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August 2014

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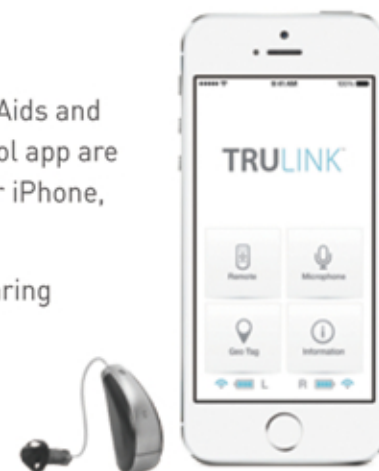
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Hair Loss Awareness Month

Become “Hair Aware”

With new treatment options for Hair Loss Awareness Month

By Dr. Alan J. Bauman

August is National Hair Loss Awareness Month and it's an important time for men and women to talk to their doctors about the newest tests and treatments available to help them enhance, maintain and restore their own living and growing hair.

For more than a decade, the American Academy of Dermatology has been sponsoring National Hair Loss Awareness month as part of a campaign to raise awareness of the condition, which an estimated 50 million men and 30 million women in America suffer from. It is further estimated these men and women spend more than \$3.5 billion a year on treatments. But, much of the time, this money is wasted on treatments that either don't work, or don't work as well as they should.

Unfortunately, despite the availability of effective medical treatments, there still many myths and misconceptions surrounding hair loss, and few physicians who specialize in helping those who suffer from hair loss--a condition which, for some, may have detrimental effects both socially and professionally.

Here is a look at some of the best treatments and tests available for those with hair loss concerns.

Formula 82M Minoxidil -- Aside from the generic and brand-name Rogaine you find on the shelf at every pharmacy, a growing number of off-label customized compounded versions of the medication, like Formula 82M, can be obtained with a doctor's prescription. With

improved tolerability along with the addition of some powerful synergistic components such as retinoic acid, anti-DHT and anti-inflammatory ingredients, Formula 82M minoxidil may offer a dramatic improvement over the aging Rogaine/minoxidil recipe. This advancement is good news for consumers since medical studies have found that the efficacy rate for over-the-counter minoxidil is just 38.3 percent!

LaserCap Laser Therapy -- In recent years, low-level laser therapy or LLLT has become a key element of a multi-therapy hair restoration regimen. Medical research has confirmed the ability of phototherapy to increase energy production in cells - helping weak hair follicles to grow thicker, darker, longer and healthier hair fibers in an all natural way without side effects.



Thanks to new FDA clearances and a wide array of devices, from in-office laser ‘hoods’ to at-home hand-held units, more patients and doctors are utilizing phototherapy as an effective non-chemical treatment option.

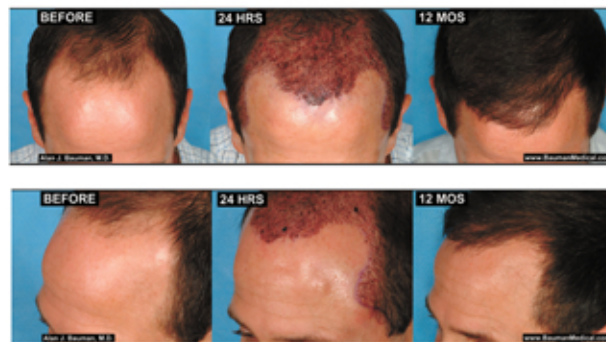
However, a new breakthrough technology in this field now offers a significantly better laser therapy experience - it’s called LaserCap. LaserCap is the first wearable LLLT device and consists of 224 laser diodes to provide extensive scalp coverage. The LaserCap is a cordless, rechargeable, battery-powered, hands-free powerful unit that fits under any baseball cap, hat or bandana. It offers clinical-grade laser therapy at home and many patients start seeing improved hair health and volume in 3 to 4 months. It is important to remember that laser therapy, like other non-invasive hair growth treatments, is no ‘miracle cure,’ but it is an important tool in the treatment of damaged hair, thinning hair and hair loss.

Vampire PRP Cell Therapy -- Platelet-rich plasma (PRP) is a well-known regenerative treatment used in sports injuries, nerve damage as well as oral and cosmetic surgery. Its powerful growth factors can also help restore dwindling hair follicles. Today a few pioneering are using patients’ own concentrated and activated blood platelets for wound healing after hair transplants and as a stand-alone treatment for enhancing hair growth. PRP contains your own concentrated growth factors that stimulate the hair follicles, increase blood circulation and decrease inflammation at the follicle level.

Latisse -- Latisse(Bimatoprost) is already FDA-approved for growing long, beautiful eyelashes, but many believe the drug also holds potential as a treatment for hair loss on the scalp. Allergan has already completed Phase I and Phase II clinical trials on Latisse with hopes of attaining the coveted FDA approval “for hair growth.” If it succeeds, it will be only the second topical treatment to receive FDA approval for hair loss, after minoxidil.

NeoGraft FUE -- The FDA-approved NeoGraft FUE machine is used to extract hair follicles from the donor area at the back of the patient’s scalp – which are then implanted into the bald or thinning areas. This means no scalpels, sutures, or staples for the patient. It replaces the older “linear” or “strip harvest” method of hair transplantation, which removes a large strip from the back of the patient’s scalp, resulting in a long linear scar. The FUE procedure has been available for years, but prior to NeoGraft, it was too time-consuming and expensive for most patients to utilize. Now that NeoGraft makes the process more efficient, surgeons can perform the “Cadillac” of hair transplants in considerably less time, and at less expense for patients.

Genetic Tests -- A breakthrough in the medical evaluation and treatment of hereditary hair loss, new genetic tests – like HairDX - can be used to not only accurately determine a man or woman’s risk for losing hair, but also to predict their response to various treatments like finasteride and minoxidil. The quick, non-invasive, DNA tests are a reliable way for you and your doctor to determine if you are ‘high-risk’ or ‘low-risk’ for the hereditary form of hair loss and whether you are a good candidate for certain types of medical treatment.



To learn more about any of these treatments, or to assess your personal hair loss risk, contact a full-time hair restoration physician who can work with you to determine the most effective treatment regimen for your specific needs. Patients should look for someone who is board-certified by the American Board of Hair Restoration Surgery, recommended by the American Hair Loss Association and an active member of the International Society of Hair Restoration Surgery. 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.

About Dr. Alan J. Bauman, M.D.

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 15,000 hair loss patients and performed nearly 7,000 hair transplant procedures. A international lecturer and frequent faculty member of major medical conferences, Dr. Bauman’s work has been featured in prestigious media outlets such as CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men’s Health, The New York Times, Women’s Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS-certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.



Alan J. Bauman, M.D.
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If you are over 30 you should know about Sarcopenia:

From the time you are born to around the time you turn 30, your muscles grow larger and stronger. But at some point in your 30s, you begin to lose muscle mass and function, a condition known as age-related sarcopenia.

Loss of muscle is an expected result of the aging process, but it is not inevitable. While nearly all adults start losing muscle mass as early as their thirties, the usual decline in strength and muscular size is largely preventable.

Maintaining muscle mass as we age should be an important part of a healthy lifestyle as it contributes to skeletal strength and helps prevent injury while maintaining a healthy body weight.

The primary treatment for sarcopenia is exercise. Specifically, resistance training or strength training -- exercise that increases muscle strength and endurance with resistance has been shown to be useful for both the prevention and treatment of sarcopenia.

Resistance training has been reported to positively influence the neuromuscular system, hormone concentrations, and protein synthesis rate. Research has shown that a program of progressive resistance training exercises can increase protein synthesis rates in older adults in as little as two weeks.

Jill Pacini of Palm Beach Gardens is a young and active 61 years and mother of two. While Jill has been physically active since she was 27, making 5am runs her first priority, she has a very specific goal in mind at this point in her life, "I want to retain strength and fight the tendency to lose muscle tone and strength that naturally occurs with age". What Jill is referring to is the medical condition known as Sarcopenia, and we all face it.

Jill learned about Fitbella's approach to wellness using, individualized fitness plans and resistance training from a Fitcoach while at a party. After her free consultation and trial, Jill was sold on the Fitbella method.

The Fitbella method is unlike any other fitness program available in the area. You execute a customized personal workout inside a Fitcapsule, under the instruction of a trained Fitcoach. The Fitcapsule is a large capsule heated to 98 degrees, maximizing the benefits of reshaping and



strengthening the body. Working closely with the Fitcoach, you complete a combination of targeted muscle resistance movements while the warmth activates the metabolism. The entire routine is complete in about 30 minutes. One 20-30 minute workout in the Fitcapsule is equivalent to about an hour-and-a-half at a regular gym.

Following the workout, you relax in the Fitbath, a steam bath designed to detox, smooth, tighten and hydrate skin. Fitbella's approach to anti-aging, controlled and targeted muscle resistance, metabolic stimulation, and hydration is a winning combination in the fight to remain young at heart and body.

To learn more about The Fitbella Method and schedule your **FREE CONSULTATION** contact a Fitcoach at 561-775-0122.

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Following the workout, you relax in the Fitbath, a steam bath designed to detox, smooth, tighten and hydrate skin. Many women find that the Fitbath is calming and relaxing after completing their Fitcapsule workout.

Getting your body ready for peak beach season is never effortless, but it does not have to be complicated, and the hot bikini body you've been wishing for might be easier to achieve than you think with Fitbella. The personalized exercise and nutrition plan developed just for you by a Fitcoach is designed to target your trouble areas. Your plan will include specific exercise movements and foods that will help you achieve your fitness goals in no time! Following the Fitbella program will help you lose those unwanted pounds, tighten and tone those trouble areas, and reshape your body in time for you to hit the beaches and enjoy summer.

