

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2014

South Palm Beach Edition - Monthly

www.sflhealthandwellness.com



FREE

Don' Be Fooled
By These Hair Loss Myths
This April Fool's Day

What's New
in Hypertension?

Clean
Eating?

What Is a
Macular Pucker?

Turn Back the Clock with
No Downtime





Enjoy the sights, smells and sounds of spring!

For over 26 years, millions of Americans have trusted HearUSA for the best hearing care. HearUSA is the only organization providing the most comprehensive hearing examination in the industry.

Total Care Experience

Most complete and accurate hearing check-up.

Total Care Selection

HearUSA offers a broad selection of advanced hearing aids from trusted brands.

Total Care Technology

Video Otoscope examination – a look inside your ear to determine if you have ear wax.

**Call today for a
FREE Hearing Check-up!**

INSTANT REBATE

**Save \$1000 on a pair of Siemens
Pure 5mi or 7mi hearing aids.***

*Example: Siemens Pure 5mi hearing aid every day retail price \$3445. Sale price \$2945.
Not valid with and not to be combined with any other offer or discount.

- **Digital Hearing Aids starting at \$995!**
- **FREE Hearing Check-Up!**
- **FREE Demonstration!**
- **RISK-FREE 60-Day Trial!**
- **FREE 1-Year Supply of Batteries!**
- **FREE In-house service for life of hearing aid!**



HearUSA
America's Most Trusted Name in Hearing Care.

HEARx
A HearUSA Company

**Now Open in
our New Boca Location!**

**Boca Raton • Delray Beach
Call Toll Free: 855.270.1587**



www.hearusa.com

© 2014 HearUSA. All Rights Reserved.

Our programs are designed to suit all types goals, whether physique transformation, fat loss, or athletic competition. We also support programs for sports teams and corporate wellness.

Fuel Foods start less than **\$8** per meal



Fresh Grilled Wild Caught Salmon with Organic Brown Basmati Rice and Asparagus (36g protein / 40g carbs / 11g fat)

FUEL YOUR BODY WITH PROPERLY PORTIONED DELICIOUS NUTRITION

.....
OUR CLIENTS TYPICALLY LOSE 9% BODYFAT IN JUST 40 DAYS!
.....

AFFORDABLE GOURMET DELIVERED HEALTH FOOD

LESS THAN \$8 A MEAL

GOURMET FOOD

FRESH, MADE JUST BEFORE DELIVERY

PICK FROM 30 DIFFERENT CHOICES PER WEEK AVAILABLE ON OUR EVER-CHANGING ONLINE MENU



Organic Free Range Chicken Salad with Fuel Fresh Made Lite French Dijon Dressing (34g protein / 14g carbs / 4g fat)
Dressing (4g protein / 6g carbs / 6g fat)

5 FREE MEALS

code sfl

Expires: 4/30/14



FUELFOOD.COM

HIGH OCTANE FUEL FOR YOUR BODY

Call to speak with a nutrition specialist
FREE OF CHARGE.

1-844-THE-FUEL
1-844-843-3835

Most meals are 4-6 ounces of protein and 4-6 ounces of low glycemic carbohydrate. Our meals are between 300-400 calories with snacks being around 200 calories.



THE EXPERT IN NEOGRAFT

Minimally-Invasive Hair Transplant

No Scalpel. No Stitches.
No Linear Scar to hide.

Less Downtime

You're back in the gym in three days.

Dr. Alan J. Bauman M.D.

The worlds leading NeoGraft FUE hair transplant expert.

State-of-the-art

Hair transplant facility in Boca Raton since 1997.

Artistry

Restoring a natural hairline, one follicle at a time.



BAUMAN MEDICAL GROUP, P.A.

Hair Restoration for Men and Women

www.BaumanMedical.com

1 877 BAUMAN 9



A Luxury Medspa featuring the latest in Laser Technologies

BUILT ON REFERRALS, INSPIRED BY TRUST

- Botox®/ Fillers
- Skin Tightening
- Anti Aging Medicine
- Miradry®
- Tattoo Removal
- Medical Facials
- Laser Liposuction
- Toe Fungus Removal
- Lash Extensions
- Weight Loss
- Weight Loss
- Cellulite Reduction
- Laser Hair Removal
- Vibration Therapy
- Fractional Skin Resurfacing
- Hormonal Therapies
- Chemical Peels
- Massage Therapies
- IV Vitamin Therapy



The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by the Florida Board of Medicine.



MDBL
BEAUTY LABS

Spa & Wellness Center

DANIELA DADURIAN, M.D.

MEDICAL DIRECTOR

Board Certified Anti-Aging and Regenerative Medicine
Board Certified Laser Surgery

Bring in this ad to receive \$100 off* your first Medical Service.

*VALID ON PURCHASES OF \$300 OR MORE

320 S. Quadrille Blvd • West Palm Beach, FL 33401
561-655-MDBL (6325) • www.mdbeautylabs.com

contents

April 2014

- | | |
|---|---|
| 6 What's New In Hypertension? | 19 Youth Sports Safety Tips |
| 8 What Is Clean Eating? | 20 Ask Fearless Love: Dear Fearless Love, Who Are You – Really? |
| 10 Don't Be Fooled By These Hair Loss Myths This April Fool's Day | 22 Have You or Your Child Sustained a Concussion? |
| 12 Turn Back the Clock with No Downtime | 24 Pain, Itching, Bleeding? |
| 13 Reconnective Healing: 'Information Medicine' in the 21st Century | 26 Don't Live with Chronic Anxiety |
| 14 What Is a Macular Pucker? | 28 Insomnia |
| 15 The Miracle of Red Light Technology | 30 Pterygia and South Florida |
| 16 The "Hearing Bone's" Connected to the What? | 31 Spiritual Wellness I Have A Wait Problem |

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

South Florida's Health & Wellness Magazine can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2014. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



Hoshino Therapy

Full hand contact with deep, yet agreeable pressure to revitalize specific points along the tendons, muscles, ligaments and fascia, to restore normal joint function and resolve pain.



UltraSlim

Advanced red light therapy melts fat and tightens skin. Loose at least 2" in an hour... Guaranteed!

Used together, UltraSlim+Ultra-LDT provide optimum results!

Call Today for New Client Specials

Ultra-LDT

Lymphatic Decongestive Therapy using XP-2 technology penetrates up to 8" to stimulate the proper flow and drainage of the lymphatic system.


Horizen
THERAPIES



2799 N.W. Boca Raton Blvd. Suite 201
Boca Raton, FL 33431 • 561.395.1926 • www.horizenterapies.com



EXPERIENCE RECONNECTIVE HEALING in MIAMI with ERIC PEARL



LEARN:

- To Access The Reconnective Healing Frequencies
- Hands-Off Healing
- Self-Healing
- How to Use Reconnective Healing in Your Everyday Life
- How to Have a Career as a Foundational Practitioner of This Work

9
MAY
2014

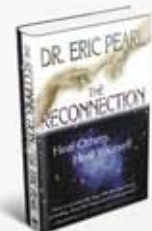
FRIDAY • MAY 9 • 7:00pm
The Essence of Healing
presented by Eric Pearl

10-11
MAY
2014

SATURDAY-SUNDAY • MAY 10-11
Level I: The Essentials of Reconnective Healing
with Eric Pearl

12-13
MAY
2014

MONDAY-TUESDAY • MAY 12-13
Level II: Reconnective Healing Foundational Practitioner
taught by Eric Pearl & The Reconnection Teaching Team



WITNESS LIVE DEMONSTRATIONS OF THE WORK!

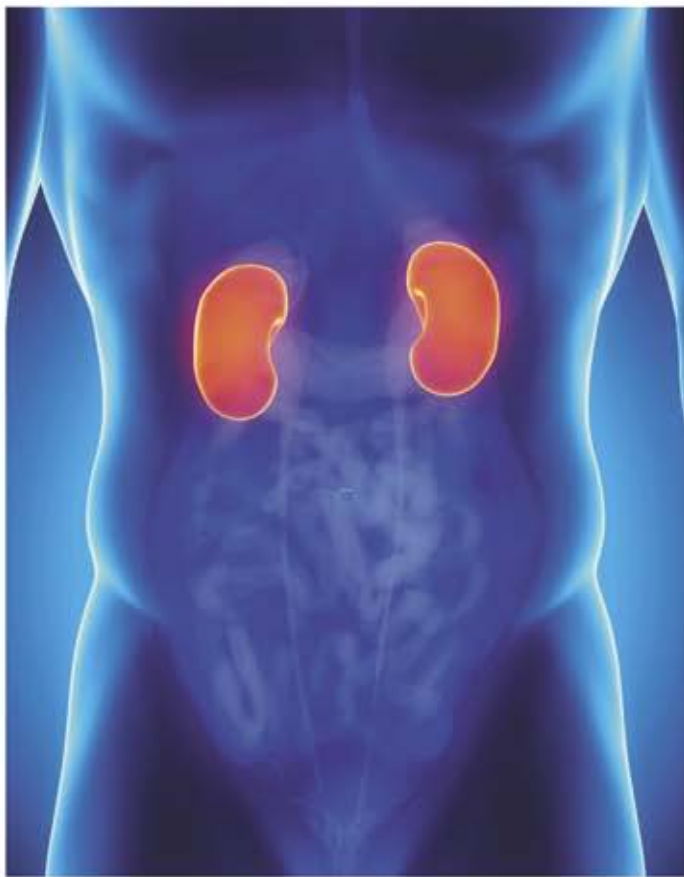
REGISTER TODAY!

TheReconnection.com | info@TheReconnection.com
+1 323 960 0012 or 1 888 ERIC PEARL (888 374 2732)

LOCAL CONTACTS

Annette Diaz | annette@annettediaz.com | +1 305 720 8348
Daniel D'Albano | didalba@yahoo.com | +1 786 287 7166





WHAT'S NEW IN HYPERTENSION?

Preface

Hypertension – otherwise known as high blood pressure – is a condition that affects 1 in 3 American adults. That's 67 million people. That number includes 69% of all people who have a first heart attack, 77% of people who have a first stroke, and 74% who have chronic heart failure. Over 350,000 deaths per year in America include hypertension as a primary or contributing cause. Hypertension costs the nation \$47.5 billion dollars per year in direct medical expenses, and \$3.5 billion dollars per year in lost productivity. All of this said, less than half of the people who have high blood pressure have their hypertension under control.

So what is new in terms of diagnosing, preventing, and treating hypertension?

First, doctors are working to develop more consistent methods for accurately measuring blood pressure and more consistent goals for maintaining safe blood pressure levels. Previous guidelines recommending antihypertensive drugs for those with low to moderate hypertension (systolic blood pressure between 140-159mm and/or diastolic blood pressure between 90-99mm) have been reconsidered, because there is insufficient evidence that such treatments are effective in older people. More research is being conducted to determine the best guidelines.

Many doctors consider the most exciting advances in the treatment of hypertension to be increasing awareness of the involvement of the kidneys in all forms of hypertension. This has allowed doctors to more accurately diagnose hypertension and administer therapy for it. For example, knowledge of kidney involvement has led to higher "safe" blood pressure goals for patients with diabetes mellitus or chronic kidney disease. Other findings that better enable doctors to diagnose and treat hypertension include research that shows that exercising during pregnancy reduces the excessive weight gain that increases the risk of becoming hypertensive, and that certain breast cancer treatments can similarly increase women's hypertension risk. Armed with this information, doctors are more able

to assess hypertension risk and thus diagnose and treat it earlier.

