

S O U T H F L O R I D A ' S

Health & Wellness[®] MAGAZINE

November 2014

South Palm Beach Edition - Monthly

www.sflhealthandwellness.com

FREE



Hair Care TIPS
to Leave Your Hair Saying
"Thank You"

Men's Health
How a Few More Whiskers
Are Raising Awareness

**How to Detoxify
and Lose Inches**

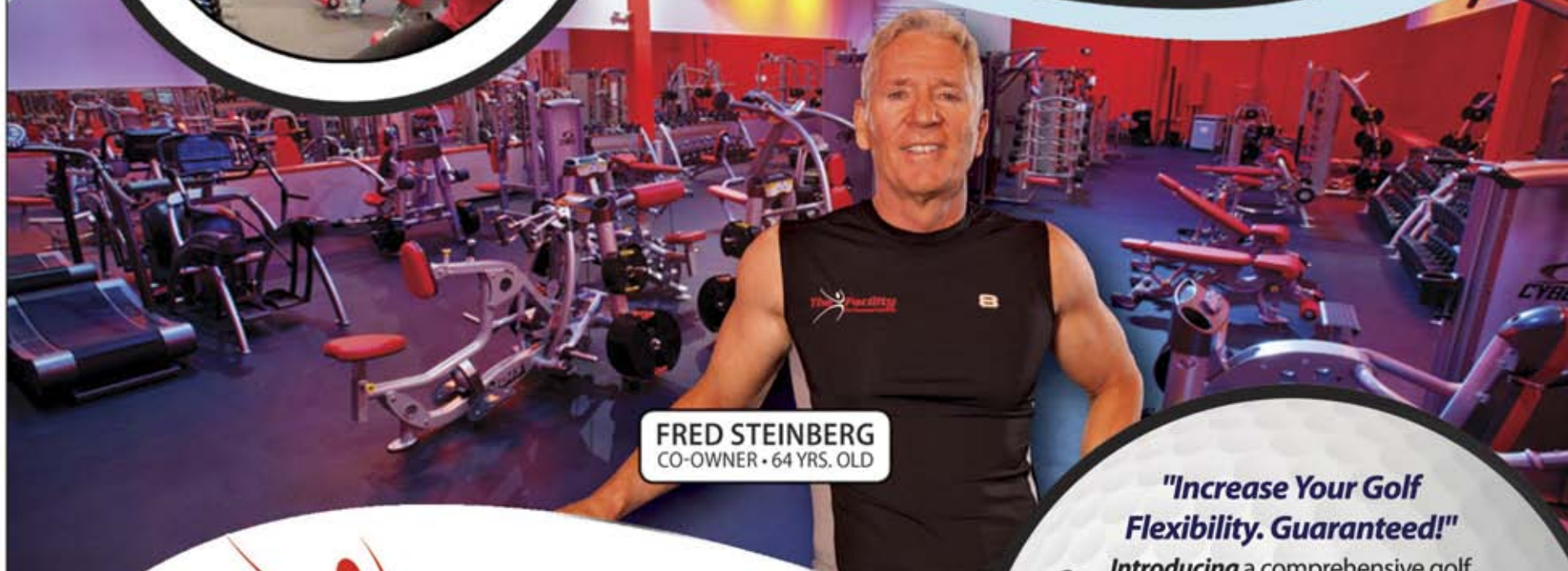
FOREVER YOUNG:
5 Ways Treating Hearing Loss
Can Revitalize Your Life

**What People
Always
Ask About
Health,
Wellness,
and Longevity...**



Look & Feel Better NOW...
It's NEVER TOO LATE!

**SPECIALIZING IN MEN
& WOMEN AGES 40+**



FRED STEINBERG
CO-OWNER • 64 YRS. OLD

The Facility
For Personal Training

TheFacilityBocaRaton.com

Get Started Today! 561.997.8348

1200 South Rogers Circle, Suite # 3 • Boca Raton, FL 33487

Personal Training Redefined

Clean & Safe Facility
Non-Threatening Environment
One-On-One Personal Training
Customized Programs
Specializing in Medical Issues
(diabetes, shoulders, lower back, knees, elbows, hip replacement & more!)

**CALL NOW
FOR A FREE WEEK
OF PERSONAL
ONE-ON-ONE
TRAINING!**

**"Increase Your Golf
Flexibility. Guaranteed!"**

Introducing a comprehensive golf fitness program utilizing a full team of elite professionals including a PGA Certified golf pro, a TPI Certified golf Chiropractor, and a group of highly educated fitness specialists.

Call us for our "Age Management Program for Golfers" to learn more.

561-997-8348

INCREASE YOUR:
FLEXIBILITY • TONING
ENDURANCE • STRENGTH
CARDIO • MUSCLE
PROVEN RESULTS!



THE EXPERT IN NEOGRAFT

Minimally-Invasive Hair Transplant

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

Less Downtime

You're back in the gym
in three days.

Dr. Alan J. Bauman M.D.

The worlds leading NeoGraft
FUE hair transplant expert.

State-of-the-art

Hair transplant
facility in Boca Raton
since 1997.

Artistry

Restoring a
natural hairline,
one follicle
at a time.



BAUMAN MEDICAL GROUP, P.A.

Hair Restoration for Men and Women

www.BaumanMedical.com

1 877 BAUMAN 9



A Luxury Medspa featuring the latest in Laser Technologies

BUILT ON REFERRALS, INSPIRED BY TRUST

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



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



MD
BEAUTY LABS

Spa & Wellness Center

DANIELA DADURIAN, M.D.

MEDICAL DIRECTOR

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

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

*VALID ON PURCHASES OF \$300 OR MORE

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

ERECTIONS FROM 30 MIN - 2 HOURS I'm Ready. Are You?

Get Intense - Call Maxim

It may not be the fountain of youth... but right now, hormone replacement therapy is the next best thing to it.

When You Come To Our Clinic, You Get FIRM Call 561-459-3000.

BE READY WHEN YOUR PARTNER IS:

- Free Erectile Dysfunction consultation and demonstration
- Prescription medications to treat ED and premature ejaculation
- Physician supervised and prescribed
- Results guaranteed
- Call today for an appointment

FREE TESTOSTERONE EVALUATION RESULTS GUARANTEED:

- Bring back your high energy
- Burn fat away
- Increase muscle size
- Improve mental clarity
- Lower stress
- Increase sexual desire
- Only \$150 per month
- Counselors available 24 hours a day

Get Maximized today by calling for an appointment.



Maxim Men's Clinic

7100 West Camino Real, Suite 121
Boca Raton, FL 33433

561-459-3000

Call Now - Phones Answered 24/7

Results Guaranteed.

www.maximmensclinic.com



The Retina Institute of Florida

Providing expert specialized care for over 25 years

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



Lauren R. Rosecan,

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

Diplomate American Board of Ophthalmology

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

We Have Emergency Care!

(800) 445-8898

www.theretinainstitutcofflorida.com

LOCATIONS

WEST PALM BEACH

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

PALM BEACH GARDENS

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

STUART

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

BOCA RATON

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

contents

November 2014

- | | |
|--|--|
| 6 Forever Young: 5 Ways Treating Hearing Loss Can Revitalize Your Life | 20 "What He Heard at the Open Window Changed History... Forever" |
| 8 What People Always Ask About Health, Wellness, and Longevity... | 22 It's About the Energy |
| 10 Hair Care TIPS to Leave Your Hair Saying "Thank You" | 24 Thanksgiving Meal Makeover |
| 12 Turn Back the Hands of Time | 25 Are You at Risk for Type 2 Diabetes? |
| 13 What Is Uveitis? | 26 What's That Smell? |
| 14 Men's Health - How a Few More Whiskers Are Raising Awareness | 28 Trouble Falling Asleep? Up at Night? Sleep Better Without Drugs |
| 16 How Can Hyperbaric Oxygen Therapy Help You? | 30 Common Myths About Your Eyes |
| 18 How to Detoxify and Lose Inches | 31 Spiritual Wellness: Developing Discipline |

CONTACT US

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

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
 Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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

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

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



CROCODILE TEARS™

Help Your Dry Eyes
Eyes Dry, Don't Cry.
Crocodile Tears
Soothes Your Eyes.
They Don't Sting...
And They Don't Bite!

ARTIFICIAL TEARS
 LUBRICANT EYE DROPS
 0.5 fl oz (15ml) Sterile

Made In USA

To order online,
 visit **croctears.com**
 or call **1-855-880-9538**

 twitter.com/crocteadrops

 facebook.com/crocteadrops

 youtube.com/croctearseyedrops

Developed by
 an accomplished
 eye surgeon with
 four decades of
 experience.

FOREVER YOUNG: 5 Ways Treating Hearing Loss Can Revitalize Your Life

***Listen up, boomers:
Do you want to stay active?
Vibrant? Socially engaged?
Professionally successful?
Most of us do.***

So maybe it's time to do something about your hearing.