Fitbella is more than just a weight-loss method, it is a lifestyle. It is a natural healthy way for women to lose weight and be fit.



Choroidal Neovascular Membranes

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

Choroidal neovascular membranes (CNVM) are new blood vessels that grow beneath the retina and disrupt vision. These blood vessels grow in an area called the choroid, the area between the retina and the sclera (the white part of your eye). The choroid supplies oxygen and nutrients to the eye. CNVM occur when new blood vessels start to grow in the choroid and break through the barrier between the choroid and the retina. When CNVM leak in the retina, they cause vision loss.

CNVM are associated with many serious eye diseases, most commonly wet age-related macular degeneration. In addition, CNVM are found in patients with histoplasmosis, eye trauma and myopic macular degeneration, an eye disease in patients who are extremely nearsighted.

Choroidal Neovascular Membranes Symptoms

If you have CNVM, you may experience painless vision loss. You may notice blank spots in your vision, especially your central vision. Your vision may be distorted, so that straight lines appear bent, crooked or irregular.

Who Is at Risk for Choroidal Neovascular Membranes?

Because wet age-related macular degeneration accounts for most patients with CNVM, they are most commonly found in people age 50 and older, with the risk growing with age.

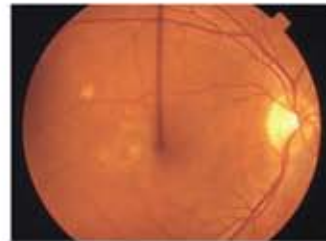
However, people with risk factors for different eye diseases or who experience eye trauma may develop CNVM at a younger age.

Choroidal Neovascular Membranes Diagnosis

If your ophthalmologist suspects you may have CNVM, he or she will take special photographs of your eye using fluorescein angiography and optical coherence tomography (OCT).

During fluorescein angiography, a fluorescein dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. Photographs are taken of your eye as the dye passes through the retinal blood vessels. Abnormal areas will be highlighted by the dye, showing your doctor whether you have choroidal neovascular membranes.

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps in detecting abnormal blood vessels.

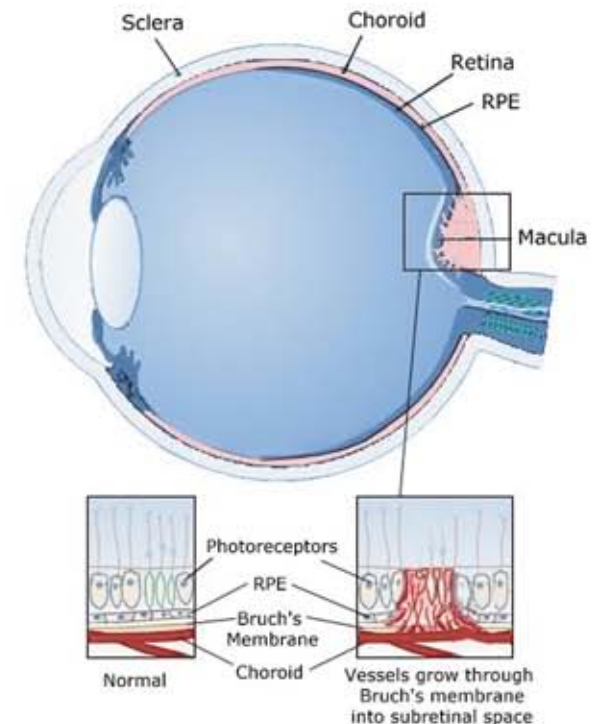


Choroidal Neovascular Membranes Treatment

Treatment of CNVM may vary depending on the underlying disease. Treatment for CNVM includes anti-VEGF treatment or/and thermal laser treatment. Depending on the progress of your disease, you may receive with one or more of these treatments.

Anti-VEGF treatment

A common way to treat CNVM targets a specific chemical in your body that causes abnormal blood vessels to grow under the retina. That chemical is called vascular endothelial growth factor, or VEGF. Several new drug treatments (called anti-VEGF drugs) have been developed that can block the trouble-causing VEGF. Blocking VEGF reduces the growth of CNVM, slows their leakage, helps to slow vision loss and in some cases improves vision.



Your ophthalmologist administers the anti-VEGF drug directly to your eye in an outpatient procedure. Before the procedure, your ophthalmologist will clean your eye to prevent infection and will use an anesthetic to numb your eye with a very fine needle. You may receive multiple anti-VEGF injections over the course of many months. Repeat anti-VEGF treatments are often needed for continued benefit.

MicroPulse Laser Treatment

Another form of treatment for CNVM is with MicroPulse Laser therapy. Laser treatment is usually done as an outpatient procedure in the doctor's office or at the hospital.

The laser beam in this procedure is a Low-energy level micropulses, focused beam of light that produces a small burn when it hits the area of the retina to be treated that cause no pain and leaves no scar. This destroys the abnormal blood vessels, preventing further leakage, bleeding and growth.

Following laser treatment, vision may be more blurred than before treatment, but often it will stabilize within a few weeks.

Usually the abnormal blood vessels are destroyed by laser treatment. However, patients who receive this laser procedure often need a re-treatment within three to five years.

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

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Cold Laser Therapy

A Revolutionary Treatment for Pain Conditions

By Dr. James McErlain, D.C.

What is Cold Laser Therapy?

Cold laser therapy, otherwise known as low level laser therapy or low light laser therapy (LLLT), has been scientifically proven to increase healing in a targeted area by over 400%. LLLT (Low Level Laser therapy) is a painless, sterile, non-invasive, drug-free treatment used to heal a variety of pain syndromes, injuries, wounds, fractures, and neurological conditions. Laser therapy can be used on virtually all areas of the body (excluding eyes), at any age.

Around the world laser therapy is rapidly becoming a medical therapy that can heal wounds and fractures up to 60% faster and also reduce the cost of treatment for many conditions. In the U.K. LLLT has become the treatment of choice for soft tissue "whiplash" injuries and for the treatment of painful shingles.

According to published medical reports, many acute and chronic conditions may be improved or eliminated with laser use including:

The Cold Laser, or Low Level Laser Therapy, can be used for:

- Inflammatory conditions- Carpal Tunnel Syndrome, Epicondylitis, Plantar Fasciitis, Bursitis, Arthritis
- Pain management for Fibric Myalgia Myofscial pain, cervical neck, thoracic and low back pain.
- Connective tissue disorders such as sprains, strains, tendonitis, and tendon ruptures.
- Joint injuries, disorders such as TMJ disorders, osteoarthritis, dislocations, and ligament injuries.
- Muscle injury or disorders such as muscle bruises, contusions, muscle ruptures, and muscle shortening contractures like frozen shoulders.
- Neurological injury or disorders such as prolapsed disc, ruptured or herniated discs, crush injuries, neuritis, and headaches.

How Does Laser Light Heal?

Healing with the use of light is not new. Light therapy was reported to be effective for many conditions by Hippocrates. With the development of



the laser and its special properties, using light as a treatment has gained momentum due to the successful outcomes.

Cold laser therapy (also called Low Level Laser Therapy or LLLT) involves the use of light (a specific wavelength and frequency of coherent light, generated from a low-wattage therapeutic laser) to stimulate the body's cells and cause them to accelerate the healing process. The therapeutic use of lasers (LASER is an acronym for Light Amplification by Stimulated Emission of Radiation) is not a new idea; they have been used to stimulate healing since 1967. The term "cold laser" refers to the specific wavelength of light used, which is usually in the 630 nm to 980 nm ranges of the electromagnetic spectrum.

This wavelength allows for the least energy to be absorbed by surface tissue (meaning that the patient does not experience any sensation of heat or warming), while allowing the healing properties of the light to facilitate wound and tissue healing. Low-level laser therapy has been shown to reduce inflammation and accelerate the body's own healing mechanisms. When cells are exposed to laser light, cell functions are stimulated, improving immune system function, increasing collagen synthesis and enhancing tissue regeneration.

What can you expect during a Laser Treatment Session?

Most people find the therapy quite passive. There are no pulsating shocks, or heat. The most noticeable sensation is the laser head itself touching the skin. Some patients (3%-5%) have reported a slight tingling sensation, but have not found this painful. For the most part the treatment, which can last from 2-20 minutes, is not noticed at all.

Following and even during the session 75-80% of patients noticed an immediate improvement in their symptoms and condition. This will primarily depend on the type of condition treated and the length of time the ailment has been present.

Testimonials:

"After one treatment with the laser, my ankle pain was gone from a chronic water skiing accident."

Steve R. – Severe Ankle Sprain

"I tell people to please don't do the surgery until you try this laser."

Gregory B – Carpal Tunnel

I had tried traditional PT modalities but was unsuccessful. 3 laser sessions and the pain was gone."

Anne K, PT – Piriformis Syndrome



Benefits of Cold Laser Therapy (LLLT)

Obvious benefits of cold laser therapy over drugs or surgery are that it is safe, pain- and drug-free, non-invasive, and has no known side effects. The results are quickly perceived by patients, and laser therapy can be used immediately after an injury. Cold laser therapy has also been studied in over 3000 clinical trials, with proven clinical results. If you are interested in finding out if Cold Laser Therapy will benefit your condition, contact Dr. McErlain at (561) 741-7575 for a consultation.



