

Thursday, June 23, 2022

# Men's Health

## AWARENESS



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She Looked In Horror, As Her Doctor Said ...

**“I’m Sorry, We’ve Done All We Can, and You’ll Just Have To Live With The Pain!”**

Dear Friend,

**ABOUT THIRTY YEARS AGO SOMETHING HAPPENED THAT CHANGED MY LIFE**

I had just graduated from Bishop Feehan High School, and I was attending college in New Hampshire, where I was playing football. During my second season I started suffering from lower back pain and tingling and numbness in my left leg. I couldn't run, at times it was even difficult for me to stand or sit. The doctors prescribed the typical muscle relaxers, pain-killers, and physical therapy. The doctors told me these treatments would help or make it worse. It made the problem worse. After a few weeks of this the pain was so bad, the doctors at UNH sent me for an MRI. The MRI showed a ruptured disc. I had surgery on my lower back. After surgery, I still had a significant amount of pain in my lower back and leg.

A friend suggested I see a doctor of chiropractic. "A chiropractor" I said, "Are you crazy?" He explained to me that his whole family uses a doctor of chiropractic regularly for all types of health problems. It all started when his mother was suffering from headaches and severe dizziness, after she was shuffled around from doctor to doctor and took over 700 pills in one year only to find out her headaches got worse, and after thousands of dollars worth of tests they told her there was nothing more they could do. A friend of hers suggested she try a doctor of chiropractic, and even though she didn't believe in it, her life was being ruined so she went. After a few treatments her headaches and dizziness were gone. I asked why he went, and he explained to me that his mother didn't want the rest of the family to grow up with the same problems she had since the neurologist said headaches could be hereditary, besides that, he said nearly every professional athlete in the world like Tom Brady, Jordan Spieth, and every professional team now use a doctor of chiropractic to increase their performance.

I decided to give the chiropractor a try even though I was still a bit skeptical. The doctor did an exam, took a couple of x-rays, and then showed me my problem. I started care, and I couldn't believe it, the pain started to improve immediately and the leg pain gradually went away over the next couple of weeks. The funny thing is it actually felt good. Soon after that I noticed my seasonal allergies also disappeared. I was so excited, I'm sure you guessed it; I became a Doctor of Chiropractic myself.

Just last month I was able to help a young man who was having Migraines. The neurologists told him there was nothing they could do. He was having them almost daily, after his first adjustment he didn't have one for a couple of days, now he hasn't had one in over a month.

WHAT SETS ME APART... in the chiropractic field is my use of the Activator Methods Chiropractic Technique (AMCT); a treatment system that utilizes a small hand-held instrument that applies a quick, low-force, gentle chiropractic treatment directly to the source of your pain to alleviate nerve pressure to allow the body to heal itself.



Here's what some of my patients had to say:

*"Dr. R. is amazing! I had never seen a chiropractor before, and I realized I waited too long. I had not been walking correctly for years, now after alignments, I'm doing so much better! The staff is very efficient and friendly- and all work together well. Great vibes, great care, great people! Thank you for helping me!" - Julia W.*

*"Absolutely recommend Dr. Roediger! His office and staff are fun and pleasant to be around with a comfortable environment and atmosphere. And his genuine care to help people is the reason I will continue to receive treatments for my neck and keep my migraines away! You guys rock!!!!" - Nathan F.*

*"Both my husband and I go for adjustments and find we are more mobile because of it. For anyone who is afraid of Chiropractors, because of how you have been told it is done, Dr. Roediger goes over everything before you commit to anything. The Activator Method is less invasive and more comfortable on my neck and back". - Karolyn M.*

**Amazing Offer-** When you call and mention this article before July 22, 2022, you can receive my new patient exam for \$57. That's a complete initial exam, Para spinal scan, x-rays if necessary, I will correlate my findings and give you a free consult on recommendations for your condition. This exam could cost you \$175 elsewhere. And, "further care" is very affordable if needed, adjustments fee is only \$45. You see I'm not trying to seduce you to come see me with this low start up fee, then to only make it up with high fees after that.

Incredible service at affordable fees ... Please, I hope that there's no misunderstanding about quality of care. You'll get professional care that's affordable. My qualifications ... I attended the University of New Hampshire before finishing my Doctorate at Logan College of Chiropractic in St. Louis, Missouri. I'm Advanced Proficiency rated by Activator Methods International. I've been entrusted to take care of tiny babies to top athletes that you may know. My mission is to help more people get care, improve their quality of life, and create a healthy lifestyle.

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# The causes of hair loss and potential remedies



Hair loss became a widely discussed topic following the 2022 Academy Awards, when comic Chris Rock was verbally and physically assaulted on stage by actor Will Smith regarding a joke Rock made about Smith's wife, Jada Pinkett-Smith. Pinkett-Smith has alopecia areata, an immune system condition that attacks hair follicles and causes hair loss anywhere on the body. Pinkett-Smith now shaves her head to alleviate the patches of uneven hair loss attributed to the condition.