Chances are, if you're like many baby boomers, you've rocked your way through your fair share of concerts, night clubs, and ear-blasting parties. And you've enjoyed years of other noisy recreational activities to boot. Simply: You've been enjoying life. You've spent decades doing it. And it's been loud.

So now, it's not always so easy to hear the conversation around the table at the restaurant or dinner party – maybe not even in the conference room at work or on those teleconference calls.

Face it. All that enthusiastic living has been hard on your ears. And now they're screaming for your attention.

You should give it to them.

In fact, addressing hearing loss is one of the best things you can do to improve your quality of life and keep up a youthful pace.

Fortunately, for most people with hearing loss, today's state-of-the-art hearing aids can help. In fact, eight out of 10 hearing aid users say they're satisfied with the changes that have occurred in their lives due to their hearing aids.



Many boomers are surprised to learn that dramatic new technological advances have revolutionized hearing aids in recent years. Many hearing aids are virtually invisible, sitting discreetly and comfortably inside the ear canal. And they adjust to all kinds of noise environments, picking up sound from all directions. Some are even waterproof.

Perhaps best of all, seamless connectivity is now the norm. Today's hearing aids are wireless and stream sound from your smartphone, home entertainment system, and other electronics directly into your hearing aid(s) at volumes just right for you.

Here's what getting a hearing test and using professionally fitted hearing aids, if recommended by a hearing care professional, may do for you:

1. Unlock your earning potential. Hearing your best at work helps you do your best. One study found that using hearing aids reduced the risk of income loss by 90 to 100 percent for those with milder hearing loss, and from 65 to 77 percent for those with severe to moderate hearing loss. And people with hearing loss who use hearing aids are more likely to be employed than their peers who don't.

2. Open the door to greater intimacy. Don't let those sweet nothings go unheard. Feeling emotionally close to your partner is one of the most satisfying aspects of any intimate relationship. But it rests on good communication. When hearing loss goes unaddressed, it can make even the most loving partner seem remote or unresponsive. Luckily, research shows that using hearing aids can help improve interpersonal relationships – including greater intimacy.

3. Pull the plug on stress and boost your mood. People with untreated hearing loss often feel angry, frustrated, anxious, isolated, and depressed. But research shows that when they use hearing aids, their mental health often rallies. Many regain emotional stability, become more socially engaged, feel a greater sense of safety and independence, and see a general improvement in their overall quality of life.



4. Bolster your self-confidence. An important perk of using hearing aids can be enhanced emotional well-being. Research shows that when people with hearing loss use hearing aids, many feel more in control of their lives and less self-critical. One Better Hearing Institute (BHI) study found that the majority of people with mild and severe hearing loss felt better about themselves and life overall as a result of using hearing aids.

5. Improve cognitive functioning. Studies out of Johns Hopkins linked hearing loss with accelerated cognitive decline in older adults and found that seniors with hearing loss are significantly more likely to develop dementia over time. BHI studies found that many people with hearing loss report improvements in their cognitive skills with the use of hearing aids.

So go ahead. Revitalize your life. Do something about your hearing. It just may help you feel forever young.

For more information – and to take a free, quick and confidential online hearing check to determine if you need a comprehensive hearing test by a hearing care professional – visit www.HearUSA.com.



Boca Raton • Delray Beach
Call Toll Free: 855.270.1587

www.hearusa.com



What People Always Ask About Health, Wellness, and Longevity...

By Fred Steinberg, DVNS Master Trainer, The Facility for Personal Training

As well as being the Owner of the Facility, Mr. Steinberg is a 64 year old fitness expert who has been on numerous radio talk shows, television, and has written many articles on fitness and health.

How much time would I have to spend at a gym to stay healthy?

Recent studies have shown that just exercising 5 minutes every day of your life will result in 3 more years of longevity. That's 1095 more days and nights to be with loved ones and enjoy life. It would take just a half hour twice, a week to stay fit, maintain mobility, and be able to maintain your balance. Besides longevity, losing the freedom to leave your home because of mobility loss is a nightmare, so preventing it by investing some time in exercise is essentially necessary. You have a 40% less likely chance to become ill if you are exercising regularly. It may be a better investment to invest in personal training than it is to invest in "co-pays!"

What is the most efficient way to get fit, especially safely?

Most people have no clue how to do an exercise properly, and science has proven that resistance training with weights is the ONLY way to ensure results, maintain muscle, and provide enough cardio for good health. Doing an exercise improperly causes injuries to knees, shoulders, elbows and hips. Incorrect form and doing the wrong exercise also

means not obtaining results and wasting time. Having a personal trainer is the best way to exercise and train correctly and without getting injured and it is the most efficient way to achieve results. A trainer also provides motivation, if you know someone is waiting for you to train.

How do I select the right personal trainer?

Personal trainers are "certified," but be careful. There is no governing board, no state licensing, and relatively little consistency among the 300 or more certifications. Testing and training ranges from a brief internet exam, to more comprehensive programs. It is impossible for the general public to understand in order to make a selection because there is little information to guide people. My recommendation is that you have a trainer with a four year college degree in Exercise Science or Kinesiology. Along with education, make sure the trainer has at least one or more years of experience in providing personal training full time at a personal training venue



and not a "big-box" gym where the caliber of trainer and certification is significantly lower. At The Facility, every in-house specialist has a 4 year college degree and many have post graduate work in physical therapy, chiropractic and athletic training. We can safely train injured clients, ranging from knees, shoulders, back issues, post-surgery issues, and Diabetes type II, as well as many other ailments.





FREE WEEK
PERSONAL TRAINING*
 +
BODY COMPOSITION ANALYSIS

**Specializing
 in Men &
 Women
 40+**

Are there specific age management protocols for golfers and tennis players?

Take a look at Tiger Woods! There has been some very obvious personal training involved! You need muscle to play sports. Younger players build muscle for obvious reasons: power, velocity, stamina and strength. Older folks lose muscle every year, and nothing will have a more negative effect on playing a sport than muscle loss. Loss of power, loss of stamina, and loss of coordination and balance are impossible to overcome. It is not possible to support a skill-set as we age if there is not enough skeletal muscle mass to support the skills. That is pure science. Ignore it if you like, but you become a victim of the ageing process nevertheless!

The Facility has specialized athletic trainers who have actually gone to school and have learned how to specifically train ageing athletes, although we have trained many younger ones as well. We have Dr. Scott Hoar, a Sports Chiropractor that is T.P.I. Certified and begins with a Golf/Tennis Physical Screening that includes all the key muscles and areas involved in the respective sport. We have a PGA Certified golf Pro, Jesse Frank, who will work privately with each client at the course to improve the client's game. Our combination of professionals and experts can actually work wonders on any golfer who would like to preserve or improve their game. You can choose to participate in the Facility's comprehensive "Age Management for Golfers Program" or just choose to train with our professional athletic and golf certified trainers in order to get stronger and change the way you compete!

Do I still have to diet to lose weight?

Diets don't work. As you eat less calories and lose weight, you also lose muscle. That makes you weaker. It also leaves you less muscle to burn calories, so the weight comes back with a vengeance. It is a combination of exercise and moderation that keep people fit and healthy...and alive! And walking! And driving cars! We'll help you with all of this information with some one-on-one hands on coaching from experts at the Facility!

**LOOK AND
 FEEL BETTER
 SAFELY!**

THEFACILITYBOCARATON.COM

561.997.8348

1200 South Rogers Circle, Suite #3
 Boca Raton, FL 33487

Hair Care TIPS

to Leave Your Hair Saying

“Thank You”

By Dr. Alan J. Bauman

Are you tired of fighting frizz? Do you constantly struggle with split ends and breakage? Is your hair care regimen putting your locks at risk of damage, and possibly even hair loss?

If the answer to any of these questions is yes, it may be time to do something nice for your hair. Instead of ignoring these red flags, give your hair the nourishment and support it needs to grow strong and healthy.

In the spirit of Thanksgiving, here are four hair care tips that will leave our hair saying “thank you.”

- **Stop Over-Styling** - That super hot blow dryer or that flat iron used over and over again can degrade the proteins that make up your hair and it's protective cuticle. Once the protective cuticle is damaged, moisture balance is disrupted and the hair is more prone to breakage. Heat degrades the proteins that make up the structure of your hair and because hair does not self-repair, once the damage is done - it's done. So if you want to you're your hair, turn down the heat or say 'no' to the compulsive flat ironing to protect your hair from thermal damage. Products like Pantene Thermal Protection and Shine Spray can be helpful in decreasing friction and improving shine. Harsh chemicals are another risk to your hair. Many consumers don't realize that chemicals like bleaches and dyes fundamentally change the structure of your hair, making it weaker and more susceptible to breakage and damage. Overusing these treatments can lead to severe breakage, a common cause of loss of hair volume.