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Back to School CHECKLIST

1-2 weeks before school

- ✓ Sort through kids' fall clothing; donate or hand down what doesn't fit. Purchase basic wardrobe necessities for each child as needed
- ✓ Sit down with your planner and write in the entire school calendar for all schools attended by your children.
- ✓ Research and evaluate extracurricular activities for the school year.
- ✓ Purchase backpacks and water bottles as needed.
- ✓ Set up an "Organization Station" in a convenient location near the door in your house. Get one basket or crate for each child; use these baskets for your kids' belongings, e.g. books, hats, gloves, sports equipment.
- ✓ Start getting your kids back on their school year bedtime routine.
- ✓ Schedule haircuts as needed.
- ✓ Bulk shopping: visit your local big box retailer and stock up on non-perishable basics like juice/milk boxes, napkins, sandwich bags, and snack foods like pretzels. While you're there, stock up on supplies like permanent markers, pencils, pens, tissues, and loose leaf paper.

3 days before school starts

- ✓ Plan meals for the first week of school.
- ✓ Make sure your camera is charged and ready for the first day of school!

1 day before school

- ✓ Prepare lunches and snacks for first day of school.
- ✓ Pack supplies in back packs.
- ✓ Lay out clothes for first day of school.
- ✓ Set alarm clocks.

First day of school

- ✓ Take a picture of your kids in the same spot every year. This is a great way to see how they have grown.
- ✓ Celebrate by stopping at your favorite ice cream shop after school.

Source: imom.com



Testosterone linked to Health Concerns in Men

Low testosterone has long been the bane of many men's existence. It wreaks havoc with your sex drive, causes hair loss, makes you tired and can even change your personality and cause depression. However many men may not realize there are many health issues associated with low testosterone. It is important to understand the health issues that can be caused by low testosterone as well as resources to treat the underlying problem of Low T.

Anemia

Anemia is an imbalance in your blood caused by low iron levels. Recent studies have shown that men with low testosterone are five times more likely to suffer from anemia than men with normal levels. Anemia can be challenging to live with as it causes fatigue, weakness, headache, shortness of breath, leg cramps, dizziness and even lack of concentration. If any of these symptoms sound familiar, it would be worth your while to have your testosterone levels tested.

Cardiovascular Risks

Low testosterone can accelerate plaque build up in arteries. It can also lead to a loss of flexibility in connective tissues as well as in vascular muscles. Plaque can cause high blood pressure as well as stroke. Boosting testosterone levels will lessen the risk of stroke caused by arterial stiffness as well as lessen plaque build up.

Diabetes

If you have diabetes you are twice as likely to have lower levels of testosterone. Testosterone assists your body in processing blood sugars especially those using insulin. Inadequate testosterone levels impairs your body's ability to process blood sugar and can lead to both weight issues and diabetes. Those with pre-diabetes or borderline blood sugar levels can stave off diabetes by maintaining optimal testosterone levels.



Body Fat and Obesity

There are distinct ties between low testosterone and weight gain or obesity. It is very common for obese men to have lower testosterone levels. Optimal testosterone will help boost your metabolism and aid in weight loss. Testosterone is also a key ingredient in maintaining and building lean muscle tissue. When it comes to weight it is a vicious circle as low testosterone causes weight gain and weight gain causes low testosterone.

Aging

Aging is something none of us can avoid all together, but we can slow down the hands of time, and diminish the side of effects of aging (low libido, fatigue and even depression), men entering into middle age can all be aided when they understand testosterone function, its importance, and optimal testosterone levels.

Metabolic Syndrome

Metabolic syndrome has many unpleasant effects on the body including an increased the risk for diabetes and blood-vessel disease. Health issues associated with increased weight occur as metabolic syndrome increases fat in the blood as well as sugar and/or glucose levels. Studies have shown that in those who underwent testosterone replacement, therapy lowered the occurrences of metabolic syndrome from 55 percent to just 30 percent.

What is your testosterone level? What is your optimal level? If you don't know the answer to these questions you should. It's a matter of you living healthy. Knowing how to boost testosterone can help you avoid all of these common health issues. There are many reasons why your testosterone levels drop and if you're a man who's experiencing symptoms such as decreased sex drive, erectile dysfunction, depressed mood, and difficulties with concentration and memory, and you think low testosterone may be to blame, there are solutions to solve this problem.

At Maximum's Men's Clinic we specialize in all things relating to men's health. If you or someone you love believes Low T may be affecting your health and quality of life, we are here to help you find answers, contact our team for a free consultation at **561-402-7159**.

www.MaximMensClinic.com



miraDry™

DON'T SWEAT IT!

By Daniela Dadurian, M.D.

Ever been caught in a business meeting, presentation or even just a dinner date, and you're secretly keeping in a condition that may be causing you to have anxiety in social settings? Well, millions of people are suffering from a condition called hyperhidrosis, also known as excessive underarm sweating. The only relief for this condition has been antiperspirants that were not very effective or Botox. Botox for the treatment of underarm sweating has been the only real solution to this problem, however it requires multiple treatments per year.



WHAT IS THIS PROCEDURE?

The miraDry delivers electromagnetic energy to the area under the arm where the sweat glands reside and heats and eliminates the sweat glands. Since the sweat glands do not regenerate...results are lasting and immediate. This FDA approved procedure is noninvasive with little downtime, so patients can go about their normal routines after treatment.

WHAT CAN I EXPECT?

Local anesthesia is injected under your arm for the comfort of the device. A temporary grid is placed on the underarm and the miraDry hand piece is then applied for the thermal penetration.

HOW MANY TREATMENTS WILL I NEED?

This in office hour procedure requires a total of 2 treatments spaced 3 months apart. (95% decrease in sweating after 2nd treatment). Even after the 1st treatment you should experience 70-75% decrease in sweating.

WHO IS A CANDIDATE FOR THIS PROCEDURE?

Anyone over the age of 18 who suffers from excessive underarm sweat.

DON'T I NEED MY UNDERARM SWEAT GLANDS?

Your body contains over 4 million sweat glands, with only about 2% located under the arms. Eliminating this 2% will not affect the body's ability to cool itself.

WHAT ARE THE SIDE EFFECTS?

You may experience a decrease in hair growth under the arm. You may experience tenderness, redness and swelling for several days. You may apply ice to the underarms after the treatment and take a mild analgesic if needed.



For more information call 561-655-6325 or visit www.mdbeautylabs.com.



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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 Specialists and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.

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

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NEW APPROACH IN THE TREATMENT OF MIGRAINE HEADACHES:

By Aaron E. Bronson, Doctor of Chiropractic

If you've ever suffered from a migraine headache, you know how helpless and miserable it can make you feel. People who suffer through migraines experience limited mobility, often unable to speak or function normally due to the intensity and duration of the pain. On days like these, some seldom make it out of bed at all.

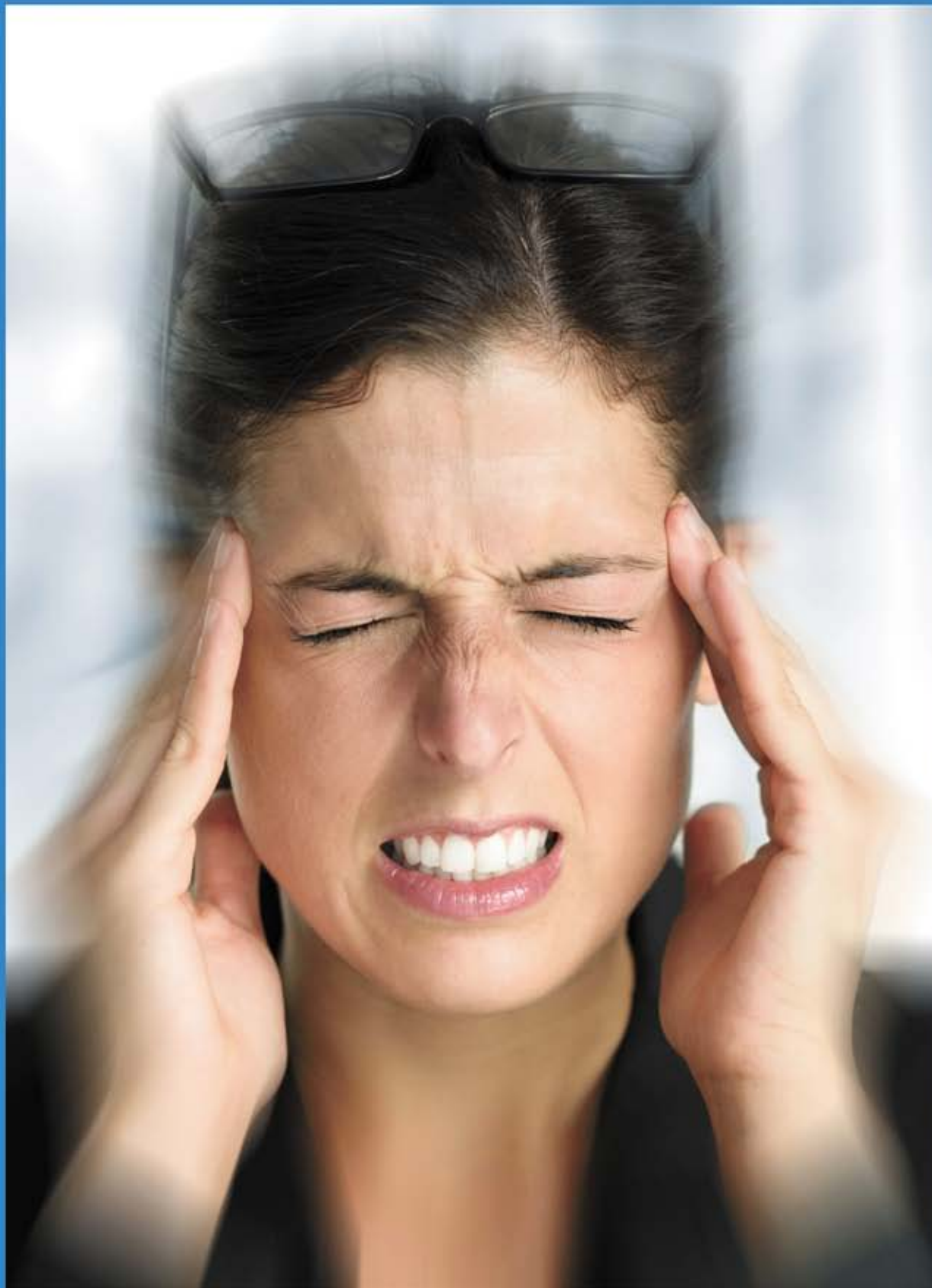
Along with debilitating pain, migraines can generate blurred vision, dizziness, nausea, and sensitivity to light and sound. A condition with such seemingly random patterns of frequency, duration, and specific triggers can frustrate sufferers and healthcare providers alike.