In other hypertension news, studies indicating consistently lower blood pressure among vegetarians are being analyzed further to see if a vegetarian diet can be effective in reducing hypertension in those who already have it. Research on the genes of tens of thousands of international subjects has also pinpointed 11 new genetic markers that may predispose a person to hypertension; in the future it may be possible to test for these genes when assessing a person's hypertension risk.

“

Many doctors consider the most exciting advances in the treatment of hypertension to be increasing awareness of the involvement of the kidneys in all forms of hypertension.

”



To schedule a consultation, call (561) 899-4580 | 709 South Federal Highway, Suite 3 Boynton Beach, FL 33435

Finally, new guidelines issued by the Journal of the American Medical Association (JAMA) have made progress at better defining what constitutes “normal” blood pressure and what the target goals should be for most people. They write that a “normal” blood pressure should have a systolic pressure under 120mm and a diastolic pressure of 90 or lower. However, target “goals” for blood pressure have been adjusted somewhat to reflect the latest research that shows different optimal levels for people of different ages, and with certain disease conditions. It has been 11 years since the last recommendations for blood pressure control were published in 2003. This year, the panel members appointed to the Eighth Joint National Committee (JNC 8) have released a new set of guidelines to address high blood pressure management. For example, adults aged 60 or older should work towards a target blood pressure 150/90 (or below), while adults aged 39-59 should aim for a blood pressure of 140/90 (or below). Adults of any age with diabetes or chronic kidney disease should set their blood pressure goals at 140/90 (or below).

When drug therapy is required, the new guidelines suggest different “starting” drugs depending on race. For example, in African-American patients calcium-channel blockers or thiazide-type diuretics are a better first choice, while in non-black patients, ACE inhibitors, angiotensin-receptor blockers, calcium-channel blockers, or thiazide-type diuretics are a better choice.

To summarize, advances in hypertension research and greater clinical experience are leading experts to revise the guidelines for “normal” hypertension.



The influence of various factors such as race, diet (in particular, vegetarianism), and illnesses such as kidney disease and diabetes on hypertension are also being explored, in order to improve diagnosis and treatment for patients. This year, the Eighth Joint National Committee has released new guidelines that help clinicians and patients better manage hypertension in light of the latest research findings.

The most important thing that any health-conscious person should do to protect themselves against hypertension is to know their own blood pressure, and monitor it often. It’s also important to visit your cardiologist regularly for check-ups. If you do not have a cardiologist, consider contacting Dr. Ruiz at South Palm Cardiovascular Associates, at (561) 899-4580, for an initial consultation.

For more information about hypertension, please visit: www.SouthPalmCardiovascular.com.



Andres F. Ruiz, MD
Board Certified In Cardiovascular Disease
& Interventional Cardiology

We Accept Medicare and Most Insurance Plans

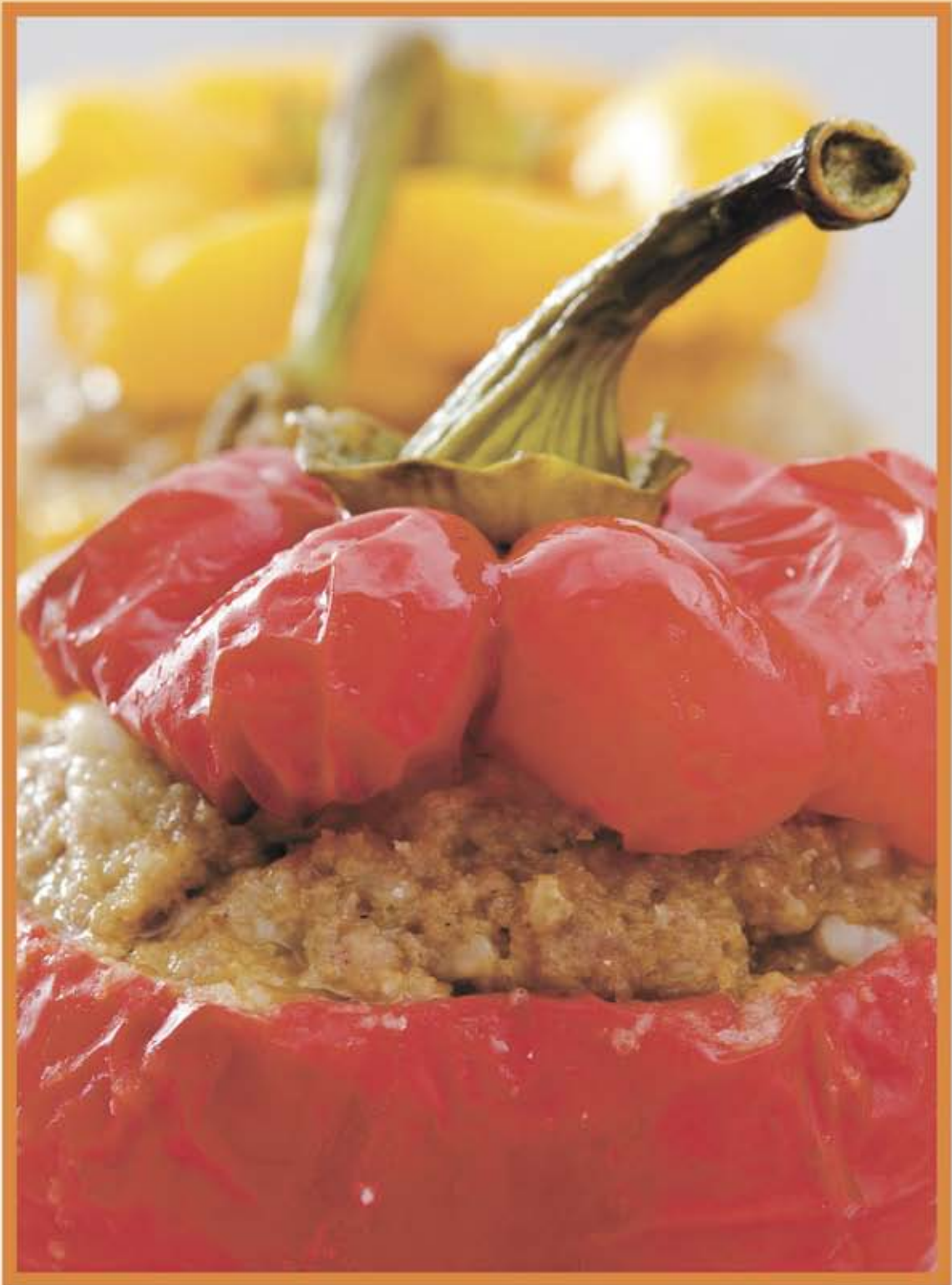
www.SouthPalmCardiovascular.com

WHAT IS CLEAN EATING?

Through my work in the health & fitness field over the last 19 years, I have spoken with thousands of individuals. It has become clear to me there are a few misconceptions about health eating. Whether called eating good, better than good, and clean, the goal is often the same. While the attempt to reform your diet is admirable, using the wrong road map will take you to the wrong destination every time. If you are trying to attain a healthier or leaner body it's most important to use the map/plan that will get you to your destination.

Often when people begin to eat "good" they approach nutrition with a restriction mindset. Daily intake can consist of few meal replacement shakes, a solid meal and a few snacks each day. Others believe eating "good" is achieved by shopping at the local organic grocer and exploring the meal stations. Yet, others attempt to skip meals altogether. Such restriction will only slow your metabolism causing calorie retention (often in the form of fat) and low energy. You see even organic and whole foods have the same calories as their counterparts. Replacement meals and shakes can be riddled with sodium, artificial sweeteners, and ingredients I can't even pronounce. Fat-free & reduced fat has guaranteed added sugars and carbohydrates to compensate for removed fat and to enhance flavor.

Eating "better than good" often tries to take healthy eating even further. This can involve a conscious effort to eat regularly, to keep your metabolism burning; skipping deserts and eating in – to avoiding the calorie, fat and sugar laden foods at restaurants. While this approach may lead to slight changes in body mass/composition, health markers and energy it lacks in the comprehensive approach of fueling your body with nutrients that the body can readily use and needs to function optimally.



FUELFOOD.COM
HIGH OCTANE FUEL FOR YOUR BODY



Clean eating is a lifestyle of choosing foods that are nutrient dense, vitamin and mineral filled to stoke your metabolic fire and provide your body with needed nutrition. Clean eating eliminates excess fat, sugar, sodium, artificial sugars, gluten, dairy and preservatives from your diet. Meals are balanced and regular to keep you metabolism fueled. Individuals may use calorie restrictions and/or carbohydrate restrictions, individually tailored to his/her individual metabolic needs and health goals. Eating clean is simple – fresh, nutrient rich foods without the additives that our bodies have difficulty processing. However, preparing clean meals, for every meal, every day can become overwhelming especially for someone learning the ropes of clean living.

That is why I designed fuel foods. We take the guess work, prep work, and grocery shopping out of clean eating. I have worked for 15 years developing clean meals that are nutritious, delicious, and aimed to help you achieve your health goals. Make big changes in your diet and get big results, let us help you get there.

5 FREE MEALS
code sfl
 Expires: 4/30/14



Fuel Foods makes it simple. Visit our website, choose from over 30 delicious meal options which change weekly, order, and your meals will be delivered to your doorstep or office ready to eat, fresh, and always healthy. Our gourmet, clean and delicious meals can be delivered fresh to you for under \$8.00. What do you have to lose – besides bad habits and excess body mass? Give fuel food a try today. Visit our website www.FuelFood.com or give us a call at 1-844-The-Fuel and speak with one of our nutritionists ready to answer any questions you may have. We look forward to serving you soon.

For more information visit www.fuelfood.com or speak with our knowledgeable staff at toll free **1-844-the-fuel**.

Call to speak with a nutrition specialist **FREE OF CHARGE.**

1-844-THE-FUEL
1-844-843-3835

Most meals are 4-6 ounces of protein and 4-6 ounces of low glycemic carbohydrate. Our meals are between 300-400 calories with snacks being around 200 calories.



Don't Be Fooled

By These Hair Loss Myths

This April Fool's Day

By Dr. Alan Bauman

Despite recent advances in understanding and treating hair loss, there is still unfortunately an abundance of misinformation and a misconception surrounding what exactly causes hair loss, who is at risk, and how to treat it.

For example, as absurd as it sounds, there are people out there who believe standing on your head can cure baldness, while others believe wearing a baseball hat can cause you to lose your hair.

So in honor of April Fools' Day, here's the bald truth on some of the most persistent myths about hair loss.

MYTH #1: Baldness is passed down from your mother's side.

Genetics are the main cause of hair loss in men

and women; in fact, there are approximately 200 genes that regulate hair and hair growth. While it has long been believed that hair loss is passed down solely from the mother's side, we now know that the genes can be inherited from either your mother and father's side, or a combination of the two and we are always discovering an increasing number of non-genetic factors which can accelerate hair loss. Are you at risk? New genetic tests can accurately determine an individual's risk of losing their hair so they can begin preventative treatments early.

MYTH #2: Cutting or shaving your hair make it grow back faster and thicker.

