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December 2014

South Palm Beach Edition - Monthly

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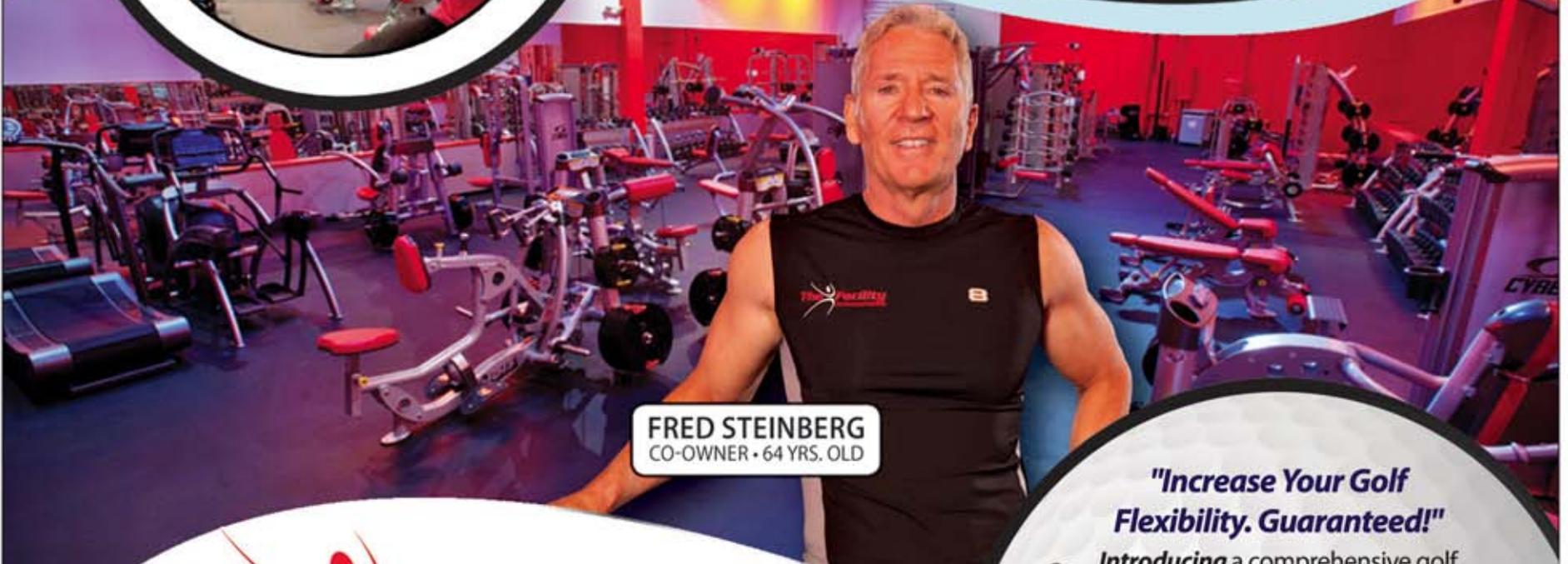
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4 STEPS TO TREATING HAIR LOSS

By Dr. Alan J. Bauman

About 80 million men and women in the U.S. suffer from some degree of hair loss. Luckily, thanks to years of research, clinical trials, new technologies and state-of-the-art therapies, in most cases, hair loss is a treatable condition.

For patients considering seeking treatment for hair loss, here is a look at what the treatment process may look like.

• **DOCTOR** – The first step in treating hair loss is finding the right doctor. Many hair loss patients are unaware of the qualifications, training and expertise needed to properly treat hair loss. After a chat with their hairstylist, they may end up asking their primary doctor, ob/gyn, visiting their general dermatologist, or hometown cosmetic surgeon for advice. However, in order to achieve optimal results, it is important to consult with an experienced Hair Restoration Physician—a doctor who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and regrowth. Only a qualified and experienced Hair Restoration Physician can prescribe the most effective multi-therapy treatment options, as well as track your progress. This is especially true for those searching for a hair transplant surgeon.