• **Feed Your Hair** - It may seem unrelated, but what you eat, or don't eat, has a huge impact on the health of our hair. A diet rich in whole foods, especially protein, is essential to achieving, and maintaining, healthy hair, while on the flipside, caloric, iron and protein deficiencies are among the most common nutritional triggers for unhealthy hair. Vitamins, especially of the vitamin B family and biotin (Vitamin H), are important to the overall health of your hair and preventing hair loss and thinning. Try to incorporate these hair 'super-foods' into your diet more frequently, salmon, which is loaded with omega-3 fatty acid, dark green vegetables for vitamins A and C, and nuts, which are a terrific source of zinc. If you can stomach it, liver is one of the best foods for your hair.

• **Give Your Hair a Boost** - Many women take calcium or other supplements to protect their bone health as they age - and the same is true for certain hair supplements. Nutritional supplements like the fish protein-based Viviscal Pro and pharmaceutical-grade Biotin can boost the vitality of your hair. Another way to say "thank you" to your hair is with LaserCap low-level laser therapy—a non-chemical way to boost hair growth without side effects.

• **Plan Ahead** - The most common cause of thinner, less voluminous hair is genetics. So how can you tell you have the hair loss gene? Today, with a simple swab of the cheek, you can accurately determine your chances of going bald later in life. Genetic tests, like HairDX, can assess how hair loss will affect you, and how you may respond to treatments. This information is invaluable to patients at high-risk for hair loss because it gives them the opportunity to take proactive role in preventative care, which can help reduce the long-term damage.

No one likes having a bad hair day, but if you find the right hair care regimen and follow it regularly you will find they will be fewer and farther between. Luscious locks are easy – if you follow the right steps! From eating right, to finding the right styling regimen, or laser therapy treatments, there are a lot of great things you can do for your hair. The first steps to healthier hair is to assess the current state of your hair, identify any problems or risk factors, then create a plan of action to get your hair back on track. For some, this is as simple as a shampoo change or daily vitamin supplement, for others, a professional medical consultation from a hair loss specialist is needed to get to the root of the problem.

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



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

lecturer and frequent faculty member of major medical conferences, Dr. Bauman's work has been featured in prestigious media outlets such as The Doctors Show, 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.

Hair Loss Study Candidates Needed!

Bauman Medical is currently enrolling qualified candidates for an exciting Hair Loss Study.

Please visit www.844GETHAIR.COM for more details.



BAUMAN MEDICAL GROUP

**Hair Restoration
for Men and Women**

www.BaumanMedical.com

1.877.BAUMAN.9

Turn Back the Hands of Time

By Daniela Dadurian, M.D.

Reversing the aging process is not as easy as taking a miracle pill. It requires many facets of health and wellness. Good nutrition and exercise play a critical role in promoting total body wellness. As the aging process progresses the body can break down many important components in our skin. Collagen is the main source of protein in the skin that maintains our youthful appearance. Collagen is responsible for skin firmness. Once it diminishes we lose elasticity that causes wrinkles to appear. A new technology involving ultrasound is revolutionizing facial rejuvenation to reduce the appearance of aging.

Ulthera is an FDA cleared device to non-invasively lift the face and neck. It has recently received FDA clearance to non-invasively treat the chest to improve lines and wrinkles of the décolleté.

Ultherapy works by using ultrasound guided technology to actually view the underlying tissue that is being treated. For the first time, we are able to reach below the dermal layer sending ultrasound energy into the fibromuscular layer promoting collagen production. If you have weakened collagen in the deeper connective tissue, it can cause the skin to succumb to gravitational forces that begin to stretch, sag and shift downward, a process we call "aging". Ultherapy is a procedure for lifting the neck, eyebrows and midface with meaningful results and no downtime.



The Ultherapy treatment begins with marking the area on the face to be treated. This process is very important because it uses the same target area that is addressed in cosmetic surgery for skin tightening. Once the skin is marked for treatment a mild sedative is given to aid in the comfort of the treatment. A full face treatment can take anywhere from 45-60 minutes. You may return to normal activities and can experience flushing or redness that should resolve within a few hours. The regenerative process is initiated at the first treatment, however results may take up to six months since you are relying on the body's own healing process to repair and rebuild your skin's foundation.

The **New Ultherapy Décolletage Treatment** utilizes the System's signature imaging and micro-focused ultrasound therapy capabilities and takes about 30 minutes to administer. The Treatment stimulates the natural formation of collagen and elastin in the skin's foundation to gradually smooth chest wrinkles. Results are visible after about three months.

The ability to treat not just skin but also its underlying support very precisely, from the inside out, helps ensure both safe and satisfying results. For More Information visit www.mdbeautylabs.com or call 561-655-6325.



Medical Director, Daniela Dadurian M.D.

* Board Certified Anti- Aging Medicine

* Board Certified Laser Surgery

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.

MD
BEAUTY LABS
Spa & Wellness Center

**Complimentary Consultation / Gift Cards
Financing Available**

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



What Is Uveitis?

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

Uveitis is inflammation of the uvea, which is made up of the iris, ciliary body and choroid. Together, these form the middle layer of the eye between the retina and the sclera (white of the eye).

The eye is shaped like a tennis ball, with three different layers of tissue surrounding the central gel-filled cavity, which is called the vitreous. The innermost layer is the retina, which senses light and helps to send images to your brain. The outermost layer is the sclera, the strong white wall of the eye. The middle layer between the sclera and retina is called the uvea.

The uvea contains many blood vessels — the veins, arteries and capillaries — that carry blood to and from the eye. Because the uvea nourishes many important parts of the eye (such as the retina), inflammation of the uvea can damage your sight.

There are several types of uveitis, defined by the part of the eye where it occurs.

- Iritis affects the front of your eye. Also called anterior uveitis, this is the most common type of uveitis. Iritis usually develops suddenly and may last six to eight weeks. Some types of anterior uveitis can be chronic or recurrent.

- If the uvea is inflamed in the middle or intermediate region of the eye, it is called pars planitis (or intermediate uveitis). Episodes of pars planitis can last between a few weeks to years. The disease goes through cycles of getting better, then worse.

- Posterior uveitis affects the back parts of your eye. Posterior uveitis can develop slowly and often lasts for many years.

- Panuveitis occurs when all layers of the uvea are inflamed.

Uveitis Causes

The specific cause of uveitis often remains unknown. In some cases, however, it can be associated with other disease or infection in the body.

Uveitis may be associated with:

- A virus, such as shingles, mumps or herpes simplex;
- Systemic inflammatory diseases;
- A result of injury to the eye; or
- Rarely, a fungus, such as histoplasmosis or a parasite, such as toxoplasmosis.

If you smoke, stop. Studies have shown that smoking contributes to the likelihood of developing uveitis.

Uveitis Symptoms

Uveitis may develop suddenly with eye redness and pain, or with a painless blurring of your vision. In addition to red eye and eye pain, other symptoms of uveitis may include light sensitivity, blurred vision, decreased vision and floaters. There may also be a whitish area (called a hypopyon) obscuring the lower part of the iris.

A case of simple "red eye" may in fact be a serious problem such as uveitis. If your eye becomes red or painful, you should be examined and treated by an ophthalmologist.

Uveitis Diagnosis

A careful eye examination by an ophthalmologist is extremely important when symptoms occur. Inflammation inside the eye can permanently affect sight or even lead to blindness if it is not treated.

Your ophthalmologist will examine the inside of your eye. He or she may order blood tests, skin tests or X-rays to help make the diagnosis.

Since uveitis can be associated with disease in other parts of the body, your ophthalmologist will want to know about your overall health. He or she



may want to consult with your primary care physician or other medical specialists. However, in approximately 40 to 60 percent of cases, no associated disease can be identified.


Uveitis Treatment

Uveitis is a serious eye condition that may scar the eye. It needs to be treated as soon as possible. Eyedrops, especially corticosteroids and pupil dilators, can reduce inflammation and pain. For more severe inflammation, oral medication or injections may be necessary.

If left untreated, uveitis may lead to:

- Glaucoma (increased pressure in the eye);
- Cataract (clouding of the eye's natural lens);
- Neovascularization (growth of new, abnormal blood vessels); or
- Damage to the retina, including retinal detachment, damage to the optic nerve or both.

These complications may also need treatment with eye drops, conventional surgery or laser surgery. If you have a "red eye" that does not clear up quickly, contact your ophthalmologist.