According to the National Headache Foundation, at least 29.5 million people in the U.S. suffer from migraines, and between 70 and 80 percent of those have a family history of the condition. Many turn to traditional medical sources for relief, utilizing strong medications and enduring ineffective and costly treatments in a desperate attempt to eliminate the pain.

What's more, drug therapy typically involves side effects, complications with other medications, and in some cases even addiction or dependencies that further incapacitate patients or diminish the body's natural ability to heal itself.

There are better, more productive treatment options available from licensed, qualified professionals who take the time to assess and treat those who have either exhausted a conventional approach or never considered treatment at all. A lesser-known procedure called Upper Cervical Chiropractic, pinpoints and corrects subluxation or misalignment of this critical connection between the neck and spine.

"Cervical spine manipulation was associated with significant improvement in headache outcomes in trials involving patients with neck pain and/or neck dysfunction and headache."



Although headaches are not caused by just one specific source, a large amount of research clearly demonstrates that the majority of headaches are caused by problems in the cervical (neck) region of the spine. The vertebra of the cervical spine can become misaligned because of excessive or repetitive stress. These misalignments, also known as "vertebral subluxations" irritate the nerves in the neck and cause excessive muscle tension, all of which can contribute to a wide variety of headaches.

There is an established and documented link between anomalies of the C1 or "atlas" vertebra, the cranio-vertebral area and migraine headaches. The pressure on vertebral arteries and the brain stem can lead to a host of problems and conditions. An increasing number of headache victims are turning to Chiropractic for help. This only makes sense as the Doctor of Chiropractic specializes in the structure of the spine and its protective relationship to the nervous system. Chiropractors detect and correct spinal misalignments by physically adjusting the spine to restore its proper structural position. This removes the spinal stress and allows the nervous system to function correctly. The effectiveness of Chiropractic in resolving headaches has been well documented in research and case studies.

"Over 70% of all headaches arise from problems with the cervical spine and its related structures."

Canadian Family Physician

Research on the upper cervical spine began in the 1930's, pioneered by Dr. B.J. Palmer, who devoted much of his life to studying more than 6,000 patients at his research clinic to better understand how upper cervical injuries affected human health. Today's select groups of specifically trained individuals who successfully treat patients with safer, more accurate corrections are the beneficial result of that understanding.

An Upper Cervical Chiropractic Care is non-invasive, gentle and highly effective. We use the latest technology to ensure effective and precise care. Bronson Family Chiropractic is committed to excellence in health care for our patients. We offer Palmer Upper Cervical care and ProAdjuster techniques from our offices in Palm Beach Gardens. We are proud of the quality of care we provide and are always looking at the latest technology for a way to better assist our patients. If you or someone you love is tired of suffering from debilitating migraine headaches let us help you life migraine free contact Dr. Bronson and his team at 561-694-8877.

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Aaron E. Bronson: Doctor of Chiropractic

As a seventh generation Florida native, I grew up with a natural love and affinity for Florida; its environment and its people. As a young child, my thirst for science and discovery grew as I was often doing special projects and participating in Science fairs throughout the state. My other passion growing up was baseball. This passion had me look at body mechanics and how just the slightest movement could affect the end result – namely raising my batting average. Persistence and practice paid off and one of my dreams came true when I helped lead The King's Academy to the State High School Baseball Championship.

The University of Florida was a perfect fit for my undergrad work. I really loved my time in Gainesville. After graduating UF with a B.S. degree, it was off to Chiropractic school at Life University in Atlanta GA.

I was fortunate to be mentored by Dr. Milton Miller of North Palm Beach while in school. During this time, I saw first hand the daily miracles experienced as a result of Chiropractic care and specifically the life giving results from Upper Cervical adjustments. Dr. Miller had trained under the late Dr. B.J. Palmer and his knowledge and understanding of Chiropractic care was invaluable to me. His office was my classroom, his patients were the lab and my job was to observe and witness the results while learning what only years of experience could bring. This relationship continued after graduation as I showed up as the new doctor in town and worked with Dr. Miller until purchasing the clinic in August of 2003.

Bronson Family Chiropractic is committed to excellence in health care for our patients. We offer Palmer Upper Cervical care and ProAdjuster techniques from our offices in Palm Beach Gardens. We are proud of the quality of care we provide and are always looking at the latest technology for a way to better assist our patients.

I currently live in Jupiter, FL with my 2 beautiful daughters, Kayla and Emma. Gator football, Major League Baseball, fishing, and golf have me feel like everyday is 'paradise' while doing the work I love.



The Truth About Exercise & Weight Loss:

By Suheil Khuri M.D.

Exercise is important for several reasons. It does burn calories. It boosts metabolism for a few hours post-workout, and for the long term if we build muscle mass. Exercise also improves insulin sensitivity making our bodies better at using calories for energy as opposed to storing fat. However, as many of us have experienced, these benefits can be lost quickly if we do not maintain a balanced diet.

First, understand that exercise, in and of itself, will not foster a lot of weight-loss. This is somewhat depressing but important to understand. You simply do not burn a lot of calories in comparison to the amount of calories it takes to burn one pound of fat when it comes to exercise.

As a rule of thumb, weight loss is generally 75 percent diet and 25 percent exercise. An analysis of more than 700 weight loss studies found that people see the biggest short-term results when they eat smart. On average, people who dieted without exercising for 15 weeks lost 23 pounds; the exercisers lost only six over about 21 weeks. It's much easier to cut calories than to burn them off. For example, if you eat a fast-food steak quesadilla, which can pack 500-plus calories, you need to run more than four miles to 'undo' it!

Exercise Equals Insurance

Exercise is absolutely the key in keeping the weight off long-term. In fact, Exercise is your 'insurance' for long-term weight-loss, and not free so you'll have to put in the time and effort to reap the benefits. Align your fitness regimen so that it includes cardio and strength in order to maximize weight-loss.

Cardio

An effective cardiovascular routine incorporates different intensities throughout the week. This method of training forces your body to become more efficient at burning fat calories for fuel at various intensities.

For example, if you do three cardio sessions throughout the week, one workout may be longer duration and low-intensity (45-60 minutes at a low heart rate), a second may be short duration high-intensity (15-30 minutes at a high heart rate) and a third may be intervals for moderate intensity (40 minutes of low

and high heart rates; walk 3 minutes and jog 2). Your body will react to the way you train, and the key is getting your body to be more efficient at burning fat fuel at various heart rates.

Strength Training

Strength training is very important for sustainable weight-loss because it takes more energy to maintain lean muscle versus fat mass, simply said, muscle burns more calories than fat. The focus of your strength training should be to maintain the lean muscle through the weight-loss phase and then body-sculpt once you hit your goal weight. In order to do this, keep your sets and reps around 2-4 and 12-20 respectively and make sure you're targeting all muscles groups for a total body strength routine (ideally, train each muscle group a minimum of two times per week).



As you increase your fitness, another helpful tip is to incorporate one to five minute bouts of cardio exercise into your strength training routine to increase the total caloric burn for your workout (perform one total circuit and do five minutes of moderately intense cardio before starting your second set or cycle of exercises).

Here are a few tips to keep you on track from a nutritional standpoint:

- 1. Portion Control** – Be aware of how many calories you are taking-in each meal.
- 2. Small Meals** – Eat small meals more frequently throughout the day to keep your metabolism burning.
- 3. Balance** – Eat the right balance for your body of good carbohydrates, healthy fat and lean protein.
- 4. Fruits and Vegetables** – Eat a wide variety of non-starchy vegetables and fruits (spinach and berries).
- 5. Calorie Deficit** – Create a daily calorie deficit (expend more calories than you take in).

Conclusion

So the real skinny for exercise and weight-loss is to:
#1 Always stay on top of your nutrition, this is the key to weight loss.

#2 Incorporate a wide variety of cardio intensities throughout the week.

#3 Incorporate total body strength routines to foster lean muscle mass.

At Dr. G's Weightloss and Wellness of Jupiter we specialize in customizing a comprehensive weightloss plan tailored for your individual metabolic and lifestyle needs. Call us at: **561-427-2232** or e-mail us at Jupiter.florida@drGsweightloss.com for a free consultation.

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Arts and Education: a way to a happy, healthy heART!