Hair fibers are 'dead' tissue. Your follicle doesn't know when you cut your hair short. It is an illusion. When hair is shorter it appears to grow

faster because the added length over time is in greater proportion to the total length. [i.e., adding 1-inch when the hair is 5-inches "looks" like faster growth than adding 1-inch to 10-inches.]

MYTH #3: Once hair loss becomes visible it is time to seek treatment.

How early you spot your thinning hair determines how much hair you save. If you wait until the hair loss is visible to the naked eye, you're too late - 50 percent is already gone! The best tool in fighting hair loss is early detection, making it essential for patients to seek the advice of a certified hair restoration physician as soon as possible.

MYTH #4: Hair loss is only a problem for men.

More than half of all women over 40 experience

hair loss and women can inherit a 'hair loss gene' just like men. Hormonal changes, due to menopause and pregnancy along with age, medications, dieting, bad health, etc., also impact hair loss in women.

MYTH #5: High testosterone levels cause hair loss.

It's not the amount of testosterone, actually. What you inherit is the sensitivity to dihydrotestosterone or DHT (a breakdown product of testosterone) that can cause hair loss in men and some women. It is true that if you are on testosterone replacement, this gets converted into DHT and can accelerate hereditary hair loss if you are prone to it.

MYTH #6: You can grow back dead follicles.

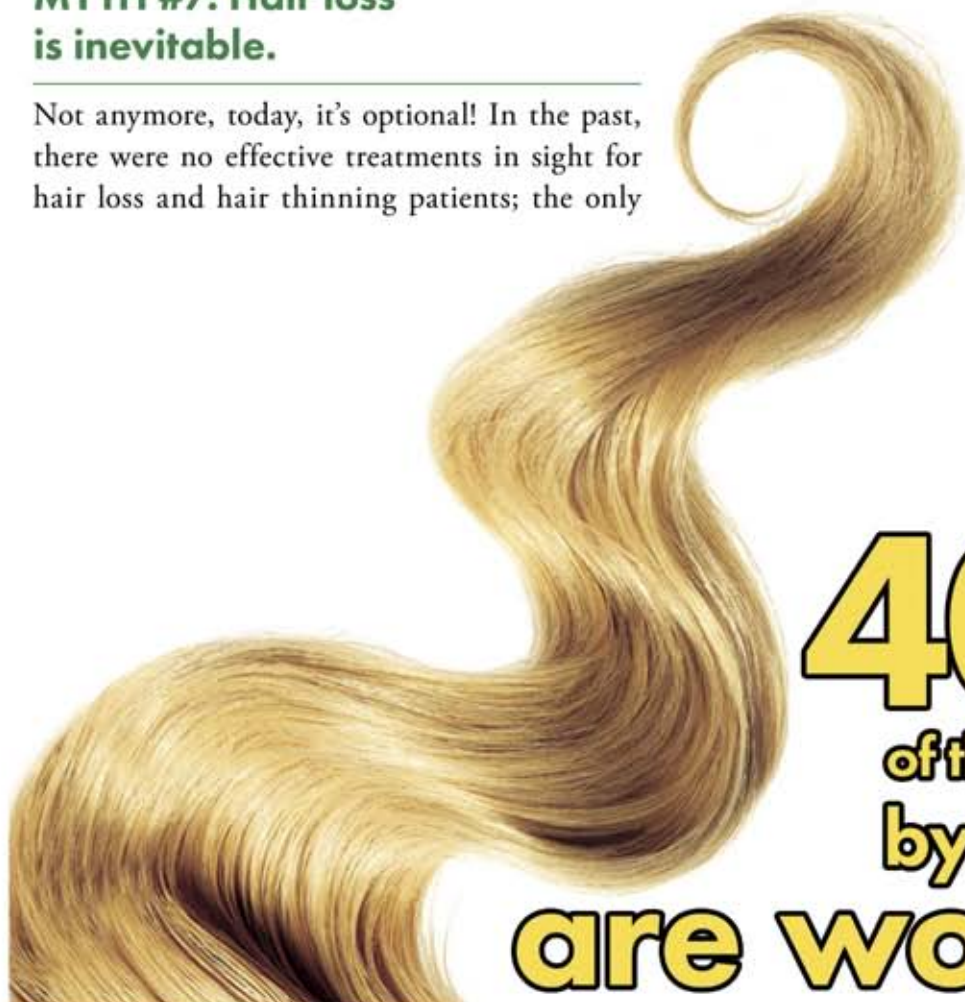
Medications, laser therapy, Platelet-Rich-Plasma, nutritionals, etc. can help make hair follicles grow thicker healthier hair, but once the follicle is dead and gone, the only option for regrowth in that area is a hair transplant.

MYTH #7: Hair loss is inevitable.

Not anymore, today, it's optional! In the past, there were no effective treatments in sight for hair loss and hair thinning patients; the only

solution was to cover up hair loss with hats and artificial hairpieces. Fortunately, today there are many effective hair loss medications and treatments that have made hair loss a treatable condition. While advances in hair transplantation have made it possible to restore hair loss permanently.

If you have questions or concerns regarding hair loss, it is important to consult with both your primary care physician as well as an experienced hair restoration physician who can work with you to determine the most effective treatment regimen for your specific needs. Patients should look for doctor who is a full-time medical hair loss specialist who is board certified by the American Board of Hair Restoration Surgery and recommended by the American Hair Loss Association. Only a qualified and experienced hair restoration physician can perform natural-looking hair transplants and prescribe the most effective multi-therapy treatment options, including the latest available products.



40%
of those affected
by hair loss
are women

Alan J. Bauman, M.D.

Hair Restoration Physician Dr. Alan J. Bauman is Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida, an international practice specializing exclusively in the treatment of hair loss since 1997. Dr. Bauman is one of a handful of surgeons worldwide who is a Diplomate of the American and International Board of Hair Restoration Surgery and also recommended by the American Hair Loss Association. A frequent lecturer and faculty member at major international medical conferences, his advanced hair restoration techniques and procedures have been featured on CNN, Dateline NBC, ABC's Good Morning America, CBS Early Show, EXTRA, Access Hollywood, as well as in Men's Health Magazine, Allure, Redbook, Cosmo, Women's Health, Vogue, W Magazine, USA Today, The New York Times and more. For more information on protecting, enhancing and restoring your own living and growing hair, call toll-free at 877-BAUMAN-9, or learn more online at www.baumanmedical.com



Alan J. Bauman, M.D.
Hair Loss Expert

Hair Loss Study Candidates Needed!

Bauman Medical is currently enrolling qualified candidates for an exciting Hair Loss Study. Please visit www.844GETHAIR.COM for more details.



BAUMAN MEDICAL GROUP

Hair Restoration for Men and Women
www.BaumanMedical.com
1.877.BAUMAN.9

Turn Back the Clock with No DownTime

By Daniela Dadurian, M.D.

Can you think of all the claims made for a facelift without surgery? No needles no knives? Chances are that yes you have. Most likely you may be one of the millions looking for the fountain of youth. While there have been many technologies out there that can represent that claim, the fact is that it only gets better. The development of a new technology has continued the quest to turn back time and with a single session can give you very impressive results.

It's called Ultherapy and it works by using ultrasound guided technology to actually view the underlying tissue that is being treated. For the first time, we are able to reach below the dermal layer sending ultrasound energy into the fibromuscular layer promoting collagen production. If you have weakened collagen in the deeper connective tissue, it can cause the skin to become prone to gravitational forces that begins to stretch, sag and shift downward, a process we call "aging". This is where Ultherapy plays a role. It is FDA approved for the forehead, face and neck.

The Ultherapy treatment begins with marking the area on the face to be treated. This part of the process is very important because we are using the same target area that is addressed in cosmetic surgery for skin tightening. Once the skin is marked for treatment a mild sedative is given to aid in the comfort of the treatment. A full face treatment can take anywhere from 45-60 minutes. You may



return to normal activities and can experience flushing or redness that should resolve within a few hours. The regenerative process is initiated at the first treatment, however results may take up to six months since you are relying on the body's own healing process to repair and rebuild your skin's foundation.

This is the first technology to penetrate to the deeper levels of the underlying tissue without damage to the outer layer of skin. A treatment that may be all too familiar is Thermage. Thermage uses a radiofrequency device that is based on the same principal, to induce an injury to the underlying tissue while promoting collagen production. However, Thermage only reaches the dermal layer of the skin whereas Ultherapy penetrates deeper to the fibro-muscular tissue. The candidates are the same being anyone looking to achieve a more youthful look and tighten skin.

The ability to treat not just skin but its underlying support very precisely, from the inside out, helps ensure both safe and satisfying results with no downtime.

For more information visit www.mdbeautylabs.com or call 561-655-6325 to schedule a complimentary consultation.



Daniela Dadurian, M.D.
Medical Director

MD Beauty Labs at The Whitney in West Palm Beach was established by Dr. Daniela Dadurian. Board Certified in Anti-aging Medicine, she's well trained to offer proven and effective cosmetic and wellness services. MDBL's state-of-the-art facility offers

Medical, Aesthetics, Body Contouring & Spa Treatments in a luxurious, contemporary loft environment. With Dr. Dadurian's team of Nurses, Medical Estheticians, Massage Therapists, Permanent Makeup Specialist and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.



MD
BEAUTY LABS
Spa & Wellness Center

320 S. Quadrille Blvd, WPB
561-655-6325 | mdbeautylabs.com

HEAL OTHERS, HEAL YOURSELF

Reconnective Healing: 'Information Medicine' in the 21st Century

This is New, this is Different, this is Real!

By Jackie Lapin

Today's headlines are filled with stories that chronicle our broken medical system, the people who suffer because of a failed safety net, or who cannot afford the care that would help them. And still more people are written about who can afford medical treatment, but modern medicine seems not to allow them to heal or even eliminate their pain and suffering. Even alternative healthcare is found to be only mildly beneficial.

We wonder, "What if there was another way, one so simple and easy that it defies present day belief? A method so effective that many chronic health conditions and emotional traumas could be eliminated, in many cases, virtually immediately? A method that anyone can learn and can use it to help others?"

This is not a futuristic scenario. It's known internationally as Reconnective Healing, a remarkable new transformative paradigm in healing that has been learned by more than 70,000 people around the world. It's the cutting edge of what researchers are calling "Information Medicine." Scientifically documented frequencies credited with bringing about a state of restored health. You can learn how to access these frequencies to heal others, and to heal yourself as well. Stanford Professor Emeritus, Dr. William Tiller says that when information carried through these frequencies is introduced, it creates coherence and order. The result: dramatic reports of regeneration instead of degeneration and numerous

accounts of seemingly unexplainable, often instantaneous and life-long healings from medically documented cancers, epilepsy, cerebral palsy, arthritis and more.

These bandwidths – comprised of energy, light and information – appear to innately "know" what needs to be done. You are returned to an optimal and appropriate state of balance merely by experiencing or interacting with this healing continuum. The trained Reconnective Healing practitioner simply facilitates the process. By feeling the frequencies and playing with them physical and emotional health shifts suddenly come about. The information-laden frequencies reconnect us to our original fullness as human beings and seemingly restore us to a more complete connection with the universe.

