



Are You Stressed?



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If you are like the majority of Americans, stress is something you encounter on a daily basis. Are you aware that stress is directly related to many of the most common health conditions people suffer from every day?

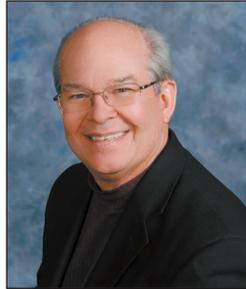
Particularly, stress is a major part of most male and female hormone problems as stress directly affects the ever so important adrenal glands. If you are not aware of what the adrenal glands do, mainly they are your glands of stress. Most female regulating hormones are under the control, in some way, of the adrenal glands.

If you feel you are under a great deal of stress and have hormone related health problems, it is absolutely time to get your adrenal glands tested. The test to determine adrenal gland function is very simple and accurate.

Also, the treatment for stress related health problems affecting the adrenal is also quite simple and highly effective, yet underutilized. Please make the time to get tested in our wellness office to see if our treatment would be helpful to you.

The human body was designed as a self healing, self coordinating, and self regulating organism that has the ability to be completely healthy if the brain is able to communicate with all the parts. Dr. Brandon Bupp, utilizing the latest in chiropractic technology, up to date information on health and wellness principles, and traditional chiropractic care can help you live without pain, and experience life at your full potential.

Do Men and Women See Things Differently? Preparing for Retirement



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Do men and women see things differently? At least on the topic of retirement, the answer may be yes. A recent study commissioned by Ameriprise Financial reveals that gender may play a significant role in how we feel about and prepare for this major life event.

According to findings from the New Retirement Mindscape IISM study, women tend to have a more positive outlook towards retirement, while men are more likely to feel financially ready for it. The study also found that the recession has impacted men and women differently, a fact that may account for dissimilarities in the way they plan and prepare for retirement. If you fail to communicate effectively your goals for retirement, differences could cause major bumps on the road to a shared retirement.

The study's findings paint a complicated picture for anyone who's planning to retire with a spouse or partner. *What if you're planning to retire next year and your mate wants to keep working for another decade? What if you envision a retirement filled with travel and your spouse or partner wants to stay close to home?*

A financial advisor can assist you with writing a financial plan that weaves together your financial objectives and your partner's.

Joseph I. Gaebelein is a Chartered Retirement Planning Counselor (CRPC). As a CRPC, Mr. Gaebelein provides customized financial advice that is anchored in a solid understanding of client needs and expectations, and provided in a one-on-one relationship with his Clients. For more information, please contact Joe at 330-441-4883.

The New Retirement Mindscape IISM and New Retirement Mindscape© studies were commissioned by Ameriprise Financial, Inc. and conducted by telephone by Harris Interactive in May 2010 and August 2005 among 2,007 (2010) and 2,000 (2005) U.S. adults age 40-75. The sampling error for the 2010 study is +/-2.5%. The 2005 study was conducted in conjunction with Age Wave and Ken Dychtwald, Ph.D.

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Have You Completed Your Business Growth Plan For 2011?



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“NEXSTEP STRATEGY”

Helping women grow smarter, better, faster!

In our practice, we are most often asked how to insure the feasibility and viability of a business in early stages of growth. This is the most common question:

Q: WHAT IS A STRATEGIC BUSINESS GROWTH PLAN AND DO I NEED ONE?

A: Maybe you've heard the phrase: If you fail to plan you plan to fail. Whether in fitness, friendship or finance, I've never known "strategy" to be a bad thing. That's actually how I met my new husband.

I thought. I planned. I acted.

Strategy is the calculated effort to put a plan in place that identifies a pathway to a specific and successful end (my definition, not Webster's). Unless business just falls in your lap and there is angel who miraculously finishes your paperwork, costs out your expenses and generates leads that are converted at 100% then I think you need a growth plan.

A Growth Plan Will:

1. Diagnose your effectiveness.
2. Analyze your efficiency.
3. Determine the threats that may face you.
4. Expose the opportunities to seize.

Most of the big corporations go on retreats that are 5 days long to put their strategic growth plans in place for the coming year, the next five years, and to set goals for ten years out.

Do you have your plan in place?

What is a Nurse Practitioner?

A Unique Role in Healthcare



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In recognition of National Nurse Practitioners Week (November 7-13), I thought it would be beneficial to talk about nurse practitioners. According to the Northeast Ohio Nurse Practitioners, nurse practitioners are "registered nurses who have advanced education and clinical training in a healthcare specialty area."

Nurse practitioners (NP) play a unique role in our healthcare system. A blend of the skills of a physician with the caring and whole-patient focus of a nurse, an NP can be a vital link to wellness for patients of all ages. Many NP's can **write prescriptions, perform wellness tests, physicals and immunizations, diagnose and treat** a variety of acute illnesses as well as manage chronic illness.

What can clinics like After Hours Family Medicine do?

Staffed by nurse practitioners, clinics can handle most acute care concerns like **strep tests, ear infections, and sinus infections, as well as yearly wellness exams like physicals, pap tests and school / sports physicals.** In addition they can treat and manage your chronic illnesses as well.

A nurse practitioner will take a full patient history as well as educate and counsel individuals about health-related issues. The core philosophy of Nurse Practitioners is individualized care. That means they really treat the whole patient and not just the symptoms of a particular illness.

A Nurse Practitioner is a great alternative to a doctor's office as the Nurse Practitioner can handle almost all of the same issues, while keeping costs down and education up.