

# Eat Your Way to Health!

**Fad diets and exercise work only for short-term results. For sustained, healthy weight management you need more. Here it is.**

“Give me twelve weeks, and I’ll teach you how to bring your weight under control and keep it there,” offers Luis E. Crespo, MD, of Crespo and Associates.

Dr. Crespo, already an established leader in the nonsurgical relief of back pain, saw the added agony his patients experienced when forced inactivity and poor nutritional choices increased their discomfort. Excess weight contributed to a wide range of dangerous complaints like sleep apnea, high blood pressure, diabetes and acid reflux.

Dieting and spot exercises didn’t work for these patients. If they took nutritional supplements to bolster their restricted diets, they couldn’t be sure they were taking the right supplements for

their body chemistry.

“I’ve protected my health and managed my weight for years with a specialized technique that I realized could benefit my patients, too,” says Dr. Crespo.

He turned his personal approach into a twelve-week program that he customizes for each participant, an accomplishment made possible because Dr. Crespo, a *medical* doctor, evaluates each patient’s individual needs.

The program includes an initial physical examination, EKG and blood pressure readings and Body Mass Index assessment. Body measurements are taken, and blood work-up is completed on-site. For select patients, Dr. Crespo may prescribe Vitamin B12 injections or appetite suppressants.

“One of the unique elements of this program is the availability of optional DNA testing that evaluates nineteen different genes that tell me exactly what a patient’s individual nutritional and exercise needs are,” notes Dr. Crespo.

Dr. Crespo’s patient-specific findings are then used

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to determine a patient’s dietary requirements for optimal health, so he can determine which vitamins and nutritional supplements a patient should take — and in what quantities. Many of these are available from Dr. Crespo, but the program is designed to provide patients

with knowledge so they can visit their local health food store and confidently select the products that are right for them.

“Successful weight management happens between the ears, with the knowledge a patient gains to make the best individual choices,” Dr. Crespo points out. “That is why, in addition to the tests that provide a roadmap for the patient’s physical needs, this protocol also involves weekly educational seminars and counseling, with the help of Judy Dano, ARNP, to help participants make their *own* healthy choices away from the structure of the program.” These seminars include lectures; videotaped presentations; discussions about issues like weight-loss surgery, skin care, portion control and heart health; question-and-answer sessions; group support and success stories; and “taste tests” of the meals, protein bars, shakes and other aids available through Dr. Crespo’s office.

“Those dietary and nutritional aids are not a requirement of participation,” Dr. Crespo assures. “They are a convenient way to provide patients with the right balance of nutrients with a known calorie count. Our primary goal is to show participants how to manage their own health and weight by teaching them how to select the foods they find in the grocery store to support their healthy goals. For example, not all carbohydrate foods are created equal. The *glycemic index* describes this difference and holds the secret to long-term health reducing your risk of heart disease and diabetes and is the key to sustainable weight loss.”

It’s all about patient education, says Dr. Crespo, and the program he has developed is designed to teach participants to eat well and grow healthy.

## Eat well, grow healthy

Dr. Crespo welcomes the opportunity to help guide you to a healthier lifestyle and an understanding of your body’s unique nutritional and exercise needs. He holds seminars in his office once a week, located at 5041 W. Cypress Street in Tampa. Dr. Crespo invites you to call and reserve a seat now: (813) 286-2520.



## Crespo Technique<sup>SM</sup> of Non-surgical Spine Care

**Back pain doesn’t have to control your life. One local doctor has developed an effective nonsurgical approach that offers lasting relief.**

“One morning, I got out of bed, and my back went out so fast that I fell to the floor,” says Tampa attorney Rick Teranna. “I couldn’t get up for a *long* time.”

Angelo Wiley had to stop going to the gym after a rear-end collision in 2004. “It left me with a number of herniated discs in my lower back,” says Angelo. “I was in constant pain.”

Neither Rick nor Angelo was ready to accept the risks of back surgery. They each came to the same conclusion: consult Luis E. Crespo, MD.