 The Retina Institute of Florida

Lauren R. Rosecan

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

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

Toll Free Phone Number: 1-800-445-8898

Or 561-832-4411

WEST PALM BEACH	PALM BEACH GARDENS
901 North Flagler Drive, 33401	11382 Prosperity Farms Rd., #128, 33410
(561) 832-4411 Office	(561) 627-7311 Office
(561) 832-1591 Fax	(561) 627-6791 Fax

STUART	BOCA RATON
618 East Ocean Blvd., #3, 34994	1050 NW 15th Street, #114, 33486
(772) 287-7026 Office	(561) 368-7723 Office
(772) 220-4186 Fax	(561) 368-0093 Fax



Men's Health - How a Few More Whiskers Are Raising Awareness:

Starting to notice more men sporting beards and/or mustaches? There is a good reason why. Movember Foundation started in 2004 in Melbourne, Australia as a way to raise awareness for prostate cancer and depression. Almost ten years later the idea has caught on as the cause has reached a corporate and even worldwide level in support. No doubt Facebook, Twitter, Tumblr, and other popular social media sites will be sporting campaigns for Movember, or just personal shots of friends with a scruffy face. The idea being men growing out their facial hair to show support and awareness. Celebrities getting involved in the movement include Justin Timberlake, Jake Gyllenhaal, Brad Pitt, and Hugh Jackman.

Every year during the month of November the Movember Foundation encourages men all over the United States to get involved. Movember Foundation's goal is to increase early cancer detection, diagnosis, treatments, and reduction of preventable deaths. The Movember Foundation also encourages men to get annual check-ups, know the history of cancer in the family, and live healthy lifestyles.

Prostate cancer develops in the male reproductive system. Cancer cells tend to metastasize from other parts of the body such as the lymph nodes and bones. Most men notice problems urinating and difficulty during sexual intercourse. The most obvious is self exam and realizing a hard lump in the testes. Early detection is key when confronted with prostate cancer and getting proper treatment. Treatments often include radiation, chemo therapy, and surgery. As of 2013 an estimate of about one out of every six men in the United States will be diagnosed with prostate cancer and almost 30,000 men will die of prostate cancer, a ratio of about one in thirty men diagnosed with prostate cancer, and is the 6th cancer related causes of deaths among men. Prostate cancer occurs mainly in men over the age of 40. Common risk factors are genetics, early sexual activity, and dietary. Many men that struggle through the affects of prostate cancer suffer from depression while dealing with feelings of feeling ill during treatments, medical bills, mortality, and the worry of not feeling "whole" afterwards.

Raising awareness has improved the rate of survival of prostate cancer survivors. So ladies, embrace your man's scruffy face and hope that having facial hair for 30 days is the least of his problems. Encourage all the men in your life to help raise awareness with a fuzzy

face, whether it is a father, brother, uncle, grandfather, or just that special friend. Men put down those shavers! Guys unite to combat prostate cancer one face at a time, take what could be a lifesaving movement and help raise awareness during the month of November and grow those whiskers out.

At Maximum's Men's Clinic we specialize in all things relating to men's health. Dr Herbert Fishman, medical director at Maxim Men's Clinic has 30 years experience in family practice specializing in Men's Health and Sports Medicine. **For your free consultation contact our team at 561-459-3000.**



Maxim Men's Clinic 7100 West Camino Real, Suite 121
Boca Raton, FL 33433

Screening tests can find cancer early, when it's more treatable.

• **Colon Cancer:** Many colon cancers begin as growths called polyps. If these polyps are found through screening and removed before they turn into cancer, the disease can be stopped before it starts. Screening can also find cancer before it has had a chance to grow and spread. Start testing at age 50, or younger if people in your family had colon cancer, or if you have had colon problems in the past. Talk to your doctor about which test is right for you.

• **Prostate Cancer:** Starting at age 50, men should talk to their doctor about the pros and cons of prostate cancer testing, then decide if they want to be tested. Men at high risk (African-American men and those with a family history of the disease) should have this talk at age 45 or 40.

• **Skin Cancer:** During your regular checkups, have your doctor check your skin for signs of skin cancer. If you notice any changes to existing moles, tell your doctor right away.

Healthy lifestyle choices can lower your risk for cancer.

• **Quit smoking.** In the US, tobacco use is responsible for nearly 1 in 5 deaths. About half of all people who continue to smoke will end up dying from a tobacco-related disease. Tobacco use causes more than a dozen types of cancer, as well as heart disease, emphysema, and stroke.

• **Get regular exercise.** Each week, adults should get at least 150 minutes of moderate-intensity activity (the level of a brisk walk) or 75 minutes of vigorous-intensity activity (the level of a run), preferably spread throughout the week. Clear any new activity with your doctor.

• **Eat healthy.** Eat at least 2 ½ cups of vegetables and fruits each day. Eat less bacon, sausage, luncheon meats, hot dogs, and other processed meats. Choose whole-grain breads, pasta, and cereals.

• **Limit how much alcohol you drink (if you drink at all).** Men should have no more than 2 drinks a day.

PROSTATE CANCER IS THE SECOND MOST COMMON CANCER IN MEN IN THE UNITED STATES.



IN 2014, MORE THAN 233,000 MEN WILL BE DIAGNOSED WITH PROSTATE CANCER.



1 IN 7 MEN WILL BE DIAGNOSED WITH PROSTATE CANCER IN THEIR LIFETIME.



1 IN 36 MEN WILL DIE FROM PROSTATE CANCER (ABOUT 29,480 MEN) ACCOUNTING FOR ABOUT 22% OF ALL MALE DEATHS FROM CANCER.



RISK OF BEING DIAGNOSED WITH PROSTATE CANCER INCREASES WITH AGE.

WellFest™ Delray 2015 Business Directory. Please Support These Companies.

Abundant Health
Chiropractic & Rehabilitation Center
www.drgronan.com
561.393.6793

Acupuncture Advantage, Inc.
www.acupuncture-advantage.com
561.338.1771

Alive and Well Acupuncture
www.aliveandwellacupuncture.com
561.272.7816

Arbonne Independent Consultant
janet@myarbonne.com
518.522.0903

Atlantic Grove
Chiropractic & Rehabilitation
www.atlanticgrovechiro.com
561.455.4850

Beach Body Contouring
beachbodycontouring@gmail.com
561.907.0603

Rachel Keats LCSW
www.bocaratoncouplestherapist.com
954.234.6367

Brain Empowerment Center
www.brainempowermentcenter.com
561.620.0577

Communicating Energy Wellness Institute
www.communicatingenergyinstitute.com
561.212.6862

Dermalux
dermaluxskinsolutions@gmail.com
561.251.5060

DU20 Holistic Oasis
Acupuncture in Delray Beach
www.du20.com
561.455.2147

Endlessly Organic
www.endlesslyorganic.com
866.944.9564

Equilibrium Active Wear
www.equilibriumactivewear.com
305.957.1995

Fiesta Pet Deli
www.fiestapetdeli.com
954.971.2500

Fit Food Express, LLC
www.fitfoodexpress.com
954.649.8363

Focus Forward Life Coaching
www.focusforwardlifecoach.com
561.749.4009

Foot Haven Reflexology Bar
www.foothavenreflexologybar.com
561.330.4084

Go Green Building Supply
www.gogreenbuildingsupply.com
561.208.3837

Green Revs
www.GreenRevs.com
561.412.9828

Here 2 Health You
here2healthyou@yahoo.com
561.789.8708



WELLFEST™
DELRAY BEACH 2015

For information on appearing in this
Free Directory, please email Bob@WellFestUSA.com
To Exhibit at or Sponsor WellFest™ Delray 2015
(March 7-8 in downtown Delray), please visit:
www.WellFestUSA.com

Holly Exsteen
It works skinny wraps distributor
www.bodywrapsboca.com
561.302.2823

Inception Exclusive Athletic Studio
www.inceptioneas.com
561.988.5909

Jodi Green - Health Coach
www.TheGreenButterfly.org
954.261.2891

Adrienne Jonas
Juice Plus/Tower Garden
ajonasjp@gmail.com
561.302.2823

Kangen Water Ionizers
www.waterthetruth.net
561.620.0577

Kids Choice Sports, Dance and Fitness
www.gokidschoice.com
561.998.4225

Lori Crabtree
Nussentials
www.nussentials.com/lori
858.366.5466

Lynn Acquaviva- Kundalini Yoga
www.TheGreenButterfly.org
954.261.2891

Marie Tromans, MD
Internal Medicine and Wellness Specialist
www.marietromansmd.com
561.432.6959

Organic Fanatic
www.Organic-Fanatic.com
877.672.2622

Perfectore Posture Wellness
www.perfectore.com
786.245.4042

Prime Spa Boutique
www.primespaboutique.com
617.462.0408

Project Mate Bar
www.projectmatebar.com
561.926.0605

Renua Medical
www.renuamedical.com
775.246.1444

Riana Milne
Therapy by the Sea, LLC
www.RianaMilne.com
201.281.7887

Sacred Treehouse
www.SacredTreehouse.org
561.278.6033

Schrier Family Chiropractic
www.drelan.com
561.445.2648

Siman Gottesman A.P.
Acupuncture Physician
acusim@gmail.com
561.715.8807

smart center of palm Beach
www.smartcenterpalmbeach.com
561.471.7664

Stretch Zone Palm Beach
www.stretchzonepb.com
561.594.ZONE

Sole to Soul with Deb
www.soletosoulwithdeb.com
727.421.8107

SPA4YOUBOCA
www.spa4youboca.com
954.422.3707

Stockton Alee 1
www.Alee1.com
954.532.0792

The Therapeutic Alternative
www.thetherapeuticalternative.com
561.392.3340

21 Drops
www.21drops.com
877.673.7677

Wellspring Massage of Delray Beach
www.wellspringtherapies.org
561.278.4770



Focused On Your Well-Being

Our **Lymphatic Decongestive Treatment** is provided by a
Certified Lymphatic Therapist using the electro-lymphatic drainage
XP-2 machine to open the superficial and deeper lymph nodes
throughout the body to ensure all toxins are readily expedited
out of your system. In addition, this advanced therapy

- Alleviates swelling
- Stimulates the immune system,
- Reduces inflammation
- Breaks down scar tissue
- Helps relieve pain & suffering from many conditions

Call today for
an appointment
561.395.1926

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



Complimentary HEALTH RESEARCH REPORTS

- Asthma • Kids & Headaches
- Fibromyalgia • Osteoporosis

Text REPORT to 63975 to receive information.

