

## Love lessons



Conventional relationship advice tells us to woo our beloved with quality time, shared interests and selflessness. Want some sizzle with that dutiful drizzle? Certified life coach M.C. Coolidge recently shared some unconventional love tips. What's her first piece of advice? "Withhold! Keep those unsolicited opinions on in-laws, suggestions on how to lose weight and snarky comments about who left the toilet seat up, to yourself. Biting your own tongue by day can lead to a much better relationship by

night." Coolidge also suggests time away from each other. "Joined at the hip works for some couples, but for the rest of us, that much connectedness leads to boredom and burnout," she says. "Smidgens of absence give the heart (and body) a chance to yearn for the person who's away. Shakespeare didn't call it 'sweet' parting for nothing." Finally, she suggests that we take time for ourselves when we need it. "Be selfish! We're told in an airplane to put our own oxygen mask on first. In a relationship, the same rule applies. Stay connected to your inner spring of self-love by being authentic enough to put your own needs first at least half of the time." For more tips on life and love, visit [bolderlifeflow.com](http://bolderlifeflow.com).

## Healthy revolution



For those suffering from Type II diabetes, low thyroid conditions and heavy metal intoxications, Revolution Health might be your jump-start to wellbeing. Founder Dr. Michael B. Regan is a chiropractor who spent the last 10 years completing post-graduate education in neurology and is currently finishing his post-graduate studies in nutrition. He and his team, including Dr. Rebecca Patton, interpret laboratory data, patient

history and lifestyle factors to diagnose and then custom create nutritional, supplemental and lifestyle plans for each patient. For some patients, these changes can be, well, revolutionary. Watch for Patton's new book, "Reduce, Remit or Reverse Diabetes Type II". A book launch and other events will be announced on the company's website. 9025 Town Center Parkway, Lakewood Ranch; 900-4500; [Revolutionhealthsarasota.com](http://Revolutionhealthsarasota.com).

## Jack J. Wazen Director of research

Dr. Jack J. Wazen, director of research at Sarasota's Silverstein Institute and the Ear Research Foundation, is an otological and neurotological surgeon and a leading authority on hearing and balance disorders. His 2004 book, "Dizzy: What You Need to Know About Managing and Treating Balance Disorders," remains an invaluable resource, especially in the areas of balance disorders and falls. We recently spoke with Dr. Wazen about his well-balanced insights. For more information: 1901 Floyd St., Sarasota; 366-9222; [earsinus.com](http://earsinus.com).



### Why is the inner ear so important?

The inner ear is our balance organ. It senses our position in space and our movement. Then it sends this information to the brain, where it gets integrated with visual and proprioceptive information — the sense of touch and vibration from our feet, ankles, knees and hips.

### Are dizziness, vertigo and disequilibrium the same thing?

No. Vertigo is the sensation of spinning. Dizziness is lightheadedness — a fuzzy feeling in the head. Disequilibrium is the inability to walk straight.

### How do you arrive at a diagnosis of balance disorder?

After obtaining a good medical history, we give the patient a thorough physical exam, which includes special balance testing.

### Do you have a single test for balance problems?

No. But a proper medical evaluation, combined with a good history and physical exam, is the first step to determine if the problem exists.

### Are older adults especially at risk for balance disorders?

Yes, they are. Joint and muscle disorders, visual disorders, and, most importantly, inner ear disorders, are some of the major risk factors for older individuals.

### What factors in the physical environment can lead to falls?

The main culprits include clutter, thick rugs, irregular flooring and footwear with thick soles.

### If you want to prevent falls, what's the best strategy?

Eliminate environmental risk factors, first and foremost. Make sure your home isn't an obstacle course! After you've done that, stay active, exercise and keep your weight down. Being healthy and strong helps keep you on your feet. Balance therapy can also sometimes be needed.

### What's the best way to improve strength and sense of balance?

Yoga and Tai Chi can be very helpful. Physical therapists can also recommend specific exercises based on an individual's needs.