Tiller and other scientists such as Dr. Gary Schwartz (University of Arizona) and Dr. Konstantin Korotkov (St. Petersburg Technical University) have been studying Reconnective Healing practitioners and the charged environment that results in the rooms where this work is taught. As a result, these world-renowned researchers are now measuring and validating the frequencies, and the impact that Reconnective Healing has on humans, plants, water and more.

Dr. Pearl is the first to tell you that he is not a scientist. He was a very successful chiropractor for 12 years before his life took a dramatic turn. As he recounts, "I left my office on a Friday, thinking I was I chiropractor, I came back on a Monday, and I was something else..." Then his humor begins to show as he adds, "My parents always told me that I was 'something else,' but this was probably not what they had in mind!"

Over that weekend he had an experience that introduced an ability within him to facilitate this work. When his patients arrived, they told him that they could feel his hands on them even though he wasn't physically touching them – and they could report accurately where he held his hands! They suddenly began relating astonishing healings from physical conditions that may have been present for 10 years or more, and had been crippling their lives.



Dr. Eric Pearl is the worldwide bestselling author of *The Reconnection: Heal Others, Heal Yourself*, now in 36 languages, and is considered today's leading authority in energy healing and beyond. His organization, *The Reconnection*, is leading the way in teaching the transformative new paradigm in healthcare, Reconnective Healing, to people around the globe.

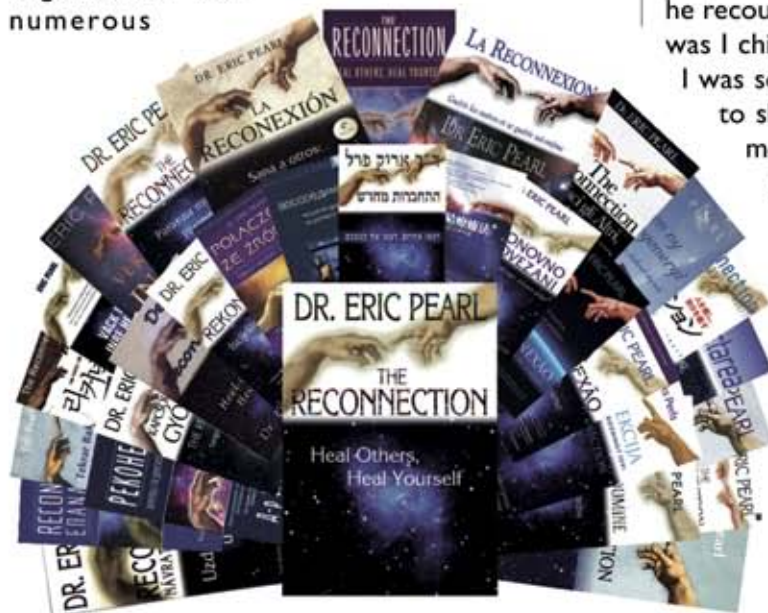
For more information on upcoming Reconnective Healing Seminars in your area, visit TheReconnection.com. To see a video clip, click www.youtube.com/TheReconnectionTV.

It became clear to him that this was something that needed to be shared with the world. Eric's book, *The Reconnection: Heal Others, Heal Yourself*, has now been published in 36 languages and he teaches people around the globe how to do this work. What is especially exciting about this is that it also appears to have benefits to the healer. In other words, as you heal others, you also heal yourself!

Reconnective Healing has given many people the joy of personally helping those they know, love and care about to heal physically, emotionally and spiritually.

"I feel deep gratitude for having been the person entrusted to bring Reconnective Healing into the world. But this is not about me. It's truly about you and your Reconnection to your complete and vital self in this new era of 'information medicine.'"

For more information on Eric Pearl and Reconnective Healing events in Miami, May 9-11 visit: TheReconnection.com or call (323) 960-0012.



31592 Foxfield Dr., Westlake Village, CA 91361
Main: (818) 707-1473 • Fax: (818) 707-3543
www.TheReconnection.com



What Is a Macular Pucker?

By Lauren R. Rosecan, M.D., Ph.D., F.A.C.S.

A macular pucker (also called an epiretinal membrane) is a layer of scar tissue that grows on the surface of the retina, particularly the macula, which is the part of your eye responsible for detailed, central vision.

The macula is the small area at the center of the eye's retina that allows you to see fine details clearly. The retina is a layer of light-sensing cells lining the back of your eye. As light rays enter your eye, the retina converts the rays into signals, which are sent through the optic nerve to your brain where they are recognized as images. Damage to your macula causes blurred central vision, making it difficult to perform tasks such as reading small print or threading a needle.

As we grow older, the thick vitreous gel in the middle of our eyes begins to shrink and pull away from the macula. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or become swollen or distorted.

Macular Pucker Causes

As you age, the vitreous — the clear, gel-like substance that fills the middle of your eye — begins to shrink and pull away from the retina. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or bulge.

Other eye conditions associated with macular pucker include:

- Vitreous detachment;
- Torn or detached retina;
- Inflammation (swelling) inside the eye;
- Severe trauma to the eye (from surgery or injury); and
- Disorders of the blood vessels in the retina, such as diabetic retinopathy.

Macular Pucker Symptoms

With a macular pucker, you may notice that your central vision is blurry or mildly distorted, and straight lines can appear wavy. You may have difficulty seeing fine detail and reading small print. There may be a gray or cloudy area in the center of your vision, or perhaps even a blind spot.

Symptoms of macular pucker range from mild to severe. Usually macular pucker affects one eye, although it may affect the other eye later. Vision loss can vary from none to severe vision loss, although severe vision loss is uncommon. A macular pucker does not affect your side (peripheral) vision.

For most people with macular pucker, their vision remains stable and does not worsen over time.

Macular Pucker Diagnosis

During an eye exam, your ophthalmologist will dilate your pupils and examine your retina. You may have a test called fluorescein angiography that uses dye to illuminate areas of the retina.

Another test called optical coherence tomography (OCT) is helpful in making an accurate macular pucker diagnosis. With OCT, a special camera is used to scan your retina. It measures the thickness of the retina and is also very sensitive at detecting swelling and fluid.

OCT can also diagnose macular abnormalities that are too small to be seen in an examination or with angiography.



Macular Pucker Treatment

For more severe symptoms, a surgery called vitrectomy is recommended. The surgery is usually performed as an outpatient procedure in an operating room. During surgery, your ophthalmologist uses microsurgery instruments to remove the wrinkled tissue on your macula and to remove the vitreous gel that may be pulling on the macula. Sometimes an air or gas bubble is placed in the eye to help the retina heal or to seal any tears or holes.

After the tissue is gone, the macula flattens and vision slowly improves, though it usually does not return all the way to normal. After the operation, you will need to wear an eye patch for a few days or weeks to protect the eye, and you may need to do some particular head positioning if an air or gas bubble was placed in your eye during surgery. You will also need to use medicated eye drops to help the eye heal.

In most cases, while vision improves after macular pucker surgery, it generally does not return to normal. It can take up to three months for vision to fully recover. On average, about half of the vision lost from a macular pucker is restored; some people have significantly more vision restored, some less. In most cases, the visual distortion of macular pucker is significantly reduced.

The Retina Institute of Florida

Lauren R. Rosecan
M.D., Ph.D., F.A.C.S.

The Retina Institute of Florida with four offices conveniently located in Palm Beach and Martin Counties.

Toll Free Phone Number: 1-800-445-8898
Or 561-832-4411

WEST PALM BEACH
901 North Flagler Drive, 33401
(561) 832-4411 Office
(561) 832-1591 Fax

PALM BEACH GARDENS
11382 Prosperity Farms Rd., #128, 33410
(561) 627-7311 Office
(561) 627-6791 Fax

STUART
618 East Ocean Blvd., #3, 34994
(772) 287-7026 Office
(772) 220-4186 Fax

BOCA RATON
1050 NW 15th Street, #114, 33486
(561) 368-7723 Office
(561) 368-0093 Fax



The Miracle of Red Light Technology

By Susan Allen, Certified Lymphatic Therapist

Let me introduce you to red light therapy and a non-invasive body slimming method to remove fat, reduce inches and tighten the skin at the same time... it's called UltraSlim. It is the newest, most powerful body contouring system on the market and the only red light therapy system that guarantees at least 2" of fat loss after your first full body treatment - no needles, no incisions, no pain, and no recovery time!

How does UltraSlim work?

This fat-melting technology is based on a modulated red light that tricks the mitochondria in the nucleus of the fat cell into creating a transitory pore in the cell membrane, thus allowing the fatty acids and triglycerides to escape into the interstitial space. The liberated fat cell contents are then drained by the lymphatic system and processed by the liver as part of the body's normal course of detoxification. The pore in the fat cell will close in about 48-72 hours and the liberated contents will be expelled in the stool over the next few days, resulting in permanent fat loss without harming the fat cells.

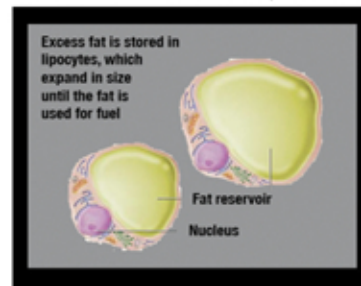
The skin tightening technology penetrates deep into the layers of the skin, passing through the dermal layers, increasing the energy levels inside cells, and stimulating the production of collagen and elastin. Red light therapy has been proven to reduce wrinkles, eliminate fine lines, shrink pores, diminish scars, alleviate pain, accelerate healing, and provide a multitude of other advantages. It also has been recognized as one of the safest, quickest and most affordable ways to experience dramatic anti-aging changes within the skin.

Red light therapy has been used in the U.S. for over 40 years, but only recently has the technology advanced to provide for fat reduction as well as tightening and rejuvenation of the skin. It is backed up by hard science and years of clinical research. Research at Mayo Clinic, NASA, and other leading research organizations has proven the safety and efficacy of this technology. UltraSlim is the latest and most-powerful red light therapy (patent pending), and was designed by a NASA veteran and a Zerona expert. This patent-pending technology uniformly covers an area 23" by 17" with 144 medical-grade LED red lights with sufficient photonic energy to treat the each targeted area in only 8 minutes. The length of each treatment varies by the number of areas you wish to target.



Other Body Contouring Technologies

Within a year, many liposuction patients report unwanted fat accumulations – often lumpy, bumpy, “dysmorphic” fat accumulations. No other technology works like UltraSlim – it is faster, more effective, covers a larger area, covers that area more uniformly, and does not touch the skin! Forget about life-threatening surgery or non-surgically killing fat cells with microwaves, freezing, or ultrasound cavitation. UltraSlim delivers eight times more photonic energy than lasers, and no unsanitary paddles placed against your skin with Velcro straps (like cheap, ineffective imitations).



