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TMS of Tennessee is located at 354 Downs Blvd., Ste 108, in Franklin. Photography by Michael Tedesco

# NON-INVASIVE, DRUG-FREE TREATMENT FOR DEPRESSION AND ANXIETY

## JASON ZASKY

“Anyone who suffers from depression, anxiety, post-traumatic stress disorder (PTSD), or obsessive-compulsive disorder (OCD) is a potential candidate for NeuroStar TMS,” begins Dr. Greg Hood, Ph.D., managing partner and co-owner of the TMS of Tennessee clinic in Franklin. “TMS stands for Transcranial Magnetic Stimulation,” he adds, referring to the non-invasive, drug-free treatment, which is FDA-approved for the above-referenced conditions and uses short magnetic pulses to stimulate nerve cells in the areas of the brain that control mood.

“Most major insurance companies pay for NeuroStar TMS, and if insurance doesn’t cover it, we do in-house financing and have credit companies that help finance medical procedures,”

relates Dr. Hood, before noting that a course of treatment consists of 36 sessions of approximately 18 minutes each. Patients sit in a comfortable chair not entirely unlike a dentist’s chair while a cushioned coil delivers the precisely targeted magnetic pulses. A tapping, tingling, or warming sensation may be felt where the coil is positioned, but patients remain awake and alert the entire time and can resume regular activities immediately afterward.

Dr. Hood says he and his team have seen patients experience remarkable results, highlighting one individual who was depressed to the point that he was spending 23 hours a day in bed.

“He came into the clinic in a wheelchair, and (was so depressed) he wasn’t able to talk and wasn’t even able to dress himself. Before the end of his treatment cycle, he was driving himself

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Photography by Michael Tedesco

to his appointments. NeuroStar TMS gave him a new lease on life,” recalls Dr. Hood, before noting that he sees NeuroStar as the “leading technology in the TMS field—and light years ahead of everybody else.”

The Mississippi native says NeuroStar TMS can also be used to treat conditions other than those for which it is FDA-approved.

“It can also be used to treat things like tinnitus, fibromyalgia, opioid addiction and concussions,” he adds, highlighting some of the most common “off label” treatments.

Potential candidates for NeuroStar simply visit the TMS of Tennessee clinic on Downs Boulevard and have a consult with clinic manager Cheryl Long. The next step is an evaluation by TMS of Tennessee medical director Dr. Prasad Kondapavuluru, the latter of whom is responsible for signing off on treatment. Typically, NeuroStar TMS patients have already tried and failed to treat their condition with multiple medications and/or traditional therapy.

“It’s amazing to see when someone goes from having a depressed brain to a non-depressed brain,” offers TMS of Tennessee’s lead NeuroStar technician Sunni Dunn, who says she often

sees tangible changes in patient demeanor and talkativeness—even in the middle of a single 18-minute treatment session.

Dunn says some patients like the results so much that they return every year or so for a new course of treatment, which is referred to as “maintenance” or “freshening up.”

Life happens, she reminds us, and sometimes, the death of a family member, loss of a job, or other life events prompts people to come back for additional treatment.

“Approximately 83% of people see great improvement to the point where depression is not controlling their lives,” notes Dr. Hood. “Around 62% of people see such great results from it that they come off their medications totally. Our goal is to get people to the place where they are not dependent on medications, and the body can do what it was designed to do, and they can go back to living a wonderful life.”

#### CONTACT

*TMS of Tennessee*  
354 Downs Blvd., Ste 108, Franklin | 615-997-4213  
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Cheryl Nesbit is the owner of Cheryl's Flowers & Gifts. Photography by Michael Tedesco

# FRANKLIN'S 'PERSONAL FLORIST'

**BY JASON ZASKY**

"I was cool before it was cool to work from home," begins Cheryl Nesbit, talking about the origin story of Cheryl's Flowers & Gifts, which she founded in her garage 35 years ago. "When I first started, people said, 'Oh, you're not a real florist, you don't have a shop.' I said, 'No, I'm a real florist, I just don't have a shop.'"

Fast forward to today, and Nesbit still works out of a home studio in Franklin, with a strong stream of word-of-mouth business that includes corporate customers, the local music industry, and local funeral homes, not to mention countless individuals.

But it wasn't a foregone conclusion that she would become a

florist, even though she comes from a family that includes several gardeners and florists.

"In 1987, I was director of sales at the Sheraton Music City Hotel and decided to take some flower arranging courses," she continues. "That led to doing the flower arranging for the hotel. Then I started doing flowers at night and selling them during the day, and when I had my first child in 1990, I left Sheraton and went from there."

In the three-and-half decades since, Nesbit says she has answered every phone call that has come into the business and has a service area that includes Franklin, Leiper's Fork, Arrington,

**PAGE 14 >**



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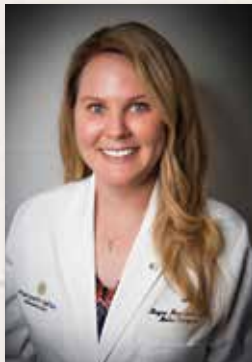
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Photography by Michael Tedesco

## < FROM PAGE 12

Brentwood, Chapel Hill, and Nolensville.

"Everything we do is custom," emphasizes Nesbit, who is called upon to make arrangements for everything from parties, grand openings, banquets, and meetings, not to mention rehearsal dinners, weddings, funerals, anniversaries, and every other type of special occasion.