Dr. Crespo is a respected leader in the field of spinal decompression and stays on the leading edge of innovations in the nonsurgical treatment of back and neck pain.

“Many patients are reluctant to face the risks and uncertain results of surgery,” observes Dr. Crespo. “Others are not good candidates for surgery either because of their overall health or the nature of their injuries.

“Until recently, patients had to learn to accommodate their pain, restricting their

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After earning his medical degree, Dr. Crespo trained in general surgery at the University of Tennessee. He has 22 years of diversified experience in emergency and trauma medicine. He is a member of the American Academy of Pain Management, North American Spine Society, American Academy of Pain Medicine, American Association of Orthopaedic Medicine, Florida Academy of Pain Medicine, and National Association of Disability Evaluating Professionals.



activities and even taking strong medications that had unwanted side effects.

“To help these patients I employ my own trademarked protocol, the Crespo Technique<sup>SM</sup> of Non-surgical Spine Care, that combines spinal decompression, cold therapy and electro-stimulation of the muscles with MedX muscle strengthening and stabilization to effectively treat both the acute pain of injuries and chronic pain from degenerative or herniated discs in the neck and lower back.”

### The Crespo Technique<sup>SM</sup> of Non-surgical Spine Care

Dr. Crespo explains that spinal decompression is accomplished gently while the patient relaxes on a comfortable, segmented,

computer-guided treatment table that slowly, gently stretches the spine. This enlarges disc space, reduces herniation and applies negative intradiscal pressure to prod the herniated or degenerative discs back into their proper

position, away from pain-generating nerves.

Daily treatments, each lasting thirty to forty-five minutes, are scheduled for a two-week period, followed by treatments administered as needed, three times a week, until lasting pain relief is achieved. Each treatment is followed by cold therapy with electrical muscle stimulation to help consolidate the paravertebral muscles and maximize the effects of decompression.

“The muscles that support the spine and hold the vertebrae in place must be strong enough to maintain the gains

of decompression,” informs Dr. Crespo, “so during the last phase of treatment I incorporate the MedX system of muscle strengthening and stabilization, an approach that is unique in the nation.” The Crespo Technique<sup>SM</sup> of Non-surgical Spine Care is so precise that it can target individual spinal discs, applying treatment in three dimensions to maximize healing and pain relief.

Dr. Crespo is the only *medical* doctor in the area to bring the combined benefits of spinal decompression with the Crespo Technique<sup>SM</sup> of Non-surgical Spine Care and MedX muscle strengthening to his patients, a distinction that

Rick and Angelo appreciated.

“Dr. Crespo’s medical training gave him a wider knowledge of my whole medical condition,” says Angelo. “That was important to me.”

Rick agrees. “I have much more confidence in someone who holds a medical degree from an accredited university,” he says. “Dr. Crespo’s training allows him to go far beyond what a chiropractor is qualified to do.”

### Success!

“When I went to Dr. Crespo I could barely move,” reminds Rick. “Now, I’m completely out of pain, thanks to Dr. Crespo.”

“The Crespo Technique<sup>SM</sup> of Non-surgical Spine Care worked great for me,” proclaims Angelo. “I’m back at the gym, I’m enjoying all my normal activities and I’m free of my excruciating pain. Dr. Crespo had the answer!” **FHCN**—Billie S. Noakes

### Step toward relief

Dr. Crespo and his staff welcome your calls about pain relief. They welcome patients dealing with PIP insurance claims, as well as those who are enrolled in a variety of private health insurance plans. Unsure about your own coverage? Dr. Crespo’s staff can help. To take your first steps toward relief and recovery, please call Crespo and Associates, P.A., located at 5041 W. Cypress St. in Tampa, at (877) PULL YOU (785-5968).

**Pain is everywhere.  
Suffering is optional.™**  
—Luis E. Crespo, MD



FOR MORE INFORMATION ABOUT DR. CRESPO'S OFFICE, PLEASE VISIT HIS WEBSITE AT [WWW.CRESPOMD.COM](http://WWW.CRESPOMD.COM).