategies, and adopt a forward-thinking approach. In this comprehensive guide, we will explore key considerations and provide actionable insights on how to invest in real estate in 2024.

1. Stay Informed About Market Trends

In the ever-changing world of real estate, staying informed is paramount. Investors should closely monitor market trends, economic indicators, and demographic shifts. In 2024, emerging trends may include the impact of remote work on housing preferences, sustainability becoming a key consideration, and the role of technology in property management. By staying abreast of these trends, investors can make informed decisions that align with the evolving needs of the market.

2. Diversify Your Portfolio

Diversification remains a fundamental strategy for mitigating risk in any investment portfolio. In the realm of real estate, diversification can involve a mix of residential, commercial, and industrial properties. Additionally, exploring different geographic locations or investing in various types of real estate assets, such as rental properties, development projects, or real estate investment trusts (REITs), can help spread risk and enhance overall portfolio resilience.

3. Leverage Technology for Research and Analysis

Technology continues to revolutionize the real estate industry, providing investors with powerful tools for research and analysis. Machine learning algorithms, data analytics, and virtual reality platforms can assist in identifying lucrative investment opportunities, predicting market trends, and conducting due diligence. By leveraging these technologies, investors can gain a competitive edge and make more informed investment decisions.

4. Evaluate Potential Regulatory Changes

The regulatory environment has a significant impact on the real estate market. In 2024, investors should pay close attention to any potential regulatory changes that may affect their investments. This could include zoning regulations, tax policies, or environmental regulations. Staying informed about regulatory developments allows investors to adapt their strategies accordingly and anticipate how changes might impact their real estate holdings.

5. Consider Sustainable Investments

Sustainability is becoming an increasingly important factor in real estate investment decisions. Investors are recognizing the long-term value of environmentally friendly and energy-efficient properties. Not only do sustainable properties align with growing societal awareness of climate change, but they also often result in cost savings through energy efficiency measures. As eco-consciousness continues to rise, investing in sustainable real estate can be both financially and ethically rewarding.

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2024

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The Compelling Case for Cryptocurrency Investment: A Gateway to the Future of Finance



In the rapidly evolving landscape of finance, cryptocurrencies have emerged as a revolutionary force, offering unique investment opportunities for those willing to explore beyond traditional markets. While the volatility and speculative nature of cryptocurrencies may give some investors pause, there are compelling reasons why individuals should consider adding these digital assets to their investment portfolio. In this article, we will delve into the key factors that make cryptocurrency investment a viable option in the contemporary financial ecosystem.

Decentralization and Financial Inclusion:

One of the primary reasons to consider investing in cryptocurrencies is the principle of decentralization. Unlike traditional financial systems, cryptocurrencies operate on decentralized blockchain technology, meaning they are not controlled by any central authority,

such as governments or financial institutions. This decentralization fosters financial inclusion by providing access to banking services for the unbanked population around the world. By investing in cryptocurrencies, individuals contribute to a more inclusive global financial system.

Potential for High Returns:

Cryptocurrencies have shown the potential for significant returns on investment. While their prices can be volatile, this volatility also presents opportunities for astute investors to capitalize on market fluctuations. Historical data demonstrates instances of substantial price appreciation, turning early adopters into cryptocurrency millionaires. Of course, it's crucial to approach cryptocurrency investment with caution and conduct thorough research before making any decisions.

Diversification of Investment Portfolio:

Traditional investment portfolios typically include a mix of stocks, bonds, and other assets. Adding cryptocurrencies to this mix can enhance portfolio diversification. Cryptocurrencies have shown a relatively low correlation with traditional assets, meaning they may not move in tandem with traditional markets. A diversified portfolio can help mitigate risks and enhance overall portfolio stability.

Innovation and Technological Advancements:

Investing in cryptocurrencies is, in essence, an investment in the underlying blockchain technology. Blockchain has the potential to revolutionize various industries, including finance, healthcare, supply chain, and more. By investing in cryptocurrencies, individuals indirectly

continued page 30

successful investments cont.

6. Explore Innovative Financing Options

In the realm of real estate, financing is a crucial aspect of any investment strategy. In 2024, investors should explore innovative financing options, such as crowdfunding, peer-to-peer lending, and blockchain-based transactions. These alternatives can provide access to capital and streamline the investment process. Additionally, keeping an eye on interest rate trends and securing favorable financing terms can significantly impact the profitability of real estate investments.

7. Assess the Impact of Economic Conditions

Economic conditions play a pivotal role in real estate performance. In 2024, investors should assess the broader economic landscape, considering factors such as inflation, interest rates, and employment trends. A thriving economy generally bodes well for real estate investments, but it's essential to be mindful of potential downturns. Implementing risk management strategies and maintaining financial flexibility can help investors weather economic fluctuations and emerge resilient.

