

BEST of 2018

WHEN IT MATTERS FOR PERSONAL INJURY

BEST OF TAMPA BAY

What We Discovered, Reviewed & Loved in 2018

CLEARWATER EDITION

TRADITIONAL & MINIMALLY INVASIVE TREATMENTS



BAY SURGICAL SPECIALISTS helps patients all over Tampa Bay reach better health through surgical procedures including traditional and minimally invasive treatments. Drs. Paul Collins, Kevin Huguet, Brett Almond & Jamii St. Julien are each fellowship trained in their specialty and are dedicated to providing the best treatment available.

Treatments and surgeries available at Bay Surgical Specialists include endoscopic treatments for arterial occlusion (blockages), aneurysms, diabetic venous issues, varicose veins, peripheral arterial disease, advanced Laparoscopic treatments of hernias, gall bladder disease, esophageal disorders, pancreatic disorders, gastrointestinal reflux disease, and diseases of the colon and rectum, surgical oncological treatments

of cancer including Whipple procedure for pancreatic cancer, and bariatric surgeries including gastric sleeves and gastric bypass, all of which can be performed laparoscopically. New patients are welcome. Bay Surgical Specialists accepts most major forms of insurance and offers financing through CareCredit for bariatric procedures. [Visit: www.baysurgicalspecialists.com](http://www.baysurgicalspecialists.com)

960 7th Ave N, St. Petersburg
727-821-8101

NEUROLOGY & HYPERBARIC OXYGEN THERAPY



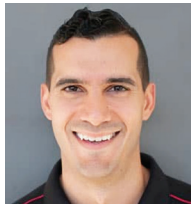
Allan M Spiegel, MD of **NEUROLOGICAL SOLUTIONS** is dedicated to advancing the science of neurology to new levels and providing patients with the highest quality of compassionate care. Dr. Spiegel is a multifaceted doctor with over 30 years of experience diagnosing and treating vast neurological disorders. Within his practice, Dr. Spiegel conducts in-house testing to start treatment in a quick and effective manner. Commonly treated Disorders include: Vertigo, Stroke, Neuropathy, Tremors, Carpal Tunnel Syndrome, Memory Loss, and Migraines.

Additionally, Dr. Spiegel has a special interest in utilizing Hyperbaric Oxygen Therapy (HBOT) in treating neurological conditions. HBOT is a medical treatment that uses 100% oxygen to speed and enhance the body's natural ability to heal. Many medical conditions respond well to HBOT, including Stroke, RSD, Lyme Disease, Traumatic Brain Injury, Wound Care, and Adverse Effects of Radiation Treatment among other disorders. Neurological Solutions is currently accepting new Patients. [Visit: www.florida-oxygen.com](http://www.florida-oxygen.com) and www.neurologicalsolutions.net

31608 US Hwy 19 N
Clearwater, 727-787-7077

and Adverse Effects of Radiation Treatment among other disorders. Neurological Solutions is currently accepting new Patients. [Visit: www.florida-oxygen.com](http://www.florida-oxygen.com) and www.neurologicalsolutions.net

GENTLE EFFECTIVE CHIROPRACTIC CARE



Stop fighting disease and begin building health. It's time to align your health by getting to the root cause of disease, rather than simply covering up symptoms. Dr. Raul Serrano at **IGNITE CHIROPRACTIC & WELLNESS** has helped thousands of patients get out of pain, lose weight, reverse disease and decrease medication. By applying scientifically proven and holistic principles of health, families are able to live the lives they deserve.

As a family wellness center, they focus on the Five Essentials of Health: a properly functioning nervous system, sensible nutrition, detoxification, adequate movement and building a mindset of health. If your family is struggling with health issues or concerns, call Ignite Chiropractic and Wellness and begin your health transformation.

[Visit: www.ignitechiropractic.com](http://www.ignitechiropractic.com)

2661 E Lake Rd
Palm Harbor, 727-216-6775

SHARE. LEARN. CHALLENGE. REFLECT. CONNECT.