Technology Used	Ultra Slim	VENUS FREEZE	ZERONA	i-lipo	VelaShape	coolsculpting
	Photonic Modulation	Radio Frequency & Magnetic Pulses	Low-Level Laser	Low-Level Laser	Bi-Polar Radio Frequency & Infrared Light	Cryolipolysis Freezing Fat
Treatments for circumferential inch-loss?	✓	✓	✓	✓	✓	✓
Treatments for skin tightening?	✓	✓	✓	✓	✓	✓
Treatments for skin rejuvenation (face and body)?	✓	✓	✗	✗	✗	✗
Hygienic NO-skin contact system?	✓	✗	✓	✗	✗	✗
Immediate guaranteed results?	✓	✗	✗	✗	✗	✗
Customer Satisfaction Guarantee?	2-Inch+ Loss Guarantee after First 1-hr Session!	✗	✗	✗	✗	✗

At HoriZen Therapies, we are focused on your well-being! Our goal is to provide the latest, most effective and valued healing therapies to our clients, and assist them in their quest for optimum health and wellness. Along with UltraSlim, we also offer Ultra-LDT (Lymphatic Decongestive Therapy) which enhances the fat loss results achieved, and Hoshino Massage Therapy. Call today to book a free, 15-minute consultation and ask about our Treatment Packages.



2799 N.W. Boca Raton Blvd., Ste. H-201
 Boca Raton, FL 33431
 (561) 395-1926
www.horizenterapies.com

The "Hearing Bone's" Connected to the What?



O

Once upon a time, before people knew any better, they thought that hearing loss was simply a part of growing older—something not worth doing much about.

They were wrong.

Turns out, hearing loss isn't fussy about age. More than half of us with hearing loss are still in the workforce. And hearing loss is a much bigger deal than we ever imagined. We need to take it seriously.

As one of the most common chronic health conditions in the United States today, hearing loss affects baby boomers, Gen Xers and every other age group. And, when left unaddressed, hearing loss affects just about every aspect of a person's life.

The big surprise is that hearing loss has been linked to other health conditions.

Hearing loss can have unwelcome companions—like heart disease; diabetes; chronic kidney disease; depression; cognitive decline, dementia or Alzheimer's disease; increased risk of falling; increased hospitalizations.

In fact, as studies on the link between hearing loss and other health conditions mount, we've begun to see how our ears—and specifically how our hearing—connect to our whole body and health.

Here's what we know:

The very best thing to do for hearing loss is to find out if you have it as soon as possible. Then take it seriously. If deemed appropriate by a qualified hearing health care professional, treat it. Hearing aids can benefit the vast majority of people with hearing loss.

Cardiovascular and hearing health are connected. Studies show that a healthy cardiovascular system positively affects hearing. Conversely, inadequate blood flow and trauma to the blood vessels of the inner ear can contribute to hearing loss. Some experts even believe that because the inner ear is so sensitive to blood flow, it is possible that abnormalities in the cardiovascular system could be noted here earlier than in other less sensitive parts of the body—making the ear a kind of “window to the heart.”

People with diabetes are about twice as likely to have hearing loss as those without it.

Recent studies show a link between hearing loss and dementia, leading many experts to stress the importance of addressing hearing loss. One study found that seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. Another found that hearing loss is associated with accelerated cognitive decline in older adults, and that those with hearing loss are more likely to develop problems thinking and remembering than older adults whose hearing is normal.

People who don't address hearing loss are more prone to depression. Fortunately, studies show that people with hearing loss who use hearing aids often have fewer depressive symptoms, greater social engagement, and improved quality of life.



Hearing loss is tied to a three-fold risk of falling. One study found that even people with mild hearing loss were nearly three times more likely to have a history of falling.

A study of older adults showed that those with moderate chronic kidney disease had a higher prevalence of hearing loss than those of the same age without the disease.

Hospitalization is more likely for older adults with hearing loss than for their peers with normal hearing, according to a study by experts at Johns Hopkins.

A 2013-published study found that older men with hearing loss had a greater risk of dying, particularly from cardiovascular causes. But men and women who used hearing aids—even though they were older and had more severe hearing loss—had a significantly lower mortality risk than those with hearing loss who did not use hearing aids.

Most doctors don't include hearing health as a routine part of annual exams. So ask to have your hearing tested. Once you reach middle-age, it makes sense to include hearing tests as part of your routine annual care.

It seems that the “hearing bone” may be connected to more than we originally thought.

So the next time you think you might be having trouble hearing something, listen to your ears. They may be telling you something.

For more information on hearing loss, visit www.hearusa.com.



Boca Raton • Delray Beach
Call Toll Free: 855.270.1587



The Retina Institute of Florida

Providing expert specialized care for over 25 years

- Commitment to Treatment and Diagnosis of Retina, Macula and Vitreous
- Personalized Patient Care
- Several Locations for Patient Convenience
- Advanced Treatment for Macular Disorders
- Advanced Surgical Techniques
- Affiliation with "State-of-the-Art Surgical Center"



Lauren R. Rosecan,

M.D., Ph.D., F.A.C.S.

Diplomate American Board of Ophthalmology

"A center of excellence for the diagnosis and treatment of retinal, macula and vitreous diseases and disorders."

We Have Emergency Care!

(800) 445-8898

www.theretinainstituteofflorida.com

LOCATIONS

WEST PALM BEACH

901 North Flagler Drive, 33401
(561) 832-4411 Office
(561) 832-1591 Fax

PALM BEACH GARDENS

11382 Prosperity Farms Rd., #128, 33410
(561) 627-7311 Office
(561) 627-6791 Fax

STUART

618 East Ocean Blvd., #3, 34994
(772) 287-7026 Office
(772) 220-4186 Fax

BOCA RATON

1050 NW 15th Street, #114, 33486
(561) 368-7723 Office
(561) 368-0093 Fax

12,426 steps

"Like" us on facebook for a chance to win a FitBit!!!



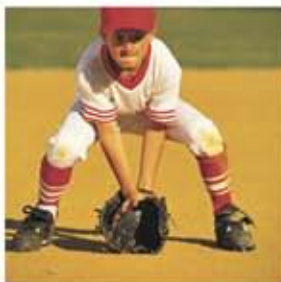
www.facebook.com/SFLHealthAndWellnessMagazine

Drawing for the fitbit will be held on April 30th.



Youth Sports Safety Tips

Keeping Your Kids Safe While Playing Sports



Participation in sports offers tremendous social, emotional and physical benefits for children. We know that one of the worst things for kids is to be sidelined with an injury. As parents and coaches, there are simple things we can do to help reduce preventable injuries and keep our kids playing the sports they love.

Each year, 2.6 million children ages 19 and under receive medical treatment for sports and recreation injuries. Here are some tips to keep your kids active, healthy and injury-free:

Get a Pre-Participation Physical Exam. This can help rule out any medical conditions that may place your athlete at risk.

Warm Up and Stretch Before Games and Practices. Stretching can release muscle tension and help prevent sports-related injuries, such as muscle tears or sprains. Start with 10 minutes of jogging or light activity, and then stretch all major muscle groups, holding each stretch for 20 to 30 seconds.

Remember to Hydrate. One of the most important things that you can do for your body is to drink water. This can help your muscles stay loose and maintain a healthy fluid balance in your body. Encourage athletes to drink water 30 minutes before the activity begins and every 15-20 minutes during activity.

Wear Appropriate Sports Gear. Wearing properly fitted sports gear can help avoid minor and serious injuries. Make sure athletes have the right equipment and are wearing it for both practices and games.

Make Rest a Priority. Encourage players to communicate any pain, injury or illness they may have during or after any practices or games. Make sure they know it's important to tell coaches or parents if they're hurt or not feeling well. Kids should have at least one or two days off from any particular sport each week. An off-season is important too!



Ask Fearless Love:

Dear Fearless Love, Who are you – really?

I am considering joining an online dating site. I have heard that people online frequently misrepresent themselves and many are already married. I think people you meet in person can do the same thing. That got me thinking, what information should I be asking people I "meet" online. What type of information should I ask when we're corresponding and before we actually meet?

-- Anthony, 49 and divorced

Dear Anthony,
I find the title of your request to be your guide: Who are you- really, Anthony? Whether dating online or in more traditional ways the first order of business is to know yourself. You should know whether you are looking for recreational short-term dating, long-term relationship or marriage.

What are your non-negotiables for example: honesty, financial stability, where you'd like to live, children, lifestyle, religion, etc.? How about your interests? Do you see yourself rollerblading, bowling or going to the symphony with your partner?

Once you narrow down your needs and interests what you are looking for becomes more apparent. You can tailor your conversations around what's important to you. Also pay close attention to how you feel both on the phone call and in person. Trust your intuition. If you are sensing something is not quite right or a red flag comes up than you're probably right. Don't make excuses for it and move on.

There are a variety of online dating site. Do your research before making a selection as you may find that some sites can take a lot of the guess work out of the sorting process.
Happy Dating!

Dear Fearless Love,
I'm 35 and have been married 3 years. Frankly speaking, I married because I didn't want to be left alone. I got caught up in the fun of the romance and the wedding planning. So here I find myself with all the newfound fun a distant memory and wondering how to "make this work." We do love each other. But now I want more for the both of us. How do we start over? Can it be done? And, how do we do this?
--Beve, 35 married

Dear Beve,
It seems that you have moved through the honeymoon or romanticized love phase of your relationship which centers on attraction, bonding, ecstasy, hopes and dreams, usually lasting about 2-3 years. The next phase is described as the power struggle depicted with disillusionment, frustration, anger and/or being at an impasse, which would explain why the fun is a distant memory and you're wondering how to "make it work".

Congratulations for wanting more out of your relationship. You've entered the re-commitment phase, which is a journey of growth and healing. From here you move into doing the work to co-create the marriage of your dreams. Start by asking yourself what your ideal marriage looks like. You can create a collage of pictures or a mind map of words to help you. Be real with yourself first. Then share your dreams with your husband, keeping an open mind that he may have his own visions and dreams. With a renewed vision of what marriage is, for the both of you, and dedication to it, you can attain the love and connection that only exists in committed love. Enjoy the journey of rediscovering love.

If you have a question for Jianny email her at Jianny@FearlessLove.net or speak with her personally **954-495-4566**.



.....
About Jianny Adamo, MA

As the founder of Fearless Love Relationship Coaching and Counseling, we specialize in matters of the heart for singles and couples desiring to create a safe and intimate marriage that lasts a life-time. I support couples to increase understanding, connection and intimacy -- recharge the love that brought you together. Be equipped with positive communication and conflict resolution skills while refining intimacy skills. For singles interested in meeting the love of their life, I assist you to break through fears and limitations, heal from past relationships and to live authentically. Don't just fall in love...live in love.

For divorcees, I support you to stabilize, heal, and recover; navigate through this life transition in a way that promotes a healthy living and to finding love again by finding yourself first. Nothing excites me more than to empower you to embrace balance, inner peace, passion, and love.



Jianny Adamo, MA, LPC, LMHC, NCC
238 NE 1st Ave, Ste.104, Delray Beach, FL 33444
www.fearlesslove.net
Tel: 954-495-4566



Have You or Your Child Sustained a Concussion? *Are You Sure?*

A Concussion is a serious yet common brain injury that is often overlooked. A simple blow to the head can cause a Concussion, even if the signs and symptoms do not appear right away. When a concussion occurs, symptoms may not develop right away and even if they do, they may not be easily recognized. For this reason, Concussions can be difficult to diagnose. Due to the damaging after effects of a Concussion, it is important to learn the signs and symptoms of this serious injury.