As with other burgeoning medical specialties, hair restoration now has its own board certification. Before choosing a surgeon, it is important to know their qualifications, visit the clinic, read reviews, ask to see before-and-after pictures and most importantly, ask questions. Not only should you look for a surgeon with the technical skills, but also a significant amount of artistry, which is also needed in order to recreate the natural patterns of hair growth and achieve natural looking results.



• **DIAGNOSIS** – Once you've found a doctor, he or she will help you identify risk factors and assess where you are in the hair loss process, which is a lot harder than merely looking for bald spots. Missing the early warning signs of hair loss is one of the biggest mistakes both men and women makes when it comes to protecting the health of their hair. That's why new diagnostic tools, like the HairCheck®, are so important. The HairCheck® device is a highly sensitive hand-held 'trichometer,' which measures hair caliber and hair density together and expresses them as a single number (called the Hair Mass Index (HMI) or "Hair Number").

This number is then used to accurately assess hair loss, growth and breakage on any area of the scalp. By tracking these numbers, it can help us determine the extent and rate of the patient's hair loss and/or breakage and inform them of any changes over time. This information has also made it infinitely easier to catch hair loss before it becomes too significant. Another tool helping diagnosis and treat hair loss are genetic tests, which can accurately determine a man's (and woman's) risk for losing hair so he can begin preventative treatments early.



• **TREATMENT OPTIONS** – Once your doctor has diagnosed the extent of your hair loss and the causes behind it, your physician may recommend both medical therapies and lifestyle changes. Medical treatments that will help mitigate hair loss include a specially compounded prescription minoxidil solution, platelet-rich plasma injections (PRP, also called the ‘vampire hair growth treatment’), prostaglandin analogs, low-level laser therapy, and nutritional supplements. In advanced cases, hair transplantation may be the patients’ best strategy for treating their hair loss. New microsurgical no-scalpel/no-stitch harvesting techniques like NeoGraft FUE or Follicular Unit Extraction allow for a minimally-invasive no-linear-scar “follicle-by-follicle” approach. This advanced process allows for diminished downtime and discomfort while avoiding the pluggy look and linear scars which traditional ‘old-style’ hair transplants left behind. The best strategy is to use a multi-therapy approach and routine follow-ups for tracking purposes to see what’s working.

• **MAKE THE COMMITMENT** – Unfortunately, there is one more step once a patient has started treatment, they need to make a commitment to stick with their treatment regimen. One of the hardest parts of treating hair loss in both men and women, is helping the patient understand that it is a long-term process.

that it is a long-term process. Just like hair loss, initial changes in hair regrowth take time and can be subtle before they are noticeable to the naked eye. When treating hair loss, it is important to keep in mind that it can take more than a year to see the full, final results from treatment, which is unfortunately longer than many patients are willing to wait, so many end their treatment early, disrupting any progress that had been made. Regular follow-ups should be performed every 90 days while undergoing treatment. These appointments can help ensure patients are responding to their treatment regimen and getting the best results possible.

It is important for patients to remember, hair loss is a treatable condition, but the earlier the problem is detected and treatment started, the better your chances of keeping your hair.

About Bauman Medical Group Hair Transplant and Hair Loss Treatment Center:

- World’s largest stand-alone clinic dedicated exclusively to hair transplantation and the treatment of hair loss.
- Located in the heart of downtown Boca Raton at 1450 S Dixie Hwy.
- Amenities and services include ample patient parking, expanded patient care areas, five procedure rooms, four HairCheck Zones and patient lounges, in addition to a conference room, outdoor water features, indoor zen garden, private patient elevator, a oversized lobby/reception area, patient education areas, and more.
- Services offered at Bauman Medical Group Hair Transplant and Hair Loss Treatment Center include NeoGraft FUE no-scalpel/no-stitch hair transplant, LaserCap and other low level laser devices and therapy, Formula 82M compounded minoxidil, HairCheck scientific hair growth/hair breakage measurements, Vampire PRP hair regrowth treatments, FDA- approved Propecia/Finasteride, Eyelash/Eyebrow Transplantation, Hair Transplant Repair, Scar Coverage and Camouflage, and Operation Restore - ProBono Hair Restoration Surgery.

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.