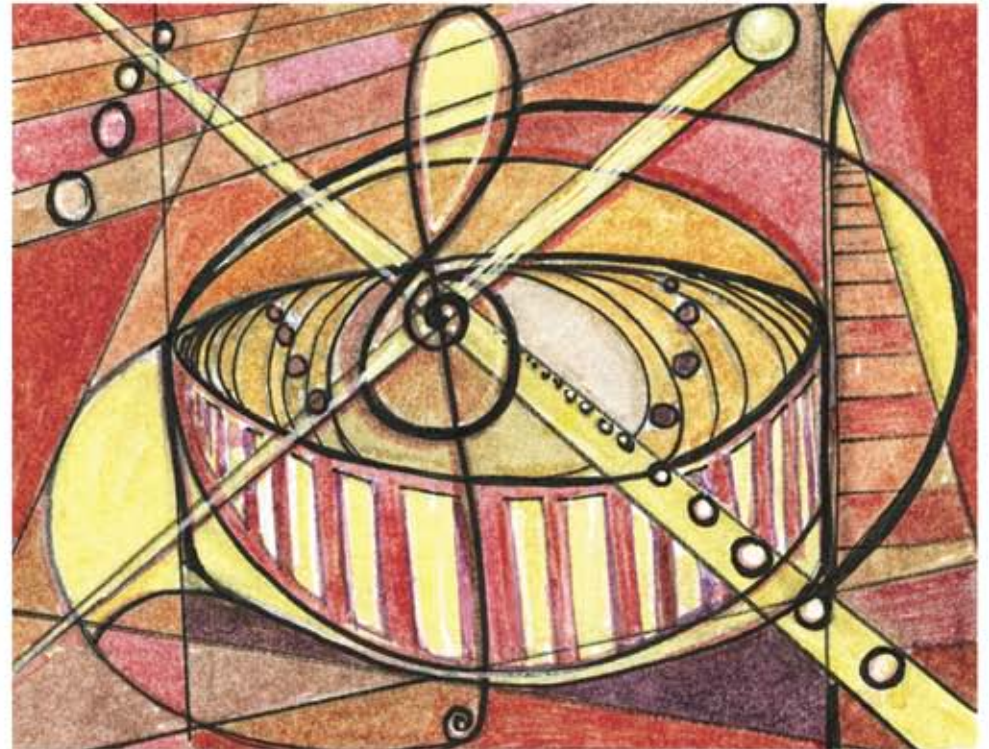
Dr. Emery E. Alford, Dean, School of Arts, Humanities and Social Sciences
Florida SouthWestern State College

All I ever wanted to do was play the drums. I still vividly remember sitting on the floor of my mother's kitchen at a very young age with pots and pans of many shapes and sizes arranged in a circle as I flailed about with wooden spoons in hand striking my batteria in reckless abandon. As I grew older, I would setup my mélange of assorted items and rock out in front of the RCA Victrola, blasting away the Top 40 tunes of the day. I reached decibels well below what I would later experience performing as a percussionist in marching and concert bands, symphony orchestras, jazz ensembles and mega-watt rock bands of the late 60's, 70's and 80's. (*My ears are still ringing from a series of concerts I performed with The Moody Blues about 20 years ago.*)

I share this knowing without a doubt that my introduction to music in junior high school shaped my life. I grew up in a small south Texas town where life did not offer many opportunities for one to experience or appreciate the arts. Like most boys, I ran track, played basketball, and was pretty good at baseball. However, joining the school band at the start of my 8th grade - *while my parents were divorcing* - gave me an opportunity to channel my energies and love of playing the drums into a focused pursuit that gave me the greatest sense of achievement and happiness. As my musical skills increased, I dreamed of going "out west" with the hopes of becoming a studio musician performing music for the movies. Instead, I wound up performing professionally in symphony orchestras, Broadway touring shows, opera and ballet companies, and assorted rock,

pop, and jazz groups while also spending 35+ years in higher education as a teacher and administrator. (I've also had several stints in the corporate world.) In retrospect, I now realize my ability to think, to question, to formulate an opinion, and to accept and embrace challenges as opportunities was an outgrowth of the knowledge, skills and abilities learned and developed through my background and experiences in the arts. While pounding away during my "drumming" years, I never imagined then how my exposure to the arts would enable me later to be a productive citizen beyond the concert stage.

Much has been written and argued as to the role and relationship of the arts and education. Countless studies and reports have been presented that affirm the achievement of higher test scores of students who have studied within the arts (i.e., SAT scores are often 40-50 points higher). In the Federal No Child Left Behind (NCLB) Act of 2001, the arts share equal billing with reading, math, science, and other disciplines as "core academic studies" (*Critical Evidence*, Ruppert, 2006). In the research compendium *Critical Links* (Deasy, editor 2002), summaries of studies conducted in dance, drama, visual arts, music and multi-arts provide critical evidence linking the study of the arts with student achievement and success - particularly in reading and language, mathematics, thinking and social skills, and motivation to learn. The ability to work "solo" or as part of a team is managed easily by musicians, actors, and dancers, much like those



personified and sometimes glorified by students participating in athletic team sports. Critical thinking and interpretative skills, creativity, and higher-level problem solving traits are especially exhibited by students of the arts.

Critical Evidence concludes that "Learning in the arts is *comprehensive*, benefits associated with the student of the arts are inclusive to all students, and an arts-rich learning environment can have *far-reaching effects*. Starting to trickle in are the first round of required State reports assessing NCLB goals. I can only hope the evidence will show that in those programs where the arts were integrated and embraced, the value of arts *in* education is realized.

Finally, I have worked with literally thousands of music students and watched them attain success in a variety of occupations (most were *not*

music majors). Like the ideal Renaissance man who should be able to sing, dance, play a musical instrument, understand the arts, and be a kind and charitable person, I encourage you to embrace arts in education and pursue your passion. Sing (*like no one is listening --in the shower is a good place to start*), dance (*like no one is watching*), and draw, finger-paint or color using every crayon in the box. Take your place on the stage of life and act out your fantasies (*to the delight of your inner child*). Try any of these, and you will *live* a way to a happy, healthy *heART!*

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Stopping Your Gums From Going Away

By Lee R. Cohen, D.D.S., M.S., M.S.

A common problem for many people is the loss or recession of their gums. This can be caused from a variety of reasons including genetics (let's blame mom and dad), trauma, poor/improper oral hygiene or a number of other issues.

What Can Happen:

As the gum recedes, the jaw bone beneath it is also lost. This bone aides in holding the teeth in place. The more the gum recedes, the more the bone deteriorates. People with this type of problem often notice they have longer looking teeth. A number of issues can develop as the gum and bone are lost. As this bone disappears, the support for the teeth goes away, which can ultimately lead to tooth loss. Slowing this bone loss can help preserve your teeth. In addition, as the gum and bone recede, more of the tooth structure becomes exposed. This portion of the tooth called the root is usually hidden under the gum tissue. The root does not have an enamel coating and often gets decay at a faster rate than the crown part of the tooth. In addition, other common complaints related to gum recession include an unpleasant appearance and sensitive teeth.

How It Works:

We are born with 2 types of gum tissue: Thick (like the roof of our mouths) and Thin (like the inside of your cheek). Typically, we have both overlying our teeth. The thick gum is the part present right where the tooth comes out of the gum tissue and helps prevent the gums from receding. As the gum starts to go away we lose this protective zone of tissue. At the same time, the bone that was beneath this area of recession deteriorates. Once all of the thick tissue is lost, we typically see the remaining thin gum and bone disappear at a faster rate.



What Can Be Done:

Gum recession is usually treated to help slow the loss of the underlying jaw bone. The main goal of treatment is to redevelop or increase the presence of the thick tissue. "Soft Tissue Grafting" procedures are used to help develop this thicker tissue. In doing this, we are working to slow or prevent the continued loss of gum and bone. Ultimately, this may help preserve the teeth for a longer period of time. There are a variety of techniques that can be used to help develop this tissue.

In some instances, we are able to not only thicken the zone of tissue, but also bring the gum level back to where it was before it receded ("root coverage"). This is usually done in conjunction with the redevelopment of the thicker tissue. It is not always possible to achieve this root coverage in all circumstances.

Soft tissue graft procedures have been shown to be very effective, but as with any medical or dental procedure success cannot be guaranteed. Enhancing or restoring thick gum tissue can play a major role in delaying the loss of the jaw bone and help prolong the life of the teeth involved. A thorough periodontal evaluation is needed to determine the best treatment option for each individual situation.

Lee R. Cohen, D.D.S., M.S., M.S.

Lee R. Cohen, D.D.S., M.S., M.S., is a Dual Board Certified Periodontal and Dental Implant Surgeon. He is a graduate of Emory University and New York University College of Dentistry.



Dr. Cohen completed his surgical training at the University of Florida / Shands Hospital in Gainesville, Florida. He served as Chief Resident and currently holds a staff appointment as a Clinical Associate Professor in the Department of Periodontics and Dental Implantology. Dr. Cohen lectures, teaches and performs clinical research on topics related to his surgical specialty.

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (LANAP procedure) to help save teeth and treat periodontal disease without the use of traditional surgical procedures. Additionally, he uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.

Dr. Cohen currently serves on the Board of Trustees for the American Academy of Periodontology and formerly the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.



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Captioning Telephones Free for Individuals with Hearing Difficulties

By Dana Luzon, Au.D., CCC-A, FAAA, Board Certified Doctor of Audiology

Captioning telephones work like a standard phone for the user but connect to the internet to gather captions of words spoken by the individual on the other end of the line. The captions are displayed on the base of the phone near the receiver. The service is paid for by a Federal Communications Commission (FCC) fund that fulfills a mandate of the Americans with Disabilities Act to provide functionally equivalent communication for those with hearing loss. Delivery and installation of the device are also free.