First here are the OBVIOUS SIGNS:

- Headache
- Dizziness
- Vomiting
- Nausea
- Feeling pressure in the head
- Ringing in the ears
- Sensitivity to light
- Sensitivity

NOT SO OBVIOUS symptoms:

- Confusion
- Feeling as if in a fog
- Poor memory
- Difficulty concentrating
- Irritability

- Depression
- Mood swings
- Fatigue

Many individuals who suffer from a concussion may develop symptoms immediately. Others can develop symptoms several hours or even a few days after the traumatic event. Some symptoms that commonly occur with a concussion do not fit into a specific category. They are general symptoms that can affect different aspects of bodily functions and can develop either immediately after the injury or days later. It may appear as something as unusual as a strange taste in the mouth or disorders affecting the sense of smell.

Children may be less likely than adults to recognize when something is not right in their bodies. Children have the ability to dismiss symptoms and continue on with their normal routine. Although many concussion symptoms are similar for both children and adults alike, there are some specific symptoms that are commonly exhibited among children suffering from a concussion. Many parents are surprised to learn that some of these seemingly insignificant symptoms are actually important factors in diagnosing a concussion in children.

Common concussion symptoms in children include:

- Listlessness
- Tiring easily
- Irritability

- Crankiness
- Change in eating habits
- Disturbance in sleeping pattern
- Lack of interest in favorite toys or activities
- Loss of balance
- Unsteady gait
- Loss of appetite

There is now a revolutionary approach that can evaluate and eliminate the damaging effects of a Concussion. Neural Organization Technique has been successfully used to treat Concussions in as little as three to five treatments.

The following is a testimonial from the mother of a teenage girl who was treated using the Neural Organization Technique:

"My daughter went on a group ski weekend with her friends. The conditions were icy — not ideal for skiing.

Although Jen was wearing a helmet she slipped on the ice and fell backward hitting the back of her head, then whipping forward landing face down on the ice. There was no way to prevent a concussion with such a serious wipe out.

She had the immediate symptoms of being dazed and feeling out of it. Her head and neck hurt. The sounds around her were too loud, she was sensitive to light. She felt sick to her stomach and was very tired but couldn't rest.

She went to a room and texted me. I told her to get a buddy and have them watch her. I was very worried. The chaperon gave her some Tylenol. Two days later she returned home from the trip. She looked ok but tired and had a headache. These symptoms lasted for 8 weeks. School was getting to be a real problem. She was not able to concentrate. It was very hard to read and comprehend. Teachers were just making noise, nothing was sticking. The traditional medical community said to have her rest. No activity, no texting, no TV, no driving, no to everything, just rest. She couldn't even rest peacefully. She would wake up every 3 or 4 hours, never getting a full night sleep.

We called our friend in Florida who's daughter had sustained a concussion on the icy slope, and had symptoms similar to Jen's. She had taken her daughter to Dr. Kitay.

They had immediate results; all of her symptoms were gone. I thought it was worth a spring break vacation to see Dr. Kitay and the Atlantic Ocean. Both were amazing!

After seeing the Doctor one time for Neural Organization Technique, Jen's demeanor was 90 times better! Seriously, worth the air fare. Her symptoms were cut in half. There were two more treatments and she was symptom free. A few good nights of full sleep and she and I were back to having conversations. Both of us are relieved that our concussions are gone and behind us.

We are very grateful to our friend who was willing to share her experience with us and to tell us about Dr. Kitay and the Neural Organization Technique. Dr. Kitay is professional, intuitive, kind and caring. She is a healer. Thank you again and again." - Nancy



Alternatives in Healthcare
Dr. Annalee Kitay, D.C.
 1700 N Dixie Hwy, Suite 127
 Boca Raton, FL 33432
 (561) 620-6007

DR. ANNALEE KITAY is a doctor of chiropractic, and specializes in the Neural Organization Technique. Formerly in practice at the Atkins Center for Complementary Medicine with Dr. Robert Atkins in New York, and was a close associate of Dr. Carl A. Ferreri, the developer of Neural Organization Technique.



Dr. Kitay believes that we all have an inherent ability to be healthy. She sees her role as a facilitator to help attain, regain, or maintain a healthy state of being. A person is more than their individual parts. Every system, organ and limb is interdependent on each other. Identifying the origins and the dynamics of an imbalance among these parts and the consequences thereof are important in understanding the resulting symptoms. By creating balance at the core level, symptoms can disappear and a state of well being is restored. Dr. Kitay practices in Boca Raton, Florida and also has satellite offices in New York and New Jersey at specific scheduled times. She sees patients by appointment and can be reached at **561-620-6007**. To learn more, go online at: www.drkitay.com.

Pain, Itching, Bleeding?

There Are Effective Non-Invasive Treatments for Hemorrhoids.

By Daniel Lindenberg, MD, PA

By age 50, about half of adults have had to deal with the itching, discomfort and bleeding that can signal the presence of hemorrhoids. "Weak" veins -- leading to hemorrhoids and other varicose veins -- may be inherited.

It's likely that extreme abdominal pressure causes the veins to swell and become susceptible to irritation. The pressure can be caused by obesity, pregnancy, standing or sitting for long periods, straining during bowel movements, coughing, sneezing, vomiting, and holding your breath while straining to do physical labor.

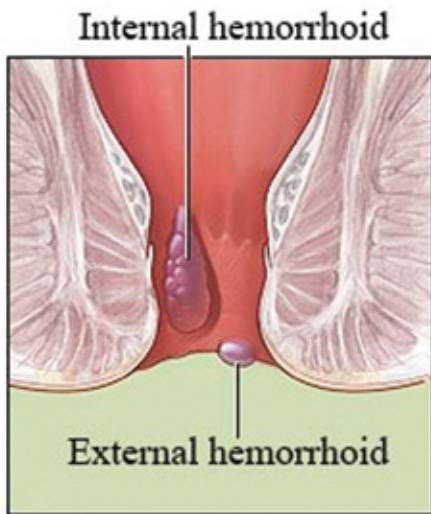
Diet has a pivotal role in causing -- and preventing -- hemorrhoids. People who consistently eat a high-fiber diet are less likely to get hemorrhoids, but those who prefer a diet high in processed foods are at higher risk. A low-fiber diet or inadequate fluid intake can cause constipation, which can contribute to hemorrhoids in two ways: It promotes straining during a bowel movement and it also aggravates the hemorrhoids by producing hard stools that further irritate the swollen veins.

What Are Hemorrhoids?

Hemorrhoids are swollen blood vessels of the rectum. The hemorrhoidal veins are located in the lowest area of the rectum and the anus. Sometimes they swell so that the vein walls become stretched, thin, and irritated by passing bowel movements. Hemorrhoids are classified into two general categories: internal and external.

Internal hemorrhoids lie far enough inside the rectum that you can't see or feel them. They don't usually hurt because there are few pain-sensing nerves in the rectum. Bleeding may be the only sign that they are there. Sometimes internal hemorrhoids prolapse, or enlarge and protrude outside the anal sphincter. When this happens, you may be able to see or feel them as moist, pink pads of skin that are pinker than the surrounding area. Prolapsed hemorrhoids may hurt because the anus is dense with pain-sensing nerves. They usually recede into the rectum on their own; if they don't, they can be gently pushed back into place.





Classification of Internal Hemorrhoids — Internal hemorrhoids have been graded across a spectrum of severity, which has proven useful for guiding treatment options, Grade I: The hemorrhoids do not prolapse, Grade II: The hemorrhoids prolapse upon defecation but reduce spontaneously, Grade III: The hemorrhoids prolapse upon defecation and must be reduced manually, Grade IV: The hemorrhoids are prolapsed and cannot be reduced manually.

External hemorrhoids lie within the anus and are usually painful. If an external hemorrhoid prolapses to the outside (usually in the course of passing stool), you can see and feel it. Blood clots sometimes form within prolapsed external hemorrhoids, causing an extremely painful condition called a thrombosis. If an external hemorrhoid becomes thrombosed, it can look rather frightening, turning purple or blue, and could possibly bleed. Despite their appearance, thrombosed hemorrhoids are usually not serious but can be painful. They will resolve themselves in a couple of weeks. If the pain is unbearable, your health care provider can remove the thrombosed hemorrhoid, which stops the pain.

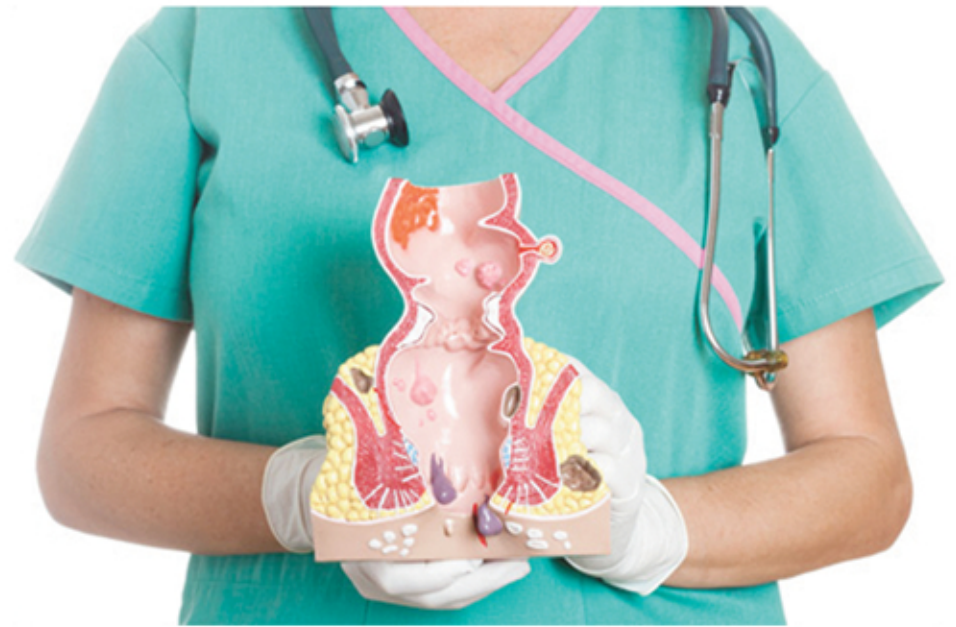
Internal Hemorrhoids are usually first combated with some regiment of home treatment. There are several common strategies for addressing internal hemorrhoid symptoms with treatments beginning with changes to your diet. Adding fiber, either dietary or bulk, is typically the first course of action recommended, which includes increased consumption of water as well as a greater consumption of fruits, grains, and vegetables. Employing stool softeners to assist with easier bowel movements and applying ointments to stop the itching associated with internal hemorrhoids are also frequently recommended, in addition to bathing in warm water several times a day, which assists to alleviate internal hemorrhoid symptoms such as swelling and itching. In the event your hemorrhoids are of a more severe degree, a physician's intervention might be required. In the event your condition does not respond to a home hemorrhoid treatment, minimally invasive procedures are available that can be performed in the doctor's office or outpatient setting.

Minimally invasive procedures

If a blood clot has formed within an external hemorrhoid, your doctor can remove the clot with a simple incision, which may provide prompt relief.

For persistent bleeding or painful hemorrhoids, your doctor may recommend another minimally invasive procedure. These treatments can be done in your doctor's office or other outpatient setting.

- **Rubber band ligation.** Rubber band ligation is the most widely used technique for treatment of symptomatic internal hemorrhoids that are refractory to conservative treatment. This procedure has been available since the early 1960s and is effective, inexpensive, requires no anesthesia, is easy to perform, and only rarely causes serious complications. The technique may be used for first, second, and selected third degree hemorrhoids. Your doctor places one or two tiny rubber bands around the base of an internal hemorrhoid to cut off its circulation. The hemorrhoid withers and falls off within a week. This procedure — called rubber band ligation — is effective for many people.