Alopecia is the clinical term for any hair loss that occurs on the scalp or body. Hair loss can be temporary or permanent, and is attributed to various causes. Anything from hormones to medical conditions to heredity can dictate if hair loss occurs in men and women. Baldness, according to the Mayo Clinic, typically refers to excessive hair loss from the scalp. Hereditary hair loss is the most common cause of baldness.

Thinning, shedding hair affects both sexes, and sometimes is a natural side effect of aging. But not all hair loss is natural, and the following are some factors that can cause people to lose their hair.

- Stress and illness: Extreme stress

or illness can cause hair loss in a process known as telogen effluvium, according to Dr. Michelle Henry, a New York-based dermatologist. Mental and physical stress can cause hair loss in the body to be arrested. When this occurs, the body sheds the hair. Hair loss can occur up to three months following a stressful event or illness. Finding ways to manage or limit stress can alleviate hair shedding.

- Heredity: Genes will dictate if a person has blue eyes or is tall or short. Genes also play a role in hair loss. The American Academy of Dermatology Association says heredity can affect both men and women. In fact, hereditary hair loss is the most common cause of hair loss worldwide. Genes cause hair follicles to shrink and eventually stop growing hair. Hair loss may start in teenage years, but tends to begin later in life. There are medical treatments in the form of shampoos, lotions and even hair implants that can stop or slow hair loss. Some may help regrow hair. The earlier treatment is started, the better its potential outcome.

- Alopecia areata: Alopecia areata is an immune system disorder that attacks the hair follicles. Since

alopecia can affect hair anywhere on the body, even eyebrows or eyelashes may fall out. Treatment may help stimulate regrowth. Doctors may suggest immunosuppressant drugs as well as a course of treatment.

- Pregnancy: Hormones fluctuate greatly during pregnancy and after. Giving birth also can be a physically traumatic experience that can sometimes contribute to hair loss. Hair will likely grow back when hormone and stress levels return to normal.

- Medications and supplements: Certain medications, such as those to treat cancer, heart issues, gout, high blood pressure, arthritis, and depression may cause hair loss. Taking too much vitamin A also may cause hair loss. Adjusting dosage or trying different medications may help.

Individuals concerned with hair loss can speak with a dermatologist who can assess the situation and plan a course of treatment.



CORY, stroke survivor.

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Caitlin Magner



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Over the last 15 years, Jeff Tomaszewski's MaxStrength Fitness has changed the lives of thousands of people. Here's how he's gearing up to improve even more

MaxStrength Fitness is celebrating its 15th anniversary this month with parties, new client specials and the introduction of wellness coaching. I sat down with founder Jeff Tomaszewski to take a little trip back in time to see where his mindset was in 2007 when he opened the location in Westlake, followed by a second one in Willoughby in 2017. The science-based strength training protocol—20-minute, one-on-one, no-sweat workouts twice a week—were novel at the time... and still are today. Jeff estimates the number of clients he and his team have helped achieve training success is in the tens of thousands.

Q: To what do you attribute your longevity? A: Two words: relentless commitment. I'm devoted to making steady improvements, pushing the envelope of personal and professional growth. As an ultra-competitive person, I see my career and my life as a game that I always set out to win.

Q: In addition to your clients' success, what else are you particularly proud of? A: I'm a training geek, so for me it meant a lot to be the only place in



twenty minutes + twice a week = transformation

the country to beta test and help develop a new line of high-tech, low-friction training equipment called Imagine Strength. It tracks muscle and joint function throughout movements. This is a breakthrough methodology that works the muscles in a functional way, allowing for forgiveness in a therapeutic manner. There's nothing else like it on the market.

Q: How elemental is your team to your success. A: I'm only one person, and I realize that to achieve anything everyone on my 16-person team needs to feel empowered. They are all life transformers who profoundly impact the lives of those they work with. As a leader, it's my role to make sure they are fully engaged. We pinpoint goals for every part of their life, personally, professionally and financially.

Q: If you could give one piece of advice to your 2007 self, what would it be? A: I would say don't ever let yourself think small or rest on your laurels. Don't get to a place where you feel too comfortable. If you push yourself to achieve what others think is unrealistic or impossible, that's ideal.

Q: What's the future hold for MaxStrength? A: It's an exciting juncture for us. Our franchising model, a natural evolution for us, is gaining strength this year. We are also rolling out a wellness coaching division. By working with a MaxStrength coach, people will receive a level of support to break the habits that might be holding them back in life, whether it means better

nutrition, getting the best quality of sleep, or stress management. It's basically a course correct for taking your life to its optimal potential.