Adults with difficulty hearing will once again have an opportunity to receive free help communicating on the phone with captioning telephones, thanks to a recent District of Columbia circuit court ruling. The CaptionCall® phone, an assistive listening telephone previously available for free through a provision in the Americans with Disabilities Act, has, since October of last year, been costing customers \$75 per phone. The recent court ruling has temporarily lifted this charge pending further review expected to take place this summer.

"This is a great service for anyone with a measurable hearing loss," says Dana Luzon, Doctor of Audiology with Audiology and Hearing Aids of the Palm Beaches. "Talking on the phone with a hearing loss can be difficult, leading to isolation and social withdrawal. CaptionCall, by showing the lines of speech on a screen, makes it much easier to fully understand someone on the other end of the line."

The recent reversal of cost for the phone is due to a Stay Request filed by Sorenson Communications, Inc., the company that owns CaptionCall. The Stay Request was filed with the D.C. Circuit Court of Appeals in October 2013 and was granted in January. The free CaptionCall offer will remain in effect at least until the summer, when the case is decided, according to the CaptionCall website. The outcome of the case will determine whether CaptionCall will remain completely free or not.



"People with hearing loss are able to gain an extra communication advantage through this device and program, and it's free," Dr. Luzon says. "If this is something that an individual with hearing loss may want, now is the time to act while it is still free."

Call Audiology and Hearing Aids of the Palm Beaches today at (561) 627-3552, to schedule a hearing test to determine if you are a candidate for a free Captioned Telephone and let us be your home for hearing healthcare.



CaptionCall®



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Dana Luzon, Au.D., CCC-A, FAAA, Doctor of Audiology

Originally from Southern NJ, Dana Luzon received her undergraduate degree in Speech Pathology and Audiology from the Richard Stockton College of NJ, and continued on to receive her Doctorate of Audiology at Salus University's residential program. Her varied clinical experiences throughout her doctoral studies include: VA hospitals, rehabilitation clinics, ENT and private practice settings. Her professional interests include: audiologic rehabilitation and progressive tinnitus devices. Her interests in the field outside of the clinic include: Humanitarian Audiology, and Audiology Awareness. Dr. Luzon currently lives in West Palm Beach, FL.

THE WORLDS STAGE: AN INNOVATIVE PARTICIPATORY MEDIA PROJECT FOR A BRIGHTER FUTURE

By Steven Jay

Welcome to the (r)Evolution.

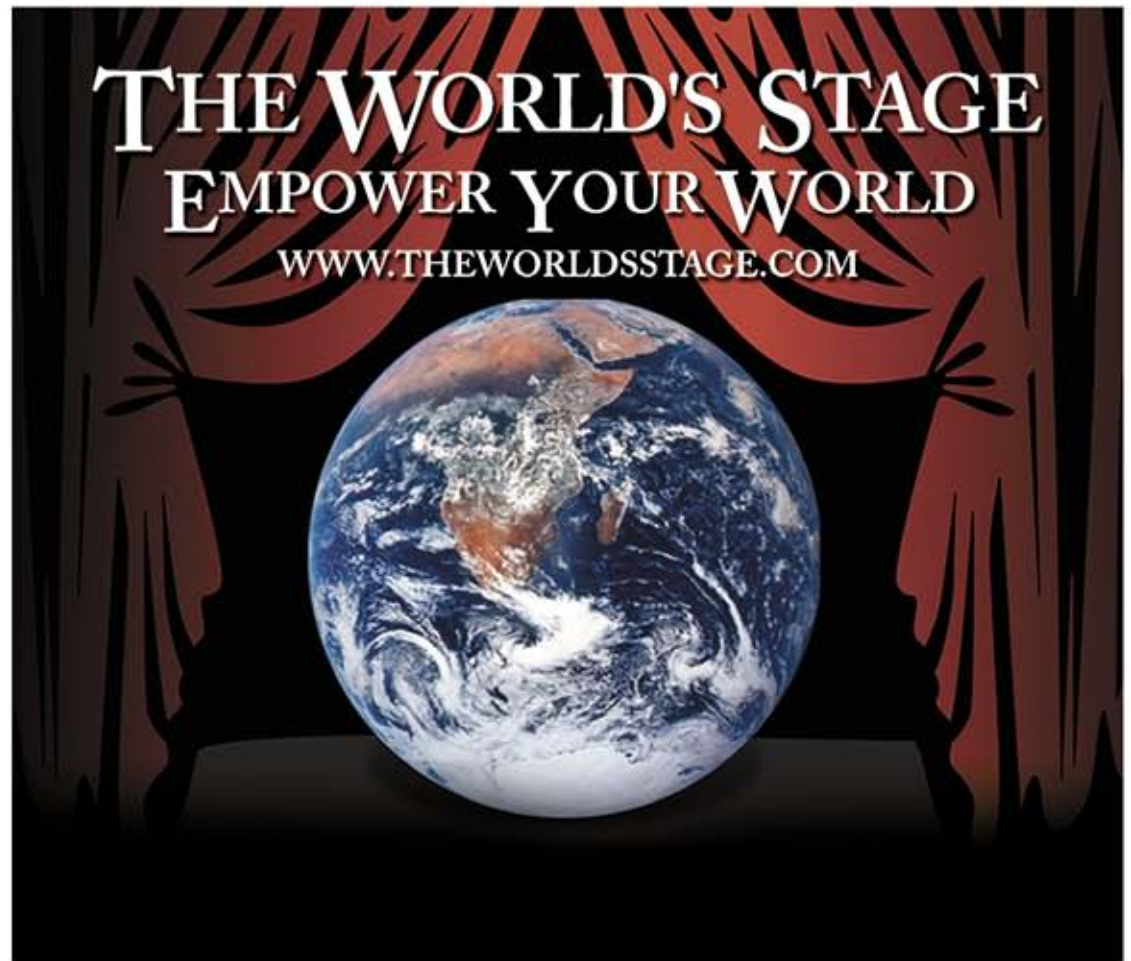
There's a revolution going on right now. But not a revolution of conflict, but instead a revolutionary revolution that is sparked by people from all around the world who have grown tired of business as usual and looking to create a way out. People on all continents, in all nations have become aware of the sleight of hand they've been dealt and they want Da Vinci quantum changes in our systems that fairly represent the needs of ALL OF US. A way out to efficiency, productivity—and exciting time for those who can grasp that our little, tiny devices that we hold in our hands and our portable devices just might help us to connect with other like-minded architects of a better future and enable a way out of this Industrial Age mess which keeps most of us enslaved by systems that serve only the few corporations whose money tries to keep us controlled and powerless.

The Worlds Stage International Arts and Media Festivals, Open Knowledge Cafe's and Concerts for our Future: November 1-2, 7-9 and 14-16. Please join us and our global partners as we empower positive solutions for a brighter future and better public health.

Global Integrated Collaboration: Unify and Prosper! Not just talk:

Imagine collaboratively modeling an ideal integrated social or business structure, a cooperative and complimentary series of social enterprises showcasing the most ethical policies, initiatives and advanced technologies within its very DNA. This includes focus on equality, quality of life, personal growth, individuality, unconditional love, human rights, civil rights, transparency, privacy, accountability and open collaboration.

Yes, that's right. An (r)evolution not just of technology, but of body, mind and spirit—a revolution that, in the hands of those who know how to create solutions, can transform everything that's rotten to the core about our public health systems, our energy systems, overpriced education that keeps us enslaved and burdened by massive debt.



We've awoken to the cry of newborn baby who needs more than a chance to make it through this world—and thanks to those that we call the architects of the future, or quite simply "entrepreneurs of the future" these new systems are being created in the coffee shops, cafes, dorm rooms and offices of the compassionately excited and discontented entrepreneurs who see a better way. For if we keep on going the way we are going we're bound to add more debt, more uneducated people and a bigger divide between the haves and the have not's.



The Future is in your hands..... Not just the future of a few—but of us all..... And here's why.

Somewhere in some town or city in any part of the world is someone so discontented with a system that appears so bureaucratic potential that they've formed an alliance with others who feel the same way. And united in spirit, they're creating a new business model that's better and more efficient than those who preceded it. They're creating the future Google, Amazons, the connected mobile health company, a new way to distribute art, some sort of media network dedicated to advancing human potential. And they're not just doing it for the money. They're doing it because they see its very need, that the public will be touched and inspired by its outcome—an outcome of efficiency over bureaucracy, an outcome that enables the experience to be enjoyable and productive.

What's your solution? What's your big idea? And how can these ideas take shape and prosper without big investment? Where are these ideas coming from and how are they being made?

We are the future.

Just imagine a group of people committed to a better way of doing something. They could be anywhere—and they are everywhere. You just might not see them until one day—VOILA! There they are! People are talking about them. People are utilizing their knowledge, their ideas, and their applications. And many of their inventions are already in your hands, in your cell phone and mobile devices.

Now that you know that the future is in your hands? What are you doing with it?

Join us at the Worlds Stage when these pioneers and architects of a brighter tomorrow showcase their amazing projects!

We spoke with one of the Coordinators of The Worlds Stage, Galvani

The Worlds Stage is a fascinating project. How did it come about?

Galvani: We discovered several problems in the functionality of most conferences, seminars, expos and trade shows. Many were geared up to be yearly events that in some cases, forced companies to time their product releases and announcements around the show dates. I felt this was unfair to the companies as the companies felt the need to release their new products on their own time table. It was one of the reasons that the largest trade show in the world—Comdex, was forced to close. They lost touch with their audience.