8. Embrace Remote Property Management

The rise of remote work has reshaped the way properties are managed. In 2024, investors should embrace technology-driven solutions for remote property management. From smart home systems to virtual property tours, leveraging these tools not only enhances the tenant experience but also makes property management more efficient and cost-effective. Adopting a tech-savvy approach can position investors to

capitalize on the evolving expectations of property owners and tenants.

As we step into 2024, the real estate market presents a dynamic landscape filled with opportunities for savvy investors. By staying informed, diversifying portfolios, leveraging technology, and adapting to emerging trends, investors can position themselves for success in the ever-evolving world of real estate. Whether exploring sustainable investments, embracing innovative financing options, or navigating regulatory changes, a forward-thinking and well-researched approach will be key to unlocking the full potential of real estate investments in the years to come. ♦



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future of finance cont.

support the development and implementation of blockchain technology, contributing to the ongoing wave of innovation that could reshape the way we conduct transactions and manage data.

24/7 Market Access:

Unlike traditional financial markets that operate within specific hours, cryptocurrency markets are open 24/7. This continuous accessibility allows investors to react to market developments in real-time, providing flexibility and opportunities for those who may not be able to participate in traditional markets during specific hours. The global nature of cryptocurrency markets ensures liquidity and the ability to trade at any time of the day.

Democratization of Finance:

Cryptocurrencies empower individuals by democratizing access to financial tools and services. Through decentralized finance (DeFi) platforms, users can lend, borrow, and earn interest without the need for traditional intermediaries like banks. This democratization of finance has the potential to reduce financial inequality and empower individuals who may have been excluded from traditional financial systems.

Security and Transparency:

Blockchain technology, the foundation of cryptocurrencies, is known for its security and transparency. Transactions on the blockchain are cryptographically secure and can be verified by anyone. This transparency reduces the risk of fraud and corruption, providing a level of security that may be lacking in some traditional financial systems. Additionally, the use of smart contracts in blockchain technology automates and enforces the terms of agreements, further enhancing trust and efficiency in financial transactions.

While the world of cryptocurrencies may seem complex and volatile, it offers a unique set of advantages for investors willing to embrace innovation and diversify their portfolios. The decentralization of financial systems, the potential for high returns, portfolio diversification, technological advancements, 24/7 market access, democratization of finance, and the security and transparency provided by blockchain technology collectively make a compelling case for considering cryptocurrency investment.

However, it's crucial for investors to approach the cryptocurrency market with caution, conduct thorough research, and only invest what they can afford to lose. The cryptocurrency landscape is evolving, and while the potential rewards are significant, so are the risks. As with any investment, due diligence and a well-informed approach are essential for navigating the dynamic and exciting world of cryptocurrencies. ♦



from the Editor cont.

Cross. Lord, I am sorry for all my sins against you and against my own life, please forgive me. I believe Jesus was raised on the third day for my justification. Jesus, I receive you as my Lord and Savior. God gives me a new heart and eternal life. Your Holy blood cleanses me, delivers me, and heals my body right now and now my name is written in the Book of Life, guaranteed by the following written law: "That if you confess with your mouth that Jesus is Lord and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation." *Romans 10:9*

If you made this prayer, email me at: icarepublications@gmail.com. I would love to share your joy and send you material for balanced growth in the grace of the Lord. Also, send this letter to anyone you know as a testimony of your faith. ♦

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mental health issues cont.

vary widely in their response to treatment, and what works for one person may not work for another. Factors such as genetic predisposition, personal preferences, and the specific nature of the mental health condition all play roles in determining the most effective treatment approach.

Some individuals may find relief through medication alone, appreciating the quick alleviation of symptoms. Others may prefer therapy, valuing the opportunity to explore their thoughts and emotions in a supportive environment. Individualized treatment plans that take into account the unique needs and preferences of each person are likely to be the most effective.

Conclusion

The question of whether medication or therapy is more effective in treating mental health issues lacks a one-size-fits-all answer. Both approaches have their strengths and limitations, and the effectiveness often depends on the nature of the mental health condition, individual differences, and the interplay between biological and psychosocial factors.

Medication provides a rapid response and can be crucial for managing acute symptoms, especially when there is a clear biological basis for the mental health issue. However, it often addresses symptoms rather than underlying causes and may come with side effects and the risk of dependency.

Therapy, on the other hand, offers a more holistic approach by addressing the psychological and emotional aspects of mental health. It equips individuals with coping mechanisms and tools for long-term well-being, but it requires time and commitment.

A combination of medication and therapy emerges as a comprehensive and effective treatment approach, capitalizing on the strengths of both modalities. Individualized treatment plans that consider the unique needs of each person are essential for optimizing outcomes. Ultimately, the ongoing dialogue surrounding mental health treatment should emphasize a person-centered approach, recognizing that what works best is as diverse as the individuals seeking support. ♦

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