"We do not pre-make anything; it must be ordered first," she continues. "We don't even pre-make a dozen roses for Valentine's Day. They are ordered, and then they are done. If you make them and let them sit, they age, and we do not want them to age."

Nesbit has also made a commitment to being as environmentally friendly as possible. It's an effort that includes using fluorescent light bulbs and Energy Star®-rated coolers in her studio.

"We also compost every stem and we recycle everything we can," she says, referring to plastics, metal, glass and paper.

That said, Nesbit also does gift baskets with food or pampering items—for anniversaries or birthdays and for people in the hospital.

"Stuffed animals and balloons are popular, too, as are chocolates for Valentine's Day," she adds.

Nesbit is also proud of retaining customers for decades on

end, helping them celebrate momentous occasions as they move through life.

"Having been in business for 35 years, we have done graduation flowers, first date flowers, wedding flowers, first baby flowers, and all the way up through funerals. We have been with many customers through their entire lives," says Nesbit, before noting that she has already crossed off one of the items on her bucket list, having done flowers for Dolly Parton.

"Now I need a new bucket list item," she says with a laugh.

Meanwhile, she also anticipates bringing a new partner into the business sometime in the next five years.

"That way, I can progress into my golden years, and my partner can eventually take over. I can't continue to do this forever," she says, even as she has maintained the same level of passion for her work as when she first started.

"I love it, and if I didn't love it, I'd get out," she concludes.

## CONTACT

*Cheryl's Flowers & Gifts*

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# KICK OFF 2025

*Welcome to 2025—a perfect opportunity for us, as a community, to turn our resolutions and plans into reality. Berry Farms Local, with the support of local businesses, has uncovered valuable strategies to make achieving our goals simpler and more attainable. Dive into the following paragraphs for inspiring ideas and resources designed to elevate our 2025, whether we're focusing on finances, health, or other vital areas of our lives. Let's make this year our best yet, together.*

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Nov. 19 Hall of Fame Game	Giles Co. High School
Nov. 22 Home	Chestatee HS
Nov. 25 Tournament (N)	Ray Tucker Classic
Nov. 26 Tournament (N)	Ray Tucker Classic
Dec. 2 Away	Shelbyville Central
Dec. 6 Away	Columbia Central
Dec. 9 Home	Shelbyville Central
Dec. 10 Away	Fairview
Dec. 13 Home	Franklin
Dec. 17 Away	Brentwood
Dec. 20 Home	Fairview High School
Dec. 26 Tournament (N)	Galesville Holiday Tour.
Dec 27-28 Home (girls only)	Spartan Classic
Jan. 3 Home	Columbia Central
Jan. 7 Home	Ravenwood
Jan. 10 Away	Page High School *
Jan. 14 Home	Nolensville *
Jan. 17 Away	Independence
Jan. 21 Away	Franklin High School
Jan. 24 Home	Centennial
Jan. 28 Home	Brentwood
Jan. 31 Home	Page
Feb. 4 Away	Ravenwood
Feb. 7 Home	Independence
Feb. 11 Away	Nolensville
Feb. 14 Away	Centennial

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Dec. 3 Home	Rockvale
Dec. 5 Home	Mt. Juliet
Dec. 10 Home	Hendersonville
Dec. 13 Away	Ravenwood
Dec. 17 Home	Centennial
Dec. 19 Knoxville	(N) 5 Star Preps
Dec. 20 Knoxville	(N) 5 Star Preps
Dec. 21 Knoxville	(N) 5 Star Preps
Dec. 27 Home	(N) Music City Hoopfest
Dec. 28 Home	(N) Music City Hoopfest
Dec. 30 Home	(N) Music City Hoopfest
Dec. 31 Home	(N) Music City Hoopfest
Jan. 3 Tournament	(N) Shackle Island Shootout
Jan. 7 Away	Brentwood *
Jan. 10 Home	Summit *
Jan. 14 Away	Franklin *
Jan. 17 Away	Nolensville *
Jan. 21 Home	Ravenwood *
Jan. 24 Home	Independence *
Jan. 28 Away	Centennial *
Jan. 31 Away	Summit *
Feb. 4 Home	Brentwood *
Feb. 7 Home	Nolensville *
Feb. 11 Home	Franklin *
Feb. 14 Away	Independence *

## INDEPENDENCE

Nov. 19 Home	Stewarts Creek
Nov. 23 Home	Bartlett
Nov. 23 Home	Maryville
Nov. 25 Home	Grissom AL
Nov. 26 Home	Blackman
Dec. 3 Away	LaVergne
Dec. 6 Home	Hillsboro
Dec. 10 Home	Whites Creek
Dec. 13 Away	Nolensville
Dec. 17 Home	Ravenwood
Dec. 20 at Riverdale	Brentwood Academy
Dec. 21 at Riverdale	Bearden
Dec. 26-28 Away	BGA Christmas Tour.
Dec 27-28 Away (girls only)	Spartan Classic
Jan. 3 Away	Cane Ridge
Jan. 7 Home	Franklin
Jan. 10 Away	Centennial
Jan. 14 Away	Brentwood
Jan. 17 Home	Summit
Jan. 21 Home	Nolensville
Jan. 24 Away	Page
Jan. 28 Away	Ravenwood
Jan. 31 Home	Centennial
Feb. 4 Away	Franklin
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