As an alternative to traditional counseling, Maurie Lung, PhD and her team of experienced clinicians at **LIFE ADVENTURES COUNSELING** are dedicated to offering adventure therapy services as a way to provide clients with relevant mental health counseling focused on resolving primary concerns, increasing skills, deepening meaningful understanding and creating a space for authentic healing to occur.

Adventure therapy is based in outdoor and experiential education. Indoor and outdoor activities are available and are safely structured to encourage personal growth and development. Their treatment modality engages clients on cognitive, affective, and behavioral levels. Life Adventures Counseling clinicians offer therapy for individuals, couples, groups, and families to address anxiety, depression, or issues preventing people of all ages from achieving healing, fulfillment, and happiness.

[Visit: www.lifeadventurescc.org](http://www.lifeadventurescc.org)

8588 Starkey Rd, #E
Seminole, 727-481-4577

PILATES & REHABILITATION SOLUTIONS



Driven by science & evidence-based curriculum, professional leadership & a variety of specialties, Owner/Director Patricia Welter, PMA-CPT & her caring team at **SUNCOAST PILATES** apply Pilates exercises in helping people to restore, achieve and excel in physical fitness. They can help relieve back pain, muscle pain, neck pain, shoulder impingement and other conditions impeding physical fitness. Pilates can be effective in re-educating & restoring function following neurological impairment such as stroke, Parkinson's & MS, and is ideal for reducing the effects of aging, osteoporosis, and restoring health and vitality to post treatment cancer survivors. Suncoast Pilates can also aid in the treatment of post-surgical conditions, for those recovering from knee, hip, back & other surgeries.

Suncoast Pilates is the Tampa Bay's premier Pilates studio, with the area's most experienced, Certified instructors, and is the area's only fully equipped Pilates studio. Suncoast offers private, duet / trio and group Pilates and CoreAlign equipment sessions, Pilates Mat classes and **GYROTONIC** exercise. Suncoast Pilates is also a Balanced Body Pilates and CoreAlign Authorized Training Center. [Visit: www.suncoastpilates.com](http://www.suncoastpilates.com)

2424 Curlew Rd, #B
Palm Harbor, 727-772-6772



622 Bypass Dr, #100
Clearwater
727-799-3900
CareyAndLeisure.com

CAREY LEISURE & NEAL'S philosophy is based on making quality legal services easy to obtain, easy to understand and affordable for their personal injury clients. They take this one step further by making your initial consultation free-of-charge and emphasize that there are no fees unless the injured party is compensated. Attorneys Thomas W. Carey, Jodi Leisure & Katherine C. Neal have more than 60 years of combined experience and belong to the two percent of Florida lawyers that are Board Certified by the State. Tom & Jodi are also Board Certified by the National Board of Trial Advocacy.

The firm is noted as one of the Top 100 Plaintiff's Trial Practices in the State of Florida by the National Trial Lawyers Association. Services include personal injury claims, including auto accidents, slip & fall, motorcycle & bicycle accidents, truck accidents, wrongful death,

pedestrian cases, wrongful death, cemetery & funeral home malpractice cases, lapses in security cases and victims of drunk driving.

Community oriented, Tom is a former State Chairman of MADD and founder of RID (Remove Intoxicated Drivers). He is also a noted speaker on the consequences of drunk driving. He is AV® Preeminent™ Peer Review Rated by Martindale-Hubbell®, Miami Herald's Super Lawyers, Best Lawyers in America, Bar Register of Preeminent Lawyers™, Tampa Bay's Best Lawyer Personal Injury, Tampa Bay Magazine, Super Lawyers and a Member, Million Dollar Advocates Forum. Tom has litigated complex liability and medical issues in courts throughout West Florida and has been lead counsel in a large number of cases involving victims of drunk driving.