So I kept asking myself "What would make the conference experience more productive?" and I came up with the answers. First, to create an ongoing experience that didn't stop when the show dates were over.....Secondly, making it participatory so people could be involved on their own schedule, Third, by keeping the costs of production down and then passing it on to participants, free to attend with low costs for sponsors and virtual exhibitors and fifth, make it exciting by bringing in people with various perspectives from multiple sectors so people can find out about other areas and thought process. And of course, giving everyone tremendous value. I thought customer service was if key importance.

Why a Virtual Media Experience?

Galvani: Simply, why not? After all, it was Leonardo Da Vinci who stated: "Simplicity is the Ultimate Sophistication." Times have changed but the event experience stayed stagnant! By bringing the very best people who were qualified to present a solution and engage people with ideas into action and turning it into a media experience, we transformed the event experience tremendously.

What are the benefits to those participants?

Galvani: Most events are uncomfortable to attend and in many cases, the thought of traveling by airplane is very uncomfortable for most people as the headaches of air travel have become overwhelming, not to mention the aggravation of traveling, hotels, the quality of food out of town, and the loss of momentum for current projects while a participant leaves town to attend a conference. By making it a virtual media experience, and keeping the quality control in place, we satisfy the needs of the presenters as well as those participating in the audience.....and all of the presentations are archived for a continual experience of play back anytime they want to hear it. And to the exhibiting companies and sponsors?

Oh, it's the same as for those sitting at home or in their offices participating. Companies can showcase their products and services on an ongoing basis, update their virtual exhibit booth in the Pavilion of Companies and stay involved with the experience. For those looking for a regional audience, we have regional media partnerships that enable a regional audience. And for those wanting an International audience—our International partnerships enable a well-targeted attendee profile, perfect for their promotional needs.

Why multiple sectors?

Galvani: Because most people are so fragmented in what they understand....they study reports and information about the sector they are in, but know literally nothing about the other sectors—and all sectors work with one another....so we felt it essential to bring them all together. For example, education enables consciousness, sustainable development helps communities, arts and media work well with culture, consciousness effects human rights and peace—they are all interconnected and work together. But few people understand this in their approach, and through this understanding, many of our existing problems can be solved—not by creating a short fix by putting a band aid over the wound, but instead, by preventing the wound from happening.

You talk about Evidence-Informed Open Knowledge. Could you expand on that?

Galvani: Evidence or scientific proof is required to understand the root cause of a problem or issue. By understanding the Evidence, the root cause, one can enable the solution. And in some cases, the solutions are much simpler than we think. As for Open Knowledge, the concept is based on so much knowledge that has been held back or repressed for various reasons, some of the knowledge is held back for fear of an organizations losing their grip on a market, some of it is held back for other reasons. We have transformed to a sharing economy and many organizations that understand how the sharing ecosystem works will benefit, not just for themselves, but for us all. The Worlds Stage platform and network is dedicated to that belief, and that Saving the World from Failed Sharing can actually transform our communities, cultures and societies as well as the world into a more peaceful, harmonious place.

When you look at nature, you realize it just works, it is total perfection. We can learn a lot from the natural world....especially by learning to be in balance with it.

Details can be found at
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Ex-Punk Rocker Transforms His Life to Enable Healthier Lives through Solutions and Open Knowledge

By Steven Jay

One of the special guests appearing at The Worlds Stage is Dave Street, who in his earlier days was a well-known New York City punk comedian, hanging out with members of The Misfits, Ramones and others, whose life had taken a few career transformations as he's discovered his true calling, an empowering enabler of the positive human spirit and our collective abilities to enable a better world. As an educator of sustainable futures and understanding the Earth's biodiversity, he performs and teaches young students about the Earth, the Environment and our need to be in balance.

However, one day, he came to the realization of the importance of taking notes of what was transpiring during his mother's illness, how she was being mis-treated by the current systems, and created a solutions-based Preparation Guide filled with Knowledge and Action Steps so that others around the world didn't have to have a repeat performance of what Dave's mother endured.

What emerged was a wonderful and empowering manuscript, "What the Health, Mommie?" written at the bedside of his Mother as she was living the last weeks and days of her life... with the hope that others can learn from the ordeal and be prepared to create necessary solutions.

Steven: What led you to write this?

Dave: *This book came about as a result of staying with my beautiful mother, Adele, as she went back and forth through a medical maze of emergency rooms, hospital stays, a rehab facility, nursing home and finally hospice.*

I started noticing things that seemed wrong with the system and began writing things down. It became obvious to me, based on what I saw my mother going through, that changes were badly needed in the system.

Steve: Now that you've gone through this, what are the benefits of this project for others?

Dave: *It offers practical ideas and suggestions that can help to empower people to make good, educated choices to help them get healthier and get better if they-or a loved one- ever ends up in a hospital or nursing home.*



Plus, based on research and conversations I've had with caregivers and health professionals around the planet, it even offers practical suggestions for hospitals, nursing homes- and even the government- on how to improve their own systems.

Steve: What will the readers and their loved ones get from this knowledge?

Dave: *I'm hoping they will get the ability to have some control over what can sometimes seem like a cruel and overwhelming system.*

Additionally, this book is meant to be helpful for anyone on the planet, regardless of where they are. Although it is written based on my mother's experience in our health care system in America, the information is valid throughout the world. Regardless of where people are- even if they are in an isolated village or desert where there are no hospitals or nursing homes-it is still important for their health that they stay hydrated and that they practice cleanliness to help prevent infections. The information in the book can be useful to them as well.

Steve: What was going on in your life and in the life of your mom during this time?

Dave: *My mother's life had become a nightmare- a broken roller coaster ride of intravenous lines, constant dehydration, x-rays, MRIs and in the hospital pigtails and drainage incisions among other procedures.*

I often felt like crying or screaming when I saw what she was going through. I felt helpless, traumatized. One thing that kept me going was Facebook. I think the book kind of grew out of there. I started posting updates about mom's condition and what we were experiencing. My Facebook friends gave me constant support and unconditional love. I think I somewhat owe my sanity to them.

By the end of the journey, I definitely got closer to my mother than I ever had been. When I was younger, I used to pretend I didn't have parents. Now I realized all the things mom had done for me in life that I never before really appreciated and never acknowledged to her.

There was one 'highlight' of our time together. Something that seemed to give her comfort is that I brought in an iPad and would give her a You Tube 'concert' of her favorite musical acts from when she was younger- Frank Sinatra, Louis Armstrong, etc. She would open her eyes and seemed to enjoy it, even occasionally commenting on the music. I think it calmed both of us down. We did it almost every day for her last month of life. Since then, I have learned much about the use of music as an effective tool for improving health.

Steve: What did you see occurring that empowered you to do this?

Dave: It seemed like the system itself was helpless at times to help mommie. For instance, one thing that I really believe took a toll on mom was constant dehydration. From what I could see, it seemed like the facilities didn't have the staff or resources to keep mom hydrated. Or else, the system's 'solution' was to continuously stick intravenous lines into her- and I don't consider that any real solution.

I also saw my mom almost continuously stricken by infections that left her weak. Seeing her laying weak in bed with infections in her body also motivated me to do this project.

Steve: What were the big problems that held back the system?

Dave: From what I could tell, not enough staff. And the staff that was there seemed generally over-worked. Also, the need for better communication among everyone in the system, and even among the facilities. I always felt that the hospital never adequately communicated to rehab the severity of mom's condition. And not enough money- at least that's what the doctors and administrators at the hospital usually seemed to complain about.

Steve: What are the biggest changes you'd like to see?

Dave: At the hospital, a more innovative, high tech plan of action to eradicate infections. Maybe tiny drones to chase out bad bacteria. At the nursing home, a better way to prevention dehydration. More money for the hiring of more staff. More sensitivity to the unique needs of individuals. In the book, there is a whole chapter on suggestions and possible solutions for changing and improving the system.

Excerpts from "What the Health Mommie"
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FROM THE INTRODUCTION:

"What is a human life worth? How about the life of a senior citizen who has a life threatening infection and needs to be moved out of the hospital and into therapy because Medicare will no longer pay for the stay? What if that senior citizen was your mother or father? What if it was your grandmother or grandfather? What if it was you?"

FROM THE SURVIVAL GUIDE:

"Stay Hydrated:

-Drink plenty of liquids. Make sure that you continuously drink fluids throughout the day. Make sure that enough fluids are available to you. If you need special drinks- like nectar thick drinks- make sure that enough are available- and accessible to you- throughout the day. Make sure the facility is adequately stocked with them.

- Try to keep track of how many drinks you've had each day and make sure you've had enough- at least seven or eight cups a day."

EXCERPT FROM CHAPTER FOUR:

"My mother's favorite performer of all time was Frank Sinatra. She had told me stories how as a girl she would go see him with her girlfriends at the Paramount Theater in New York City- and the cost was a mere twenty five cents per ticket!

I asked her if she would like me to try and find some videos of Frank Sinatra singing. She immediately said 'Yes'.

The first Sinatra video that I played for mom was "Fly Me to The Moon".

Mom noted how young he looked and clearly enjoyed watching him and listening to the music. While she was watching him, one of the aides came into the room and pointed at mom's hand and said; "Look, she's moving her hand to the music."

At that point, it was one of the first things she had physically reacted to."

Dave Street will be a featured guest at The Worlds Stage
www.theworldsstage.com

For more information about the book project, please go to:
www.whatthehealthmommie.com



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Trouble Falling Asleep? Up All Night? Sleep better without drugs.