NUCCA doctor in Boca Raton
Dr. Gregory E. Jean-Pierre



7301A West Palmetto Park Road, Suite 304 B, Boca Raton, FL 33433

Our office is both friendly and warm and we do our best
to make you feel at home.

(561) 409-3594

Call today for a free consultation. "It's just a conversation, NOT a commitment."
Visit us at www.uci-fl.com

How Can Hyperbaric Oxygen Therapy Help You?

By Sarah Crane

Those of you who read last month's hyperbaric oxygen therapy (HBOT) column on healing skin grafts are aware of the medical definition of hyperbaric oxygen therapy: oxygen administered to a patient in a pressurized environment. The treatment is painless and only involves one medical drug: Oxygen. This article hopes to help educate people about how HBOT can help alleviate some of the medical problems that can occur in the legs and feet that are associated with diabetes.

Roughly a quarter of the people in the United States who have diabetes are unaware of it and have not received a diagnosis from a certified medical professional. Recent statistics indicate that there are close to 30 million people in the United States who have diabetes. Diabetes can result in numerous conditions, including (but not limited to) impoverished circulation to the lower limbs and swollen feet.

The FDA has approved hyperbaric oxygen therapy as a means of medically treating lower-limb non-healing wounds. That is to say: if you have a wound below your knee, you are diabetic, you are undergoing traditional wound care, and your wound does not heal within 30 days, you are eligible for hyperbaric oxygen therapy. Not only would you be eligible for HBOT, but also most insurance companies would likely cover your hyperbaric oxygen therapy treatments.

There are several things patients can do to ensure an optimal response from hyperbaric oxygen therapy treatments. The patient often has a great amount of control over necessary lifestyle changes that should be made at home (i.e., altering diet to maintain a relatively normal and stable blood glucose level) or in their medical care (i.e., arranging for and continuing standard wound care treatment, even during or after undergoing hyperbaric oxygen therapy). Now, let's explore a little more how HBOT can help those suffering from diabetes.



A diabetic patient was referred for HBOT of his Wagner Grade III diabetic foot ulcer which was non-healing after one year, with amputation planned within 24 hours.



After three weeks (26 HBOT sessions) his wound showed considerable healing.



After 50 completed HBO sessions healing is evident.




A relatively prevalent consequence of diabetes is decreased circulation to the feet. Diabetes can cause blood vessels to narrow and harden (and smoking can accelerate that process). This restricted circulation reduces the body's ability to heal itself because nutrients in the blood (i.e., oxygen-rich plasma) cannot reach problem areas. Hyperbaric oxygen therapy encourages the body to develop new capillaries (i.e., small blood vessels). As these new blood vessels form (a process known as "angiogenesis"), circulation is improved. Additionally, because hyperbaric oxygen therapy decreases swelling, it is also able to decrease the amount of pressure on capillaries (which causes them to narrow in the first place!). As more blood is able to healthily circulate through the lower extremities, the body is able to heal itself and wounds have a better chance of healing by natural processes.

Hyperbaric oxygen therapy is also able to decrease swelling that can occur in the lower limbs (feet and legs). The nature of HBOT is to

decrease inflammation by providing copious amounts of oxygen to areas of the body that were previously starved of blood. By both increasing the body's circulation and presence of oxygen, hyperbaric oxygen therapy can decrease inflammation as well as the amount of inflammatory cytokines (i.e., proteins responsible for determining the severity of the body's response to inflammation), while increasing collagen production. This collagen is how the body builds new skin cells and also contributes to the formation of new blood vessels.

While hyperbaric oxygen therapy can help improve the condition of lower limbs for those who

are suffering from diabetes, it can help reduce swelling or inflammation caused by numerous conditions. It is important to note that hyperbaric oxygen therapy can help improve diabetic lower-limb wounds that are not responding (quickly or at all) to regular treatment. In some cases (in conjunction with adhering to a traditional wound care treatment regiment), hyperbaric oxygen therapy has even been able to eliminate the necessity of amputation. Therefore, HBOT has the ability to be life altering for some people. Please help us continue to educate ourselves and others about the medical uses of hyperbaric oxygen therapy.



Hyperbaric Services of the Palm Beaches, LLC 561-819-6125

HYPERBARIC OXYGEN THERAPY IS THE SOLUTION

Palm Court Plaza - 5130 Linton Boulevard, Delray Beach, FL 33484
ON THE GROUNDS OF THE DELRAY BEACH MEDICAL CENTER



How to Detoxify and Lose Inches

Many people know that toxins are at the root of many diseases. Yet toxins also impact weight management. Excess toxins are stored in fatty tissue and accumulate in fat cells, adding to body mass. A healthy lifestyle helps prevent toxic overload. Avoiding and eliminating toxins isn't complicated; there are many natural, free and inexpensive ways to detoxify and lose inches.

Impact of toxins

Excess toxins are stored in fat cells. The more fat cells available, the greater the ability to retain toxins. Water-soluble toxins require water to break down; their presence triggers the brain to retain water. The presence of fat-soluble toxins prompts the brain to send signals to retain fat so the body can break these down. However, when there are more toxins in the body than it can process, water and fat retention follow adding both pounds and bulk.

How to avoid and eliminate toxins

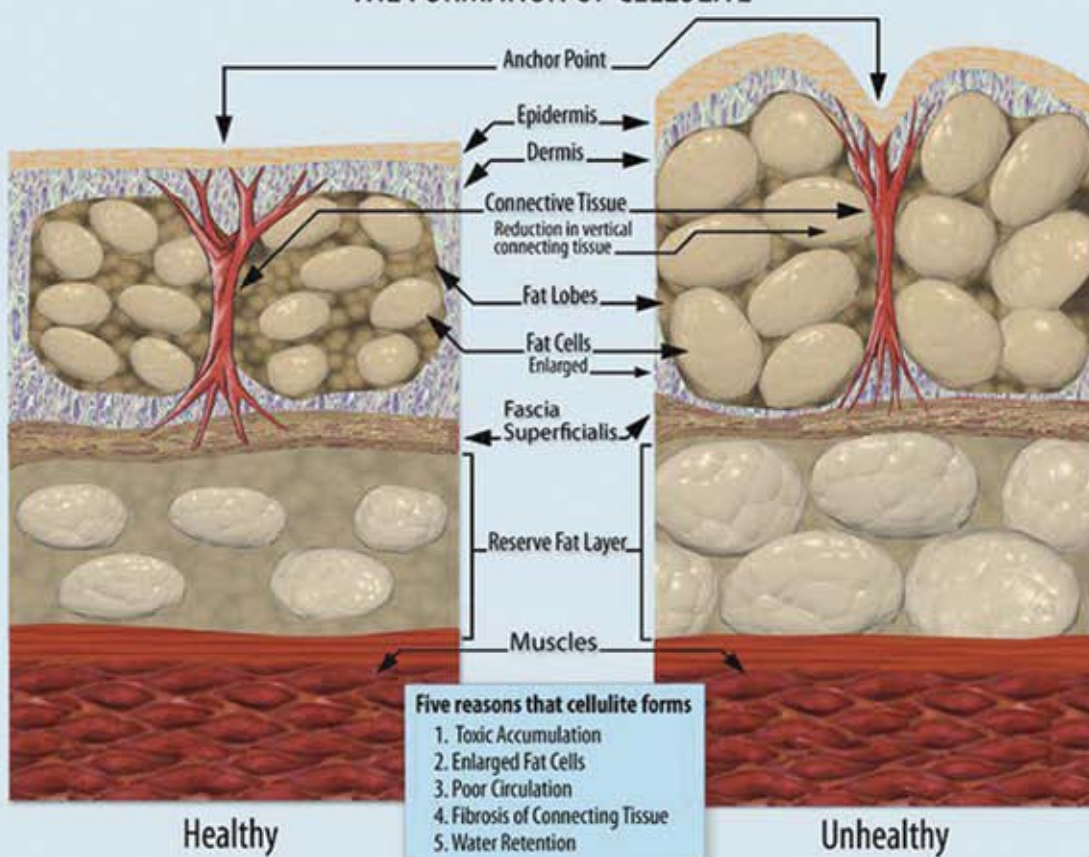
Avoid non-organic and GMO food! Assume that non-organic produce and meat have been grown with pesticides and antibiotics. Use a vegetable wash on non-organic produce to remove toxic substances.