Carey Leisure & Neal knows that the rights of most people are rarely protected by the insurance companies' self-interest. They take pride in standing-up for real people with real problems. A Spanish interpreter is available. [Visit: www.careyandleisure.com](http://www.careyandleisure.com)

CRIMINAL DEFENSE & DUI



Clearwater & St. Petersburg
727-896-5297

ATTORNEY LARRY SANDEFER has more than 30 years of experience in the representation of individuals and businesses in criminal matters. He knows that the process of being arrested and prosecuted can be embarrassing, intimidating and confusing. Before you can be convicted of a crime, the prosecution must prove your guilt beyond a reasonable doubt. Additionally, you have other constitutional rights under the US and FL Constitutions, a violation of which by a law enforcement agency could result in a dismissal of the charges against you.

During his career, Larry was an Assistant State Attorney (9 years) & Division Director. He has personally represented well over 5000 cases in a wide array of felony and misdemeanor matters including theft, drug, sex and weapons offenses, assaults, threats, abuse & neglect, motor vehicle offenses including impaired driving (DUI), homicide, domestic violence, trespass, fraud, forgery, false pretenses, burglary and robbery, as well as bond reductions, probation

violations and expungements. [Visit: www.sandeferlaw.com](http://www.sandeferlaw.com)

WE ARE WHAT WORKS



7 SUMMIT
PATHWAYS
TREATMENT & RECOVERY CENTER
1910 Orient Rd, Tampa
813-630-4673

Specializing in treating substance abuse disorders, **7 SUMMIT PATHWAYS** takes a personalized, evidence-based approach to both addiction and recovery. Offering effective medical treatments and dynamic clinical sessions, they incorporate holistic, experiential, and alternative therapies designed to break the cycle of addiction. Clients are supported and engaged in experiencing multiple pathways of recovery, they receive professional recovery coaching to help remove obstacles and barriers to long-term recovery, and support, guidance, and education is extended to families, encouraging them to find healing as well.

Medical Director, Lawrence Wilson, MD, is Board Certified in Addiction Medicine and a Fellow of the American Society of Addiction Medicine. Director of Recovery Support Services, Richard D. Davila, PhD, has more than 35 years of experience addictions training. Clinical Director, Joel Bergman, CAP, LMHC, has nearly 2 decades of experience working in mental health and addictions. Each has personal experience with addiction and long-term recovery. [Visit: 7SummitPathways.com](http://www.7SummitPathways.com)

Bergman, CAP, LMHC, has nearly 2 decades of experience working in mental health and addictions. Each has personal experience with addiction and long-term recovery. [Visit: 7SummitPathways.com](http://www.7SummitPathways.com)

MESSAGE, FACIAL & WAXING SERVICES



206 37th Ave N
St. Petersburg, 727-895-5893

As nature replenishes the earth with essential elements like sunlight and rain, our bodies and souls must also be replenished. The team at **MASSAGELUXE** works closely with men & women to design a treatment that is specific to the individual. It is important that the programs fit the client's lifestyle and reflect their personal attitudes towards health and beauty.

Services at MassageLuXe are unique. They include all phases of facials, waxing, body treatments & massage therapy. Facials & body treatments are an important part of the regime at MassageLuXe. Massage modalities include Swedish, deep tissue, prenatal, hot stone, aromatherapy, reflexology, sports & trigger point therapy. Facials range from an express facial for those on a tight schedule to an individually customized facial that will leave the client's face luminescent and glowing. All team members have advanced education. They have the envious advantage of training with graduates from many illustrious academies. The primary focus of every team member is to make each client feel welcome and appreciated when they visit. [Visit: www.MassageLuXe.com](http://www.MassageLuXe.com)

have advanced education. They have the envious advantage of training with graduates from many illustrious academies. The primary focus of every team member is to make each client feel welcome and appreciated when they visit. [Visit: www.MassageLuXe.com](http://www.MassageLuXe.com)