New technology focused on brain health can help you fall asleep easier and get a good night's rest.

By Michael Cohen, Founder, Center for Brain Training

If you struggle to fall asleep, have trouble staying asleep, and can't remember the last good night's rest you've had, you are not alone. Studies show that between 50 and 70 million Americans don't get enough sleep.

Many resort to supplements or prescription drugs in order to slumber more easily. Perhaps the supplements you've tried aren't effective. What if you can't tolerate medications, or you're concerned about the effects of taking drugs long term?

Sleep and the brain

Sleep is important to overall health and wellness. Studies show that over 40 million Americans suffer from chronic sleep disorders every year, and another 20 million experience occasional sleep problems.

Getting enough sleep isn't a luxury. Chronic insufficient sleep doesn't just make you drowsy – it can contribute to a whole host of health problems, including increased stress, lowered immune functioning, decreased cognitive functioning, depression, anxiety, ADHD, and other emotional and behavioral challenges. Often times, sleep problems are brain issues.

Our brain regulates our sleep. When your brain is functioning optimally, it smoothly transitions from an alert and awake state, to a relaxed state, and then into a sleep state, allowing a healthy amount for rest for your entire body to recharge and repair itself. If the brain's timing is out-of-synch, the brain has difficulty switching to these states, if at all.

Sleep problems can become more pronounced and difficult to manage if the brain waves are too fast or too slow. If we're struggling with sleep issues, our brain may need a tune-up in order to help it function better and maintain healthier patterns.



"Tuning Up" The Brain

Neurofeedback is one option that consistently and effectively helps improve sleep. Neurofeedback helps your brain change itself and create healthier patterns – without medication. It's a powerful tool to help regulate sleep naturally.

Cheryl, a woman in her 60s, came to us because she had struggled since high school with falling asleep and staying asleep. She shared that she had averaged about four hours of sleep for most of her life, and rarely slept for more than five hours. She was always tired and concerned about cognitive decline.

She began brain training with neurofeedback and within three months her sleep gradually increased. She's now able to fall asleep more quickly and reports sleeping up to seven hours most nights.

"I feel much more energy and optimistic as a result of the increase in sleep. It's made all the difference," shared Cheryl.

How Neurofeedback Works

Neurofeedback is a painless, non-invasive technique that helps change brain patterns naturally. It

measures your brain's rhythms and rewards the brain when it makes healthy patterns. With sleep problems, for instance, certain patterns in the brain are often moving too fast. Neurofeedback helps your brain learn how to make healthier patterns by giving your brain a reward when it slows down.

With repeated training, the brain learns to maintain these healthier patterns. Correcting sleep issues with neurofeedback just takes practice and reinforcement.

Another client, Bill, came to us because he was unable to sleep before 1 or 2 in the morning. He needed to wake by 6:15 am in order to get to work, and this ongoing inability to sleep was starting to affect his work performance and his family life.

We were already working with one of Bill's kids for ADHD. When his wife mentioned his sleep problem during a brain training session with their son, we suggested Bill try neurofeedback as well.

In just over two months of neurofeedback, Bill was able to fall asleep between 10:30 pm and 11:00 pm almost every night.



Why Haven't I Heard of Neurofeedback for Sleep?

Many doctors aren't aware of neurofeedback, or its role in helping improve sleep. Often, improved sleep is the first significant change noticed by people when they start neurofeedback, even if they came to neurofeedback for something completely unrelated to their sleep struggles.

We know that sleep hygiene, the habits before sleep, can play a role in improving sleep, as can other behavioral modifications, yet many people resort to medication because medications are commonly known, and doctors are trained to provide prescriptions to help relieve their patients' problems.

Once doctors learn about the positive results in their patients, they are generally very receptive to neurofeedback and want to learn more.

Contributory factors, such as sleep apnea, need to be assessed in combination with neurofeedback training.

Does Neurofeedback Work for Kids and Adults?

People of all ages can have brain patterns that cause disruptions to their sleep. Neurofeedback is an excellent tool for kids and adults because it's similar to playing a video game, except the game is played with your brain.

Many parents report to us that their child's sleep is much improved, which can improve behavioral and emotional responses. People often see a noticeable improvement in sleep within the first four to six sessions.

Neurofeedback can also be beneficial for kids with difficulty falling asleep, kids who have nightmares or bedwetting problems, and kids who are difficult to wake in the morning.

About The Center for Brain Training

We offer a variety of other biofeedback and brain tools that can be helpful with sleep problems, and we encourage our clients to try different methods to see which works best.

Neurofeedback is a powerful tool to help regulate sleep. If you are interested in additional information about how neurofeedback can help your sleep issues, call our office at 561-744-7616.

The 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. We have offices in Jupiter and Boca Raton. Learn more at www.CenterForBrain.com

Jupiter Office Boca Raton Office
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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.



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Effective Treatment for Menopause and Weight Gain

Menopause is an inevitable part of a woman's life, whether brought on by necessary surgery or the natural progression of time. The symptoms often interfere with daily living and change women in a way that interferes with positive self image and emotions. As women approach menopause they endure many symptoms, but one that proves the most difficult for many women to accept is menopausal weight gain. Not only can a few extra pounds (or maybe more) ravage a woman's self-esteem and self-image, but weight gain can usher in a host of health concerns that put a woman at risk of developing life-threatening conditions. These include:

- Heart disease, stroke
- High blood pressure
- Osteoarthritis
- Breast cancer
- High cholesterol
- Kidney disease
- Sleep apnea
- Insulin resistance (increasing diabetes risks)

What is Menopause?

Menopause is a transitional period marking the cessation of ovulation in a woman's body. This time of change may last a few months to several years. Symptoms vary from mild to severe, and are brought on as our bodies try to adapt to decreasing amounts of estrogen. Symptoms include hot flashes, night sweats, insomnia, fatigue, mood swings, memory loss, vaginal dryness, headaches, joint pain, and weight gain.



260
LBS

Lost
63
LBS

5 months

Lost
24
LBS

3 months

Total
94 lbs

To Be
Continued...

About 90% of menopausal women experience some amount of weight gain. Although weight gain is a natural and common aspect of getting older, there are ways to reduce it. Women who are educated about this symptom are more likely to find ways around the typical spare-tire waist or extra inches here and there. On average, women gain between 12 and 15 pounds between the ages of 45 and 55, the stage in life when menopause typically occurs. This extra weight generally does not evenly distribute itself throughout a woman's body. The weight tends instead to accumulate around the abdomen, and women often notice the shape of their bodies slowly lose their hour-glass figure and begin to take on a rounded shape.

Diagnosis and Treatment of Menopause

Few areas of women's health stir up as much debate as Hormone Replacement Therapy (HRT), which is normally started when the first symptoms of menopause appear. While they may alleviate hot flashes and prevent osteoporosis, they will also increase the risk of breast, ovarian and uterine cancer, and have a number of significant side-effects. But HRT isn't the only solution. Menopause is an area in which Chinese Medicine shines. Acupuncture and Chinese herbal medicine have the ability to detect energetic changes that occur in the body and quickly relieve symptoms such as hot flashes, foggy mind, irritability and weight gain.

Evidence that Acupuncture and Herbal Medicine have been used for women's health can be found in early medical literature dating back to 3 AD.

Studies on Acupuncture and Menopause

Since the early seventies, studies around the globe have suggested that acupuncture and Chinese herbal medicine are effective treatments for hot flashes, anxiety, insomnia, vaginal dryness and many other symptoms associated with menopause. Recent studies show extremely positive results.



From 1997 to 1999, one of the first studies in the United States to explore the effectiveness of acupuncture in alleviating hot flashes, insomnia and nervousness was conducted by Dr. Susan Cohen, D.S.N., APRN, associate professor of the University of Pittsburgh. It was found that during the course of acupuncture treatments, hot flashes decreased by 35% and insomnia decreased by 50%. A follow-up study revealed hot flashes significantly decreased in those receiving acupuncture, compared to those receiving routine care.

In a research review published in 2009, scientists analyzed 31 studies (with a total of 3,013 participants) and found that acupuncture was associated with a significant reduction of average body weight and improvement in obesity.

While these results are promising and the United Nations World Health Organization has approved acupuncture as a treatment for symptoms associated with menopause, further clinical trials with larger samples are currently underway.

A drop in estrogen and progesterone can increase a woman's appetite and cause her to eat up to 67% more, according to one study. An increase in appetite coupled with a slower metabolism with the onset of menopause can cause weight gain in women. This could, perhaps, account for the 12% jump in the number of women who are overweight in midlife compared to women in their 20's and 30's.

Women who gain in excess of 20 pounds after menopause increase their breast cancer risk by nearly 20%, but those who lose 20 pounds after menopause reduce their breast cancer risk by as much as 23%

Yanhong Meng, AP, DOM

Dr. Meng, MD (China), AP, received her medical degree from the prestigious Shandong University in China and has also completed several advanced training courses in oriental medicine from well-respected TCM hospitals in China. She has over 18 years of experience as a doctor of Chinese medicine. She has owned and operated Meng's Acupuncture Medical Center since 2007.



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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, microincisional 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.

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Cataract Surgery in 2023: What should you expect?

By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.

Breaking Through

By Brent Myers, Pastor of Community Life

One year ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

1. Don't have all the answers. It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, “blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3) God can much better fill an empty vessel.

2. Listen. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. “For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.” (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.



3. Write it down. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

4. Do it. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time a year ago. I'm grateful today because I can now see the good and the “better” that God had for us on the other side of the tough times.

No matter what you're going through remember this: “And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” (Romans 8:28, 38-39)

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