Completely eliminate trans fats, also known as hydrogenated oils, from your diet. This includes food made with them.

Toxic ingredients abound in beauty and household products. Get educated on common, toxic ingredients in routinely-used products. Become an avid label reader and eliminate products containing toxic ingredients.

Throughout the United States, cities add noxious chemicals including chlorine and fluoride to drinking water. For children and the elderly in particular, these are especially harmful!

THE FORMATION OF CELLULITE



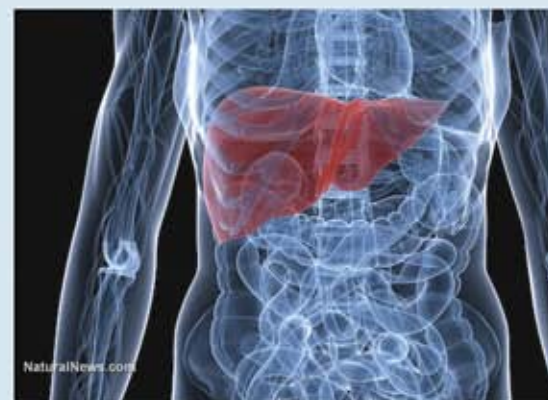
Ways to eliminate toxins

Eat bioflavonoid-rich foods to dilate the lymphatic system and make carrying toxic waste to the liver easier. Bioflavonoid rich foods include citrus, brussel sprouts, broccoli and spinach.

Consume raw, unpasteurized, and fermented foods. Pasteurized foods lack beneficial enzymes. Raw foods are loaded with enzymes and aid digestion. Fermented foods, like kimchi and sauerkraut, restore good flora in the gut.

Since the body cannot produce minerals, they must come from other sources. The Standard American Diet is vastly deficient in minerals, primarily as a result of commercially-grown food. Industrial farming practices deplete the

soil of nutrients; nutrient-deficient soil results in nutrient-deficient plants and animals. Minerals help with detoxification. Foods rich in minerals and vitamins include colorful fruits and vegetables, and dark leafy greens.



An easy habit to adopt is drinking fresh-squeezed lemon juice in water upon rising and throughout the day. Unless the citrus is organic, be sure to wash the fruit before adding it to water with the skin on. Studies have shown many such fruits are contaminated with bacteria picked up during the harvesting process.

Increasing your fiber intake aids in detoxification. Fiber brushes the colon and absorbs bile, which is used by the liver to break down fat. Lacking fiber, bile is not absorbed and toxins are reabsorbed by tissue.

The skin is important in helping the body to purge itself of toxins. By sloughing off dead skin and increasing circulation, dry skin brushing moves toxins through the body. This is accomplished by stimulating the lymphatic system, one of the body's key detoxification systems.

Lymphatic Decongestive Therapy with the XP-2 machine is the best and quickest way to detox your body. This process breaks up the congested lymph fluid by dissolving it into the milky fluid that it is supposed to be, allowing transportation of nutrients to the body and disposal of waste through the body's natural processes of elimination. This instrument creates results that are ten times more effective than other lymphatic therapies.

About the Author:

Susan Allen is a Certified Lymphatic Therapist who owns and operates HoriZen Therapies.

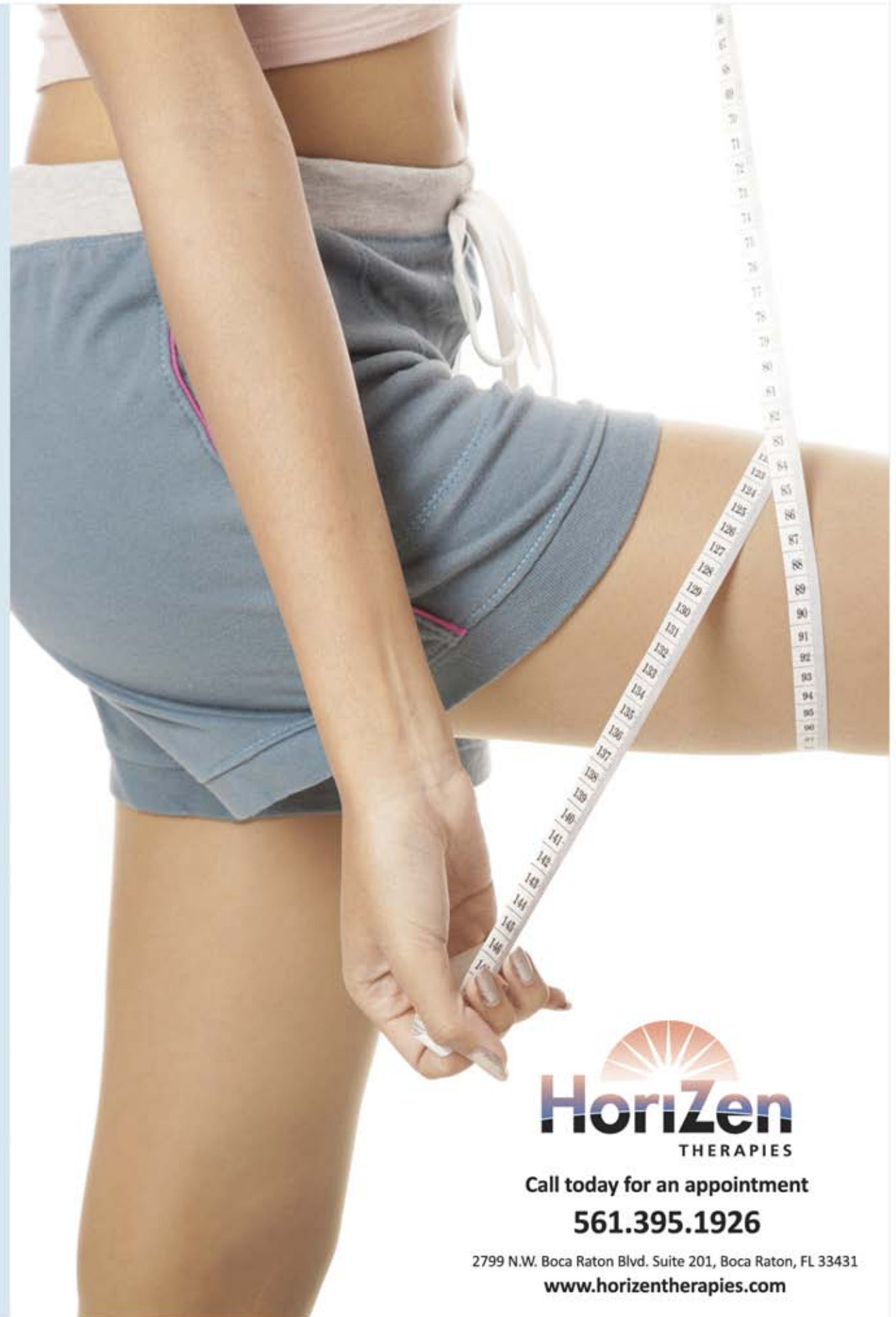
At HoriZen Therapies, we are focused on your well-being. Our goal is to provide the latest, most effective and valued healing therapies to our clients, and assist them in their quest for optimum health and wellness. Please contact us if you have any questions or wish to schedule an appointment.

Sources for this article include:

NaturalNews.com

The Fiber 35 Diet, B. Watson, CNC

The Fat Flush Plan, A. L. Gittleman, MS CNS



HoriZen
THERAPIES

Call today for an appointment

561.395.1926

2799 N.W. Boca Raton Blvd. Suite 201, Boca Raton, FL 33431

www.horizentherapies.com

“What He Heard at the Open Window Changed History...Forever”

By Dr. Gregory Jean-Pierre

It was September 18, 1895 in Davenport, Iowa, a night that changed history forever.

That night, a janitor named Harvey Lillard, stopped to talk with D.D. Palmer, a doctor who was working late in his building. Lillard told Palmer that 17 years ago he had bent over, heard a “pop” from his back, and went almost completely deaf. Palmer asked Lillard for permission to test out a theory he was researching, and Lillard agreed. D.D. examined Lillard, and found a vertebra rack-ed from its normal position. He applied a force to that vertebra, moved it back.

