



Medicine Meets Wellness in Lake Wales

One usually visits their personal physician when either sick or in pain. The Lake Wales practice of Dr. Jim Nelson is now encouraging wellness visits for the purpose of preventing certain illnesses in the first place. Dr. Nelson recently opened **Lifetime Health and Wellness Center**, a medically based, comprehensive wellness clinic in eastern Polk County. “Who better to trust with your health than your physician? We’ve been treating illness for years, now we’re offering methods to prevent certain illnesses, as well”, said Sanford “Sandy” Bates of My Health Coach, Inc.

Dr. Nelson has recently teamed with several wellness companies. **AmeriSciences** which provide *pharmaceutical standard* nutritionals (vitamins, natural supplements and nutritional drink mixes) that address several common conditions, such as diabetes, joint pain, high cholesterol, weight, sleep and energy. **My Health Coach, Inc.** is the first health coaching business in Polk County. Their goal is to identify “health risks” associated with common diseases such as diabetes, heart disease and cancer, and help clients change behaviors *before* disease become a health and financial burden. **Lake Wales Christian Counseling** provides professional counseling and Christian concern from a husband and wife team who help individuals gain strength for the future regardless of their past.

myhealthcoachinfo.com

- Health Screening
- Targeted Interventions
- Coaching



In redefining his practice Dr. Nelson says that he will continue to provide care for illness to which his patients have become accustomed. However, now Dr. Nelson will also focus on helping patients obtain optimum health. This can be accomplished with a commitment to prevention and wellness. “In this spirit, I have committed to keeping up-to-date on the latest advances in early detection, promoting regular check-ups and physicals, and educating my patients on the benefits of a healthy diet and lifestyle. Through the progression of technology and research we have made huge advances in understanding, treating and preventing many diseases and illnesses”, he said.

“One of the most remarkable areas of advancement is in understanding the correlation between fitness, nutritional supplementation and disease prevention. As a healthcare provider, I have been exposed to this research. There is overwhelming data as to the benefits of herbs, vitamins, antioxidants, and minerals. There are numerous studies from Harvard, The Journal of American Medicine and The New England Medical Journal about the tremendous benefit and role these nutritional supplements play in prevention. However, due to past concern regarding lack of regulation, product mislabeling, and poor quality control in the Nutritional Supplement Industry, I have not recommended or promoted a particular brand of Nutritional Supplements for my patients – until now.”

“I am excited to introduce the AmeriSciences products into my practice. AmeriSciences is a physician-led nutraceutical company with safe and effective products.

myhealthcoachinfo.com

● Health Screening ● Targeted Interventions ● Coaching



All formulations are manufactured according to over-the-counter Pharmaceutical Standards. This means rigorous quality assurance tests to ensure potency, safety, and consistency. These products are designed for maximum absorption and bioavailability. I have personally researched these products for my patients, staff and personal use. My belief in these products has led me to offer the AmeriSciences line to my patients as well as a corresponding weight management program to compliment our medical treatments.”

“And what better way to avoid the financial impact of disease and sickness than with a lifestyle of wellness and prevention?” he added. Financial risk associated with disease and sickness is at an all time high. There is no greater threat to individual or corporate finances these days than healthcare, which represents 17% of our economy at **1.9 trillion dollars** or \$6,280 per person annually. It is estimated that 70% of healthcare costs are related to one’s lifestyle.

The American Cancer Society states that 50% of men and 33% of women will get cancer in their lifetimes. The American Heart Association reports that 36% of deaths in this country are related to cardiovascular disease. The majority of Americans are overweight or obese, 66%, according to the Centers for Disease Control & Prevention. The National Center for Health Statistics lists that 62% of us are not engaging in vigorous leisure-time physical activity.

myhealthcoachinfo.com

- Health Screening
- Targeted Interventions
- Coaching



With some minor changes in lifestyle behavior, nutrition and supplementation, as well as spiritual health can significantly decrease disease risk and increase vitality. Dr. Nelson's goal for the wellness center program is to change lives before illness begins. "Through all the years of practicing medicine, I wish I could have had more of an impact in preventing diseases. Now I feel I can", said Nelson.

"I am also excited to announce my affiliation with Sandy Bates of My Health Coach, Inc. and Jeff Allen, Ph.D. of Lake Wales Christian Counseling", he continued. "Together, we have created a team that we believe can have a significant impact for the physical, mental and spiritual wellness of our community."

Sandy Bates recently created My Health Coach, Inc. to work with individuals and organizations interested in decreasing "risk factors" for disease and injuries. "The side effect of these efforts results in healthier individuals and lowers health care costs", Bates said. Bates has a Master's degree in Exercise Physiology, is certified by the American College of Sports Medicine as a Health/Fitness Instructor.

"I have twenty-five years of experience in healthcare. During that time I have come to realize that most people fail at changing lifestyle behaviors such as increasing physical activity and losing weight even when they know it will make them feel and look better while decreasing their disease risks. Many start with good intentions but quit the diet or exercise program shortly after starting. My Health Coach, Inc. will help individuals set goals, identify obstacles, create a wellness vision, hold them accountable

myhealthcoachinfo.com

- Health Screening
- Targeted Interventions
- Coaching



and help make behavioral changes in small steps in a non-judgmental environment”, Bates said. My Health Coach, Inc. can be reached at www.myhealthcoachinfo.com

“Stress, fatigue, substance abuse and physical pain are an everyday occurrence for many of us”, said Jeff Allen, Ph.D., of Lake Wales Christian Counseling. Jeff, and his wife, Kim, opened their biblically-based practice in Spring 2004. One unique aspect of their practice, is the husband and wife duo, used in the majority of their counseling sessions. Kim brings a prayer aspect to the practice by being an intercessor for clients. Dr. Allen believes this approach has been very helpful for spouses having marital issues, adolescents and their parents, as well as individuals dealing with addiction-concerns and substance abuse.

The purpose of Lake Wales Christian Counseling is to provide a safe environment in which each potential client is able to put past experiences into proper perspective, resolve present issues, and gain strength to make positive choices for the future. Jeff and Kim's desire is to help each client-reach a level of personal wholeness with more fulfilling relationships and hope for the future through the Lord Jesus Christ.

Anyone who would like additional information is invited to contact or visit Dr. Nelson’s office located at 1110 Druid Circle, across from the hospital in Lake Wales.

myhealthcoachinfo.com

- Health Screening
- Targeted Interventions
- Coaching