



WHOLISTICRELEAF™

A DIVISION OF
WHOLISTIC PEDIATRICS & FAMILY CARE
ESTABLISHED IN 2005

For Seniors with Chronic Pain, Medical Cannabis is a Relief



Retirement is supposed to be a time of reward for years of hard work and selfless living. It is supposed to be a time for freedom and exploration. Chronic pain is a genuine problem for many of our 65 and older population.

“Medical cannabis is not a cure for me, it is a relief without a feeling of being high.”

People with chronic pain become limited in the activities they can do. If retirement is supposed to be a celebration, the people with chronic pain aren't invited to the party.

Peripheral Neuropathy Success Story

At 75, Leslie Howard relates better to people almost half his age. Young at heart, Leslie enjoys spending time traveling and socializing. Then one day his life changed when he began having deep pain in his chest, a pain he thought was a heart attack. Thankfully it wasn't, but the pain was extraordinary. He was experiencing peripheral neuropathy caused by shingles (a reactivation of the virus that causes chicken pox) on his chest.

Despite the infection having come and gone, the pain was unrelenting. After five excruciating months, he had enough. He was prescribed pain medicine including gabapentin as well as a topical cream called capsaicin, which is made from peppers. Neither helped, so Leslie began exploring alternative treatments. He decided to see Dr. David Berger of Wholistic ReLeaf to be evaluated for medical cannabis treatment. Once certified he began taking 10mg of CBD three times per day (i.e., 30mg per day). He eventually increased to 60-90mg of CBD per day and has added a small amount of THC cream applied twice daily. While pain relief was a priority for Leslie, he let it be known that he did not want to

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About
David Berger,
MD, FAAP



Dr. David Berger (“Dr. David”), a Board Certified Pediatrician with over 20 years of experience as a clinician, has developed a national reputation in wholistic pediatric primary care. Dr. David is considered Tampa Bay area's leading authority on medical cannabis for adults and children and is one of the nation's most experienced pediatricians using medical cannabis to help facilitate the treatment of children with chronic conditions.

Dr. David graduated from The Medical College of Pennsylvania in 1994 and completed his pediatric residency at the University of South Florida/ Tampa General Hospital where he first began utilizing wholistic therapies. Dr. David has been in private practice since 1997 and in 2005 opened Wholistic Pediatrics & Family Care, his medical practice in Tampa, Florida. In 2010, Dr. David was appointed Assistant Professor at the University of South Florida College of Nursing. In 2016, he launched Wholistic ReLeaf to help qualified patients become certified to use medical cannabis.

experience the psychoactive effects of cannabis. Fortunately, he found a regimen that worked for him.

"Medical cannabis is not a cure for me, it is a relief without a feeling

of being high," said Les. "My neuropathy is about 90% gone. I have also used topical THC cream on the severe nerve pain caused by a bone spur on my foot, and within minutes the pain was gone."

Knee Pain Success Story

Lynn Frances, Leslie Howard's wife and a retired mother of two, built a thriving travel business that ignited a passion for seeing the world. She enjoyed visiting new places, having the freedom to wander around becoming immersed in her surroundings. Lynn had arthritis in both knees that worsened with time. She took Celebrex to reduce her knee inflammation and pain, but it never entirely went away. Lynn reached her breaking point when her pain hit an all-time high following a volunteering event that had her on her feet for eight hours.

"I felt like I was getting electric shocks in my knee that made me feel like I was going to lose my balance," said Mrs. Frances. "I had incredibly bad pain and could hardly walk. I have osteoporosis and know the dangers of falling at my age so I became lazy and stopped doing the things I enjoyed because I was scared I would hurt myself if I fell."

Inspired by the pain relief she saw in her husband, she decided to give medical cannabis a try. Lynn scheduled an appointment with Dr. Berger to determine if she could become certified for medical cannabis. Dr. Berger felt it was good option to try, and once certified she started treatment by taking 10 mg (1 capsule) of CBD three times per day, a typical starting dose for adults. "By my second dose on the very first day, the electric shock feeling was gone," said Mrs. Frances.

According to the National Institute for Health, pain affects more Americans than heart disease, diabetes, and cancer combined. Chronic pain is the leading cause of long-term disability, yet relief is available.

Florida residents with certain chronic conditions, including long-standing pain can become certified for medical cannabis. The providers at Wholistic ReLeaf are one of the few in the state of Florida not only to certify children and adults for medical cannabis, but also provide consultation on proper dosing.

For more information about the transformative effects of medical cannabis, visit Wholistic ReLeaf at WholisticReleaf.com.



About Wholistic ReLeaf

Wholistic ReLeaf, founded in 2016 by Dr. David Berger of Wholistic Pediatric and Family Care, empowers families and patients to choose the best treatment approach available for their medical condition. The mission of Wholistic ReLeaf is to evaluate and certify qualified patients who meet the State of Florida legal requirements for receiving medical cannabis and provide medical cannabis management and dosing consultations to patients certified by other Florida physicians. Wholistic ReLeaf is committed to providing patients with the best possible care, while also complying with the ever-shifting legal landscape of medical cannabis in the State of Florida.

For more information, or to find out if you or someone you know may be eligible to use medical cannabis as part of a customized treatment plan, visit www.WholisticReleaf.com.