Hemorrhoid banding can be uncomfortable and may cause bleeding, which might begin two to four days after the procedure but is rarely severe.

- **Injection (sclerotherapy).** In this procedure, your doctor injects a chemical solution into the hemorrhoid tissue to shrink it. This therapy is available for treatment of grade one and two degree hemorrhoids. While the injection causes little or no pain, it may be less effective than rubber band ligation.

- **Coagulation (infrared, laser or bipolar).** Coagulation techniques use laser or infrared light or heat. They cause small, bleeding, internal hemorrhoids to harden and shrivel. This approach is available to those with both grade one and two degree hemorrhoids. While coagulation has few side effects, it's associated with a higher rate of hemorrhoids coming back (recurrence) than is the rubber band treatment.

Surgical procedures

If other procedures haven't been successful or you have large hemorrhoids, your doctor may recommend a surgical procedure. Surgery can be performed on an outpatient basis or you may need to stay in the hospital overnight.

- **Hemorrhoid removal.** During a hemorrhoidectomy, your surgeon removes excessive tissue that causes bleeding. Various techniques may be used. The surgery may be done with a local anesthetic combined with sedation, a spinal anesthetic or a general anesthetic. Most people experience some pain after the procedure. Medications can relieve your pain. Soaking in a warm bath also may help.

- **Hemorrhoid stapling.** This procedure, called stapled hemorrhoidectomy or stapled hemorrhoidopexy, blocks blood flow to hemorrhoidal tissue. Stapling generally involves less pain than hemorrhoidectomy and allows an earlier return to regular activities. Compared with hemorrhoidectomy, however, stapling has been associated with a greater risk of recurrence and rectal prolapse, in which part of the rectum protrudes from the anus.

If you believe you are suffering from hemorrhoids and at home remedies are not successful in creating symptoms relief it is important to seek professional attention and examine your options for relief. To learn more about treatment options and those best suited for your individual needs contact Dr. Lindenberg 561-316-6120.

Don't Live with Chronic Anxiety

A powerful, drug-free method and technology can help - often dramatically.

By Tina Landeen, LCSW and Michael Cohen, Founder, CBT



Do you or someone you know experience chronic anxiety? Are you excessively nervous or fearful? Do you have panic attacks? If so, you've probably already tried or considered medications. Unfortunately, medications don't always eliminate all the symptoms, and they can have concerning side effects.

Medications also don't teach your brain to be healthier. You don't learn to quiet your mind or how to be calm. And unfortunately, many doctors are not yet familiar with treatments other than medication.

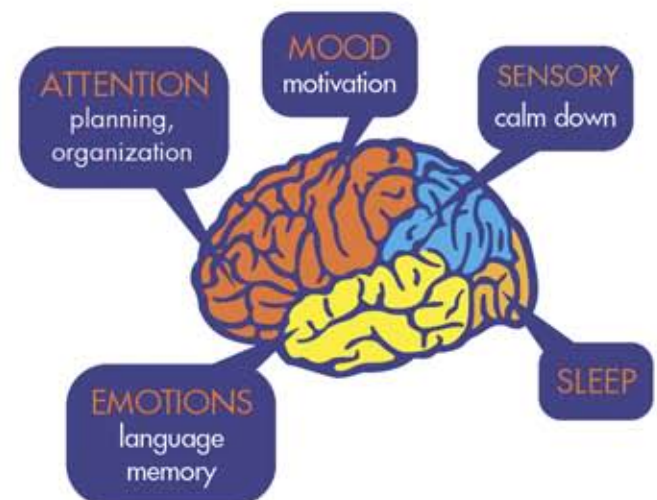
Are There Alternatives to Medications?

Yes. One alternative is neurofeedback. It's been proven to greatly reduce or even eliminate anxiety symptoms. For people currently taking medication, using neurofeedback can help lessen a reliance on meds, and some people are able to stop taking anxiety medication entirely.

Neurofeedback helps train the part of your brain that **CONTROLS** stress more than merely helping you manage it. When you struggle with anxiety, part of your brain is simply not able to keep you calm. Neurofeedback trains that part of the brain to function better and maintain healthier patterns.

Why Can't You Simply Talk Yourself Out of Anxiety?

People who don't understand anxiety may tell you to calm down and not let things bother you. If it were that easy, you'd already do it. When you have anxiety, the parts of your brain that are supposed to keep you calm aren't working very well. As a result, anxiety sufferers are often overwhelmed, exhausted, and feel the people around them don't understand. You can't talk yourself out of an entrenched brain pattern.



Can You Learn to be Calmer?

Neurofeedback is one of the most powerful technologies for reducing anxiety and panic attacks by helping the brain eradicate the stuck patterns that cause the anxiety. While everyone experiences anxious moments, with chronic anxiety, your brain gets stuck in that state, and it's difficult to change it.

Elizabeth is just one client whose life benefited from neurofeedback. Elizabeth, age 35, experienced severe anxiety and had up to 5 panic attacks a day. She said they were "taking over my life." She had been having problems with anxiety and panic attacks since age 17. After 10 neurofeedback training sessions, she had no panic attacks for almost 6 months. Training her brain helped her change the unhealthy pattern.

Another client (a licensed therapist himself) is a very wound-up man. He's hyper and anxious most of the time, though you'd not know by looking at him. After one 30-minute neurofeedback session, he said "I haven't felt this calm in my whole life." That doesn't mean one session solves the problem – his brain didn't know how to be calm. He was able to rapidly learn, but it takes more time to become a new habit. He had tried therapy and medications for years. Only when he learned to calm his brain did it calm his mind. Neurofeedback helped him learn to change is chronic pattern – in his case, quite rapidly.

Our clients have often tried everything — from medication to meditation, from yoga to diet and exercise, from alcohol to stress-reduction techniques.

Many clients who have used neurofeedback say things bother them less, their minds are quieter, and they recover from stressful events more quickly. Research repeatedly shows biofeedback and neurofeedback are very helpful for any type of anxiety, even PTSD.

How Does Neurofeedback Work?

Neurofeedback training helps change brain patterns. It measures your brain's rhythms and rewards you when you make healthy patterns. For instance, with anxiety, certain patterns in the brain are often moving too fast. Neurofeedback helps your brain learn how to slow down the overactive areas by giving your brain a reward when it slows down.

With repeated training, the brain learns to maintain those healthier patterns. Correcting anxiety with neurofeedback just takes practice and reinforcement. The more your brain learns how to be calm through neurofeedback, the more it becomes a normal state in everyday life.

If you're on medication, it can often be reduced or even eliminated as the brain learns to remain in the calmer state.

With brain training, you learn to moderate your response to stress so anxiety occurs less frequently and is less intense and debilitating if it does happen. Neurofeedback helps you calm the over-reactive patterns that make life more difficult and allows you to take charge of your life again.

We also offer other biofeedback tools that can be helpful with anxiety, and we encourage our clients to try different methods to see which work best. Some of these tools, such as heart rate variability training, can even be used at home.

If you are interested in additional information about how neurofeedback can help reduce your anxiety, call our office at 561-744-7616.

Jupiter Office Boca Raton Office
561.744.7616 561.206.2706
www.CenterforBrain.com

About Center for Brain Training

Center for Brain Training is a team of compassionate professionals whose mission is to enhance the lives of people suffering from a variety of conditions that can be significantly improved with the help of neurofeedback.

Michael Cohen, President and Founder of the Center for Brain Training is one of the leading experts in brain biofeedback. For 16 years, he's taught courses and provided consulting to MD's and mental health professionals around



the world, helping them incorporate new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.



Renee Chillcott is a Licensed Mental Health Counselor and is the clinical director of the Boca Office of CenterforBrain.com. She has been practicing neurofeedback for almost nine years. She has worked for years using neurofeedback with anxiety, panic attacks and depression.

She reports that neurofeedback has helped her clients achieve far more success than with just psychotherapy or medications. The Boca office works with children, adults and families. Renee obtained her Master's degree from Nova Southeastern University in counseling. She has also received continuing education in the diagnosis and counseling of attachment disorders, teaching positive parenting skills, and peak performance neurofeedback.



**CENTER FOR
BRAIN**

CHANGE YOUR BRAIN. CHANGE YOUR LIFE.



INTEGRATIVE ACUPUNCTURE
 220 Congress Park Drive #230, Delray Beach, FL 33445
 Harmony Brown, AP | Kimberly Marrone, AP
 Lauren Reese, AP

Dedicated to creating a healing environment where patients are active participants in promoting their own health.

561-819-0530
www.integrativeacupuncture.net



ACUPUNCTURE ~ HYPNOTHERAPY ~ HOLISTIC NUTRITION
 MASSAGE ~ FUNCTIONAL MEDICINE ~ HERBS

Daniel Lindenberg, MD, PA
 Board Certified Gastroenterologist

Offering Comprehensive GI Solutions for All Your Digestive Ailments

Colonoscopy • Minimally Invasive Hemorrhoidal Treatment
 Endoscopy • Barrett's Esophagus Treatment • H. Pylori Treatment

561-316-6120

2 Convenient Locations:

16244 South Military Trl, Ste. 170 3467 W. Hillsboro Blvd
 Delray Beach, FL 33484 Deerfield Beach, FL 33442

*Affiliated with Delray Medical Center and Boca Raton Regional Hospital



Insomnia

By Harmony Brown, AP

If you are like 51% of Americans you have difficulty sleeping at least a few nights a week. Insomnia is a broad term to describe a wide range of sleep disturbances including: night waking, restless/fitful sleep, waking too early, difficulty or inability to fall asleep, or dream disturbed sleep. The health implications of insomnia are staggering and they have reached epidemic proportions in the US. If you suffer from sleep disturbance a few nights/week you are at increased risk for: heart disease, stroke, illness such as colds, infections or the flu; memory/cognition disturbances, anxiety and depressed mood, diabetes, systematic inflammation, and weight gain.

Understanding the difficulties that lead to Insomnia and sleep disturbance can be quite complicated. Eastern & Western medicine offer insight into today's ever growing epidemic.

A Western Perspective

Stress: Hands down stress is the most frequent offender for sleep disturbance. With concerns about work, school, health, family, children, finances, and relationships, our list of stressful factors go on and on. These stressors accumulate in our world and intrusively interrupt our thoughts during those still quiet moments, when we are trying to sleep. Stressors don't have to be events or circumstance we view as bad but can also be those things we are looking forward to enjoying like vacations, promotions, or family coming to visit. Regardless of the content, stressors can be identified as those factors that push their way into our quiet still moments without an invitation. As these stressors accumulate and continue to disrupt our much needed sleep, we experience inner angst and anxiety – and the cycle continues as does our loss of sleep.

Medical Conditions: Chronic pain is the most likely offender to interfere with sleep. It is all too common for my clients to explain and inability to get comfortable and fall asleep. If they finally do fall asleep, they are awakened with discomfort and unable to get back to sleep. A cycle begins, lack of sleep exacerbates pain and pain interferes with sleep.

Medications: Many people do not realize that even common medications can disturb sleep. Some antidepressants, blood pressure medications, allergy medication, steroids, and even over the counter medication can disturb sleep. The more medication you take, the more likely you are to experience insomnia caused by medication side effects.