We will customize this to individuals and the corporate world, too, serving employers who want to empower their employees. The relationship starts with a consultation. Our coach will help establish the person's underlying motivations, identify obstacles and strategies for getting around them, and finally craft a vision statement. After that, follow-up sessions will happen once or twice a week.

And dovetailing the move into wellness coaching, I'm also booking speaking engagements. My topics range from awareness about sarcopenia, the loss of muscle mass as people age, to the five pillars of health. I'm doing a sort of TED Talk at a national conference on exercise in Minneapolis this month. People have also asked me to do talks on leadership and entrepreneurship, two subjects near and dear to my heart. Locally, I can speak to groups of any size or demographic.

MaxStrength Fitness is located at 4212 State Route 306 in Willoughby. Visit [MaxStrengthFitness.com](http://MaxStrengthFitness.com) for more information or call 440-226-8080.

**Don't miss this 15-Year Anniversary exclusive offer from MaxStrength Fitness. Add 15 free sessions to any new client commitment. Offer good through Friday, July 15, 2022.**



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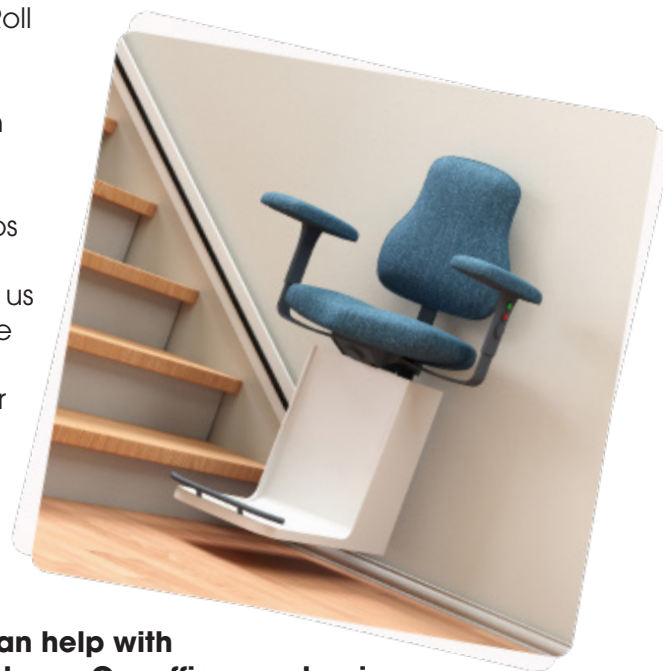
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# Natural Relief

At Your CBD Store in Willoughby, people are finding the relief they crave from a remarkable, natural source.



by Patricia Nugent

Since opening last November, Your CBD Store in Willoughby has helped its clientele with a myriad of health issues, from pain management and anxiety, to skin care, with a variety of bespoke products containing CBD.

“We are highly educated about our products and consult with people to educate them about the potent effects of CBD,” says owner Kate Anderson, who years ago discovered CBD as an antidote to anxiety. “We offer free samples and encourage people to find the best product for their individual needs.”

The store is more of a super chic lounge, with a clean, serene boutique vibe. Along with CBD specialists Jackie and Sarah, Kate enjoys taking the time relaxing with customers on cushy linen couches to pinpoint their problems and come up with solutions.

In a quality over quantity fashion, the CBD found here is high-end, third party lab-tested and grown in the USA. From soil to bottle, the products are meticulously tended, and the resulting CBD is generally more effective than products you will find anywhere else.

## The Promise of Pain Relief

In scientific terms, CBD is short for cannabidiol, one of many cannabinoids found in organic hemp. It is said to reduce pain and inflammation, lift mood and control nausea caused by chemotherapy. What it won't do is produce a “high” or

psychoactive effect that's associated with marijuana.

The CBD is available in tincture, water-soluble edibles, gummies, hard candies, topical creams, serums and accessory products like bath bombs. They also offer products to ease anxiety and symptoms of aging in dogs and cats.

“We are always bringing in new product lines,” says Kate. “For instance, this month we are introducing a line that's engineered to help women with symptoms like cramps, bloating and irritability they might experience at certain times of the month.”

As one of the first and largest brick and mortar stores specializing in CBD, she says her store is always leading the way in terms of product evolution and that she

finds her job very rewarding.

“We are at the frontlines helping people through their issues, when other products and traditional medicine may have failed them,” says Kate.

Your CBD Store is located at 37812 Vine Street in Willoughby, just steps from downtown. Hours are Monday-Friday, 10 a.m. to 7 p.m.; Saturday, 10 a.m. to 5 p.m.; and Sunday, noon to 4 p.m. Walk-ins are welcome. For more information, call 440-306-8131 or visit [CBDRX4u.com](http://CBDRX4u.com). Join their FB page to enjoy a bevy of special sales and giveaways.

# Get Healthy!

Pictured L-R: Jackie, Kate Anderson, owner and Sarah.



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