Lillard got up and walked over to the window looking over Ryan Street. What he heard through that open window changed history. He could now hear the clatter of horses’ hooves, something that he could not hear for 17 years. Thus, the science of chiropractic was born.

Why is that night so important in the course of American history? Because now, over 100 years later, the theory Palmer worked on has been pro-ven. Several million Americans get their spines adjusted every single day. They do it to get healthy, and to stay healthy.

Now, you’re probably wondering about the photo in this letter. You know, when I meet people in town they usually say, “Oh, yeah, I have heard of you, you’re Dr. Jean-Pierre. You’re that new Doctor in Boca Raton.” Well, That’s me. I’m the guy in the picture with my son.

Almost 30 years ago at the age of 5, I started having headaches. Not knowing what was wrong, my parents took me to every doctor and specialist they could find. Unfortunately, all the examinations came out negative. They had no idea what was causing my headaches. As I got older, the headaches became more frequent and severe and were labeled as migraines. I was put on medications, which made it worst.



Although I excel in school, there were days when I couldn’t even get out of bed, due to debilitating migraines. I had to be in a dark quiet room, hoping that the pounding would go away. I turned to alternative care, which gave some relief, but the migraines would always come back. Like so many people suffering with migraines, I figured that it was something that I was going to have to live with for the rest of my life.

God had other plans... While in Chiropractic school in MO, I found an Upper Cervical (NUCCA) Chiropractor that helped people that have tried everything else like me. Dr. Matthew Flory in Clayton MO.

The Upper Cervical Chiropractor did a unique exam, took some special 3D films and then “adjusted” me. The adjustment was so light I didn’t even feel it. I was very skeptical at first because I didn’t feel any difference for the first few weeks. In fact, my migraines increased. Dr. Flory did such an amazing job explaining the procedure that I kept going to see him. Within 3 months, my migraines started going away. I started feeling more energy, started thinking clearer and literally got my life back. This made such a profound difference in my life that I decided to dedicate my life to help others receive the same quality of life that I was giving through NUCCA Chiropractic.

My son, Matthieu was adjusted within minutes after birth. He didn’t have neck pain, back pain or headaches; I adjusted him to keep him healthy... as with all the children I care for in my office.

You see, it’s not normal for kids to have ear infections, asthma, allergies, headaches or a number of other illnesses we see clear up in our office every day.

It’s strange how life is, because now people come to see me with their migraines. Also they come to me with their fibromyalgia, high blood pressure, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries, just to name a few.

Here’s what some of my patients had to say:

“My headaches, migraines and dizziness have been crippling and debilitating. I no longer enjoyed life and missed running around and playing with my wife and children...This technique is the most amazing thing I have ever experienced after being told by doctors that I was going to have to deal with the pain for the rest of my life” – (Bob)

“No more neck or hand pain!”-- (Mary)

“For the last 5 years I have suffered with Neck Pain, Headaches, and Numbness in Arms and Hands, all the result of an auto accident. I have seen my family doctor, orthopedist, neurologist, and pain management – all without success. After only three visits with Dr. Jean-Pierre my pain was reduced and I stopped taking medication. I am now 100% symptom free. The treatments are completely painless and I look forward to waking up in the morning. Dr. Jean-Pierre saved my life.” --Doug G.

You should know that I don't heal anyone of anything. What I do is perform a specific Upper Cervical adjustment to remove nerve pressure, and the body responds by healing itself. We get tre-mendous results. It's as simple as that!

Being a chiropractor can be tough because there's a host of so-called experts out there. They tell people a lot of things that is just plain ridiculous about my profession... usually it's "my neighbor's sister's friend said..." Let me ask you, do you make your healthcare decisions based on honest facts or biased opinions? Interesting question, isn't it?

You Benefit from an Amazing Offer - Look, it shouldn't cost you an arm and a leg to correct your health. **Mention this article within two weeks; you will receive my entire new patient exam for \$47.** That's with x-rays, paraspinal thermal imaging... the whole ball of wax. This exam normally cost you \$350. But, please call right away because I don't want you to miss out. By the way, further care is very affordable and you'll be happy to know that I have family adjustment plans. You see, I'm not trying to seduce you to come see me with this low start up

fee, then to only make it up with high fees after that. Further care is very important to consider when making your choice of doctor. High costs can add up very quickly.

Great care at a great fee...Please, I hope that there's no misunderstanding about quality of care just because I have a lower fee. You'll get great care at a great fee. My qualifications...I'm a graduate of Barry University in Miami shores with a degree in Sports Medicine and receive my Doctor of Chiropractic degree from Logan University in MO. I've been entrusted to take care of tiny babies to pro athletes that you may know. After practicing in NY for 6 years, I moved my practice to Boca Raton. I just have that low exam fee to help more people who need care.

My assistant is Ariel she is a really wonderful person. Our office is both friendly and warm and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called UPPER CERVICAL INSTITUTE OF FL and it is at 7301A W Palmetto Park Rd, Suite 304B, Boca Raton, FL 33433. Our phone number is 561-409-3594. Call Ariel or me today for an appointment. We can help you.



The patient and any other person responsible for payment has the right to refuse to pay, cancel payment or be reimbursed for payment for any other service, examination, or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee service, examination or treatment.



Dr. Gregory Jean-Pierre,
Chiropractor for the Entire Family

P.S. When accompanied by the first, I am also offering the second family member this same examination for only \$37.

P.P.S. Your time is as valuable to you as mine is to me. That's why I have a "no wait" policy. It is highly unusual to wait more than a few minutes in my office.

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment or be reimbursed for payment for any other service, examination, or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee service, examination or treatment.



UPPERCERVICAL
Institute of Florida, P.A.

Call: 561-409-3594

It's About the Energy

By Ronna L. Clements, Natural Health & Wellness Innovator

When we feel tired, life becomes a struggle. How often do you wake up well rested, bright eyed and ready to take on the world? How is your energy during the day? High and steady or low and dragging?

If the answer is the latter, you are not alone. Millions of Americans are tired. "Magic-bullet" caffeine supplements, more coffee and sugar fixes will only perk you up for a few short-lived hours only to leave an after-math of feeling more tired than before – harming our health in the process. Poorly rooted habits must be corrected or you will be in a never-ending downward spiral as each year passes.

So, how do we get our bodies to produce more natural energy?

The answer is quite simple.

Through my extensive studies in healing and personal experience, I have learned that the #1 practice to obtain natural, abundant energy is to eat more living foods. Energy levels immediately increase simply by eating more organically grown raw foods. Allow me to explain why with some simple science.

Everything in life is comprised of energy in one way shape or form. Food stores a certain amount of energy that is released through chemical reactions. Natural enzymes from raw food *increase the rate* of these chemical reactions, hence the more raw food we eat, the rate of chemical reactions occur faster, our metabolism becomes higher, and we have more energy.

Living foods have a dramatically higher amount of enzymes vs. cooked, canned or processed foods.

When you cook food, for example, the molecular structure is altered, killing most of the food's natural enzymes. This means slower chemical reactions and a slowed metabolism. It is much harder on the body to break down, metabolize and assimilate cooked, processed and canned foods.



Fresh fruits and vegetables have the highest magnetic energy on the planet with fresh vegetables and sprouts running in second place. In order to put this into clear perspective, here are a few examples of mega-hertz of energy in a few select foods.

Fruit contains 8,000 – 11,000 MGZ of energy.

Raw vegetables and sprouts: 8,000 – 9,000 MGZ.

Cooked vegetables: 4,000 – 6,500 MGZ.

Milk: 2,000 MGZ.

Refined white flour: 1,500 MGZ.

Cooked meats, canned and boxed food: 0 MGZ. So there you have it – another great secret for optimal health. To lead a vibrant life and to have more energy, eat a diet full of fresh fruits and vegetables.

If you wish to experience pure energy, you must consume pure energy.

As a living health advocate, I've personally experienced the wonderful benefits from eating a diet rich in living foods by having youthful energy, healthy skin and a zest for life. In addition, I recommend that everyone incorporate a regular exercise program into their lifestyle. Eating well and exercising go hand-in-hand and both will help you to attain vibrant energy. Ah, bring on the watermelon!

ronnaclements@aol.com
www.theprogrambyronna.com
(561) 632-9187

JOIN

JM LEXUS
FIT FOOD EXPRESS
THE SEAGATE HOTEL & SPA
TESLA MOTORS
HUMAN POWERED DELRAY
SERENA J. DYER
AND MANY MORE



March 7-8, 2015

Outdoors at Delray Center for the Arts in Downtown Delray.

Live Well! Go Green!

For Exhibitor/Sponsor info visit
www.WellFestUSA.com or call 561.921.5182.

Thanksgiving Meal Makeover: Small Tips for a Healthier Holiday

Thanksgiving is a holiday dedicated to give gratitude to the things that matter most – good health, friends, family & faith. The Thanksgiving table symbolizes all of this, as we show our love through what else, but food. A vast collection of dishes makes up this anticipated feast: green bean casserole, turkey smothered in gravy, stuffing and mashed potatoes to name a few.