- 60 Million American's suffer with a chronic sleep disorder
- 40% of American's fall asleep during the day without intending to
- 1/3 of American's have sleep issues every night



Lifestyle: Never underestimate the choices we make on a daily basis that affect a good night's sleep. Eating too late, eating too much, drinking alcohol, or consuming caffeine late in the afternoon all negatively impact sleep.

Treatment from the Western Approach: Traditional western medicine focuses on treating the symptom (loss of sleep), and often does so through

the use of prescription or over the counter medications to induce sleep. In fact, the use of prescription sleep aids doubled from 2000-2004 and the number of children under the age of 18 who were prescribed sleep medications skyrocketed 85% in the same period. This approach focuses on symptom resolution without addressing the imbalance creating the symptom. While sleep medications can be very effective in inducing sleep, they stop working when you stop taking them, and long-term is habit forming. This only reinforces the insomnia cycle.

Eastern Perspective: Traditional Chinese Medicine breaks insomnia into four types: "Difficult to sleep" - inability to fall asleep; "early awake" - those who fall asleep but wake repeatedly throughout the night; "light sleep" - those who never achieve a deep sleep or who are disrupted by dreams or nightmares; and "awake all night" - the most serious and often most complex type, refers to patients who lie awake the entire night. Let's take a deeper look at 3 of the 5 most common types of insomnia in Chinese Medicine:

Stagnation of Liver Qi Transforming into Liver Fire: This is an excess pattern, where the primary cause is prolonged emotions such as anger, suppressed depression, shock or worry creating stagnation of liver qi (energy). This describes the "difficult to fall asleep" pattern. There is an inability to fall asleep, possibly taking hours, and may be followed by vivid dreams. Other symptoms that can accompany this pattern include red burning eyes, frequent tension headaches, a quick temper, and/or irritability.

Disturbance of Phlegm-Heat

This excess pattern is due to poor lifestyle choices such as over-eating or over-drinking, and is seen in patients whose diets have become habitually unhealthy. These cases usually have a pre-existing deficiency of spleen qi (energy), creating metabolic or digestive impairments.

Hyperactivity of Fire Due to Yin Deficiency

This deficiency pattern is unfortunately very common. This pattern accounts for the "early awake" and "light sleep" types. Patients with this pattern feel nervous, often experience various anxiety disorders and/or chronic worry, and wake with racing thoughts.



INTEGRATIVE ACUPUNCTURE

561-819-0530

www.integrativeacupuncture.net

220 Congress Park Drive #230
Delray Beach, FL 33445

Treatment from the Eastern Approach

Traditional Chinese medicine and Acupuncture seeks to restore balance to the body and resolve insomnia from a systematic perspective. Acupuncture has been proven to be greatly effective in the treatment of insomnia. In 2004, the NIH found patients with insomnia and anxiety disorders treated with acupuncture increased nighttime melatonin production and total sleep time. In addition, those who received acupuncture also fell asleep faster, were less aroused at night, and were less stressed.

When treating insomnia, acupuncture targets points that have strong sedating qualities (points on the wrist, ear and between the eyebrows). When these points are needled, the brain releases natural opiates; patients feel calm, relaxed and often fall asleep in the treatment room. They wake feeling relaxed and refreshed. Acupuncture is also effective in treating those conditions that are cyclic in nature with insomnia. Its effects are widely hailed in treating chronic pain and reducing overall stress. Acupuncture restores emotional ease and promotes restful sleep.

The real beauty of acupuncture is in its practice of treating the root cause of the imbalance. Acupuncture can nourish and balance the organ systems restoring qi, blood and yin and eliminating disease patterns. As you get relief from insomnia, you are also correcting a dis-ease state and creating a healthier, insomnia-free future.

At Integrative Acupuncture we work with patients everyday who are suffering from insomnia and other variations of health issues who have searched for answers and relief from the Western Medicine perspective without avail. Using our integrative approach, blending Eastern and Western philosophies and treatment strategies we offer solutions to your underlying conditions and help you regain control of your good health.

For more information about taking control of your health contact our office for a consultation **561-819-0530**.



Harmony Brown is a board certified Acupuncture Physician in the State of Florida and is certified by NCCAOM (National Commission for the Certification of Acupuncture and Oriental Medicine). Harmony is the co-owner of Integrative Acupuncture in Delray Beach, a complete wellness center, focused on all aspects of patient care.

Harmony received her Bachelor of Health Science and Master's Degree of Oriental Medicine from the Atlantic Institute of Oriental Medicine in Ft. Lauderdale, FL. She has also received advanced training in Auricular Acupuncture (including training in NADA), Acupuncture Injection Therapy, and Advanced Herbal training. Along with her degree programs, Harmony received advance training at Shanghai University of TCM in the Yue Yang Hospital of Integrated Medicine.

Harmony holds an advanced certification from Memorial Sloan-Kettering for "Acupuncture for the Cancer Patient" and is currently on staff at the Sari Asher Center for Cancer Care at the Palm Beach Cancer Institute. She also serves on the board of ethics committee for the Florida State Oriental Medical Association (FSOMA).

Harmony devoted herself to the study of acupuncture and Traditional Chinese Medicine after being diagnosed with cancer and receiving a stem cell transplant. During her cancer treatment, Harmony was convinced that there was a missing component to her recovery – a lack of attention to her whole body and mind well-being. She sought out and found Traditional Chinese Medicine as the perfect complement to her traditional cancer therapies. The use of acupuncture and herbal medicine helped her to attain a complete recovery with some degree of herself intact. Fortunately, Harmony can proudly say that she is a cancer survivor today. Because of this experience, Harmony has committed to working with cancer patients like herself to help them in their full body and mind well-being and recovery. Harmony has focused her continuing education in the field of Functional Medicine to combat the growing problem of chronic disease in our country. This allows her to address the underlying causes of disease by shifting the traditional disease-centered focus of medical practice to a more patient centered approach. Harmony feels strongly that wellness can be achieved by using the time honored practice of Traditional Chinese Medicine along with the core concepts of Functional Medicine to address the whole person not just an isolated set of symptoms. She believes that this allows a better understanding of the origins, prevention and treatment of complex chronic disease.



Jianny Adamo, MA, LPC, LMHC, NCC
Relationship Coaching and Counseling

- Marriage & Couples Counseling
- Depression
- Anxiety & Fears
- Self-Esteem
- Divorce Recovery
- Grief and Loss
- Relationship Coaching
- Singles Coaching
- Positive Communication
- Overcoming Conflicts
- Life Transitions
- Christian Counseling

238 NE 1st Ave, Ste.104,
Delray Beach, FL 33444
www.fearlesslove.net
954-495-4566

Don't just fall in love...Live in Love!

The Greatest Little Secret for Anxiety, Depression, and Sleep

It's called brain biofeedback or neurofeedback. You may have never heard of it. You should. It's one of the only tools that helps train your brain to **BREAK STUCK PATTERNS** with ones that work better. It's based on 40 years of research, including ADHD, mood, and memory. Almost everyone's brain can adapt, no matter what age. Neurofeedback is based on *neuroplasticity, the science of brain change*.

Call us at 561.744.7616 to schedule time for us to discuss your situation.



**CENTER FOR
BRAIN**
CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

Offices in
JUPITER and BOCA RATON
561-744-7616
www.CenterForBrain.com

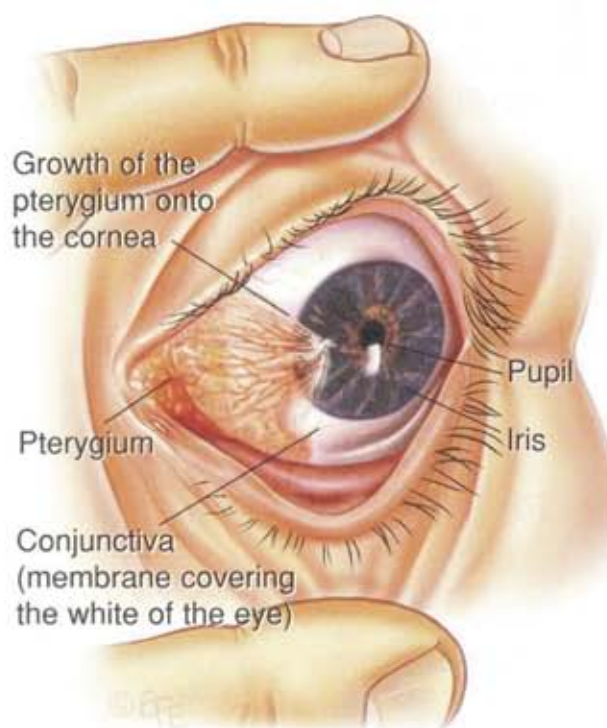
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai - Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, micro-incisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

I Have A Wait Problem

By Brent Myers, Pastor of Community Life

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: "Even youths shall

faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.



Waiting is the fruit of our faith.


Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



Brent Myers @brentdrewmyers

Palm Beach Community Church
4901 PGA Boulevard
Palm Beach Gardens, FL 33418
www.pbcc.cc

Sunday Services at 9:30 AM and 11:00 AM



DAVID A. GOLDMAN, M.D.
561-630-7120
www.goldmaneye.com

- CATARACT SURGERY
- FULL EYE EXAMINATIONS
- CORNEAL TRANSPLANTATION
- DRY EYE MANAGEMENT
- LASER VISION CORRECTION
- REPAIR OF CATARACT SURGERY COMPLICATIONS

3401 PGA Blvd., Suite 440, Palm Beach Gardens, FL 33410



DR. ANNALEE KITAY D.C.
Neural Organization Technique
Alternatives in Healthcare

Neural Organization technique has been successful with men, women, and children who have a number of symptoms and conditions, including but not limited to:

<ul style="list-style-type: none"> ■ Learning Disabilities ■ Pain (chronic and acute) ■ Brain Trauma and Brain/Head Injury ■ Candida (yeast overgrowth) ■ Allergies ■ Autism ■ Cerebral Palsy ■ Disc and Back Issues ■ Down's Syndrome ■ Fibromyalgia 	<ul style="list-style-type: none"> ■ Headaches (including migraines) ■ Injuries From Motor Vehicle Accidents and Other Traumas ■ Concussions ■ Multiple Sclerosis ■ Musculoskeletal Disorders ■ P.D.D. ■ Post Polio Syndrome ■ Scoliosis ■ TMJ ■ Whiplash
---	---

561-620-6007
1700 N Dixie Hwy, Suite 127
Boca Raton, FL 33432
www.drkitay.com

**WHEN IT COMES
TO HEART HEALTH...**

...put your heart
in our
hands

Results Oriented



Andres F. Ruiz, MD, FACC
Board Certified In Cardiovascular Disease
& Interventional Cardiology



Dr. Ruiz specializes in:
Pulmonary Hypertension
Coronary Circulation
Cardiac Arrest
Heart Failure
Diseases of Blood Vessels
Diseases of Myocardium & Pericardium
Venous Insufficiency and Varicose Vein Disease

To schedule a consultation call (561) 327-7766 | 709 South Federal Highway, Suite 3 Boynton Beach, FL 33435
| www.SouthPalmCardiovascular.com | We accept Medicare & Most Insurance Plans