Unfortunately, overeating on Thanksgiving is the norm for many. What's more, this feast marks the beginning of a downhill food battle for the rest of the holiday season.

As we well know, overeating inevitably leads to weight gain for many. But what many people don't realize is that regularly overindulging -- especially on sweets and simple carbs -- also can usher in a host of other ailments, from heart disease to type-2 diabetes to cancer.

The following tips will help you avoid overeating on Thanksgiving and through the holiday season:

1. Don't Forget Breakfast

One of the easiest things to do is overindulge when you're hungry. So don't starve all day to "save up" space for the Thanksgiving meal. Instead, have a little bit of protein (say, a hard-boiled egg) and some high-quality carbs (say, a few celery sticks) before your family's gathering. That'll help you from pigging out.

2. Dine on Smaller Plates

When it comes to Thanksgiving, or any other holidays, for that matter, small is better. Smaller plates = less room for food = less overeating. Cover your plate with food and still trick your brain into feeling

like you are eating more. This simple switch can save you from consuming up to half the calories you would have with a larger plate.

3. Protein Comes First

When you begin your Thanksgiving meal, always have protein first. Then go for the vegetables. Hold off on carbs until last. The protein will help slow down the absorption of the carbs and will fill you up more quickly.

4. Personalize Your Smorgasbord

Chances are there will be some foods at the table that you've waited all day to try and others you didn't even know were being made. Choose the foods you love and pass on those you could do without. Instead of mounds of food, have a little bit of everything so you can still try all you want, without feeling stuffed like the turkey in front of you.

5. Put Your Fork Down

When you eat your meal, put your fork down after every bite you take. Then chew each bite at least 10 times. The slower you eat, the less you will eat before feeling full, and the more you will actually taste the food.

6. Keep Close Track

Make a promise to a friend or loved one to write down every single bite that you consume on Thanksgiving. The idea of having to share your food list with someone else is quite intimidating, and just keeping a what-I-ate-at-Thanksgiving list can prevent pigging out.

7. Hit the Road

Rather than hitting the couch, encourage others to get up and go. Head outdoors for a brisk walk once the meal is over. Being active, even for 15 minutes, will give your metabolism a jolt.



ARE YOU AT RISK FOR

TYPE 2 DIABETES?



Diabetes Risk Test

1 How old are you?

- Less than 40 years (0 points)
- 40—49 years (1 point)
- 50—59 years (2 points)
- 60 years or older (3 points)

Write your score
in the box.

2 Are you a man or a woman?

- Man (1 point) Woman (0 points)

3 If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point) No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point) No (0 points)

5 Have you ever been diagnosed with high blood pressure?

- Yes (1 point) No (0 points)

6 Are you physically active?

- Yes (0 points) No (1 point)

**7 What is your weight status?
(see chart at right)**

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)

You weigh less than the amount
in the left column
(0 points)

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Add up
your score.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

**For more information, visit us at
www.diabetes.org or call 1-800-DIABETES**



Visit us on Facebook
[Facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation)



**STOP
DIABETES.**

Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit diabetes.org or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

What's That Smell?

By Pat Trutner - Wellness Advocate for dōTERRA Essential Oils



"Imagine you have the power to reinvent the way you care for your family's health: safely, cheaply, without side effects. Would you do it? I would—in an instant! And I did!"

That is a quote from my September article in this magazine. I spoke with you about how I no longer reach for a prescription or over the counter medicine right away. I think twice about the side effects. Using dōTERRA essential oils has really changed how I care for my family. I have been doing this for a while now. At our classes, we not only learn about the essential oils, but we also address nutrition and other wellness issues.

One of those issues is the toxic load that we carry from things that are in the environment. For example, that new car smell. Who doesn't love to get a new car? Part of that experience is the smell of the new car as you drive off the car dealer's lot. But what we are really doing is breathing in toxins from the new carpet and leather. Another example of toxins around us is the smell of a clean house. What are we really smelling? Bleach and other cleaners, and that means that we are breathing in chemicals!



Unfortunately, we cannot control a lot of the toxins that are around us. But we can control some of the toxins that are in our house. I have reinvented the way I clean my house. I want to clean with natural products. Essential oils are great for cleaning and disinfecting. Lemon essential oil is my go-to cleaner. It can remove the sticky residue that is left when you peel off a label. It can be mixed with vinegar and distilled water to clean just about anything. I use it to clean mirrors, windows and floors. DōTerra's OnGuard™ concentrated cleaner is used on my granite counters and in my bathrooms. Did you know that essential oils can be used to freshen the air, too? Put your favorite citrus oil in a glass

or metal spray bottle filled with water and spray away. I love that we are no longer breathing in chemicals when we freshen the air.

You might think I saved the best for last. Insects can be a pest (pun intended!) Essential oils are used for pest control, too. We love the smell of peppermint. It's refreshing and invigorating. But put peppermint essential oil in a glass or metal spray bottle with a little water and the spiders will run!

Let me help you reinvent the way you care for your family's health. Please email me for advice on how to use and purchase dōTERRA essential oils.

dōTERRA

Wellness Advocate

CPTG Certified Pure Therapeutic Grade

Pat Trutner

Wellness Advocate for dōTERRA Essential Oils
ID # 718872

631-584-5862

ptrutner@icloud.com

(Pat Trutner is an educator and Wellness Advocate for dōTERRA International Essential Oils.)

Imagine

You have the power to reinvent
the way you care for your family's health

**Safely
Cheaply
Without side effects**

Call to inquire about
Essential Oils and
Personal Wellness Consultations

631-584-5862

ptrutner@icloud.com



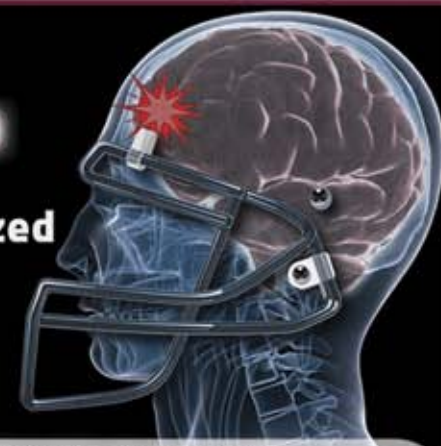
Pat Trutner

Wellness Advocate
#718872



Hyperbaric Services of the Palm Beaches, LLC

**Hyperbaric Oxygen
Effective & Specialized
Treatment Program
for Neuro Wellness**



5130 Linton Boulevard, Suite H3 & 4 Delray Beach, FL 33484
(561) 819-6125 • 1-800-983-8582 • www.PalmBeachHyperbaric.com • oxygen4u@bellsouth.net

Trouble Falling Asleep? Up at 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

561.744.7616 561.206.2706

www.CenterforBrain.com

Michael Cohen, President and Founder of the Center for Brain Training is one of the leading experts in brain biofeedback. For 16 years, he's taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.



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

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



**CENTER FOR
BRAIN**

CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

Fix ADHD without meds?

Call us about our
comprehensive ADHD package

Combining brain mapping and the best of brain technology



**CENTER FOR
BRAIN**

CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

Call 561-744-7616

Offices in JUPITER and BOCA
www.CenterforBrain.com

GOLDMAN EYE

DAVID A. GOLDMAN, M.D.

561-630-7120

www.goldmaneye.com



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

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





Common Myths About Your Eyes

By David A. Goldman MD

Just because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eye-glasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



561-630-7120
www.goldmaneye.com

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.

Developing Discipline

By Dr. Ray Underwood, Palm Beach Community Church

Here's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: why are you not doing it?

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, "People who accept discipline are on the pathway to life, but those who ignore correction will go astray." NLT

Here are three "Disciplines of Being Disciplined".

1. Persistence - "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.



2. Advance Decision Making - "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

3. Delayed Gratification - "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood
@pbcchurch
Palm Beach Community Church
www.pbcc.cc
Sunday Services at 9:30 and 11 AM
4901 PGA Boulevard
Palm Beach Gardens, FL 33418

For people who want to hear better.



**Time together
is more special with
better hearing.**

For over 27 years, millions of Americans have trusted HearUSA for the **best hearing care** in America and the only organization providing **TotalCare**.



TotalCare Experience

Most complete and accurate hearing check-up.

TotalCare Selection

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

TotalCare Technology

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

50% OFF *Hearing Aid Repairs*
Valid on most makes and models. Please call to inquire. Offer valid on hearing aids 4 years old or less. Includes 6 month warranty.

**FREE Demonstration
of Brand New Technology!**

Call for details.

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



HearUSA
America's Most Trusted Name in Hearing Care.

HEARx
A HearUSA Company

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

Boca Raton • Delray Beach
Call Toll Free: 855.270.1587