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Holiday Season and Those With Hearing Loss

“For many of the millions of hearing impaired Americans, but especially the 27 million living with untreated hearing loss, the holidays may not be all that happy,” says Audiologist Cindy Beyer.

Dr. Beyer, Senior Vice President of HearUSA, said studies have linked hearing loss to stress, frustration, and social isolation, “which can easily be intensified at holiday gatherings with families and friends, when many of those with hearing impairment may find conversations both difficult and isolating.”

While almost all hearing loss can be successfully treated with hearing aids, only 25% of the 36 million Americans with hearing loss have them, according to the Better Hearing Institute, which notes that most hearing aid users report significant improvement in their interpersonal relationships and social lives.

Hearing loss is often labeled ‘the invisible handicap’ because there are no outward signs of limitations. As a result, we may not be aware that a hearing evaluation and the recommendation of hearing aids may be necessary to avoid the breakdown in communications that inevitably comes with untreated hearing loss.

“Today’s digital hearing aids are smaller, smarter and more comfortable than ever before,” said Dr. Beyer. “I can think of no greater gift during the holiday season than encouraging a loved one or a friend with untreated hearing loss to consider the positive impact they could have on their lives.”





Tips for Addressing Family Members with Hearing Loss

- Speak clearly, distinctly, and not too fast. Never shout.
- If you must repeat something, try not to appear frustrated or annoyed.
- If your comment or question is still not being understood, re-word it. Some words are easier to understand than others.
- In a group situation, try to include that person in the conversation.
- Look directly at the person when speaking and place yourself no more than five feet apart.
- Conversation is greatly enhanced when there is no distracting background noise, for example, from a radio or TV.
- When dining out, choose a quiet restaurant. Noisy conversations or the clatter of dishes and tableware are barriers to effective understanding.
- Conversation is much easier in a room with carpeting and upholstered furniture than in a room with tiled floors, high ceilings or wooden furniture.
- Your facial expressions, gestures, and overall body language are important aids in communicating; make sure you have the listener's attention and that the room is well lit.



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Golf: Myths and Truths About Injuries

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.

Myth vs. Truth

Myth-The more you play and harder you try, the better you get.

Truth-Over 80% of golfers suffer injuries from overuse.

Myth-endurance is the physical ability to withstand the duration of an entire golf game.

Truth-endurance also relates to the endurance of mental focus for the duration of an entire golf game, which is lost due to fatigue.

Myth-spending hours in the driving range and practicing a swing over and over, will improve your game.

Truth-adapting to the changes of your body and training your body to work with the changes, not against them, will improve your game.

Myth-training will enhance your golf game to its maximum potential

Truth-training specific to the demands of the player AND the game are mandatory in order to perfect your game.

Most common Infirmities in Golf

#1 Lower back - caused by rotation and extension in golf swing.

CORRECTIVE: Strength training, corrective exercising and proper instruction will increase your range of motion in your spine and hip, resulting in lower back pain.

#2 Elbow-Medial and lateral epicondylitis (Tennis Elbow) are caused by poor swing mechanics and increase with age and frequency.

CORRECTIVE: The technique in your swing can improve with guidance from a professional golfer and the physical conditioning needed when bone density and muscle mass begin to decrease with age.

#3 Wrist-overuse of the wrist flexor and extensor tendons cause pain and prevents



golfers from having a proficient swing.

CORRECTIVE: By strengthening the forearm and hand muscles, incidence of injury decreases. Altering your swing mechanics will also prevent tension on the tendons/muscles involved in a golf swing.





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#4 Shoulder- Injuries are suffered in the lead arm when stress is caused by the exertion of power within the range of motion during a swing. Impingement Syndrome, rotator cuff problems and arthritis are issues golfers experience with an inept range of motion and strength.

CORRECTIVE: Targeting the shoulder with corrective exercise and building muscle will alleviate the issues associated with shoulder pain.



Golfers who perform regular exercise and engage in a fitness program experience less occurrence of injury.

Did You Know...

- Performance declines at a rate of 2% per year through the age of 80.
- Strength training provides a 24% increase in speed and an average reduction of 4 shots off of a golfer's handicap.
 - Bone density and muscle mass begin to decrease at the age of 30.
- A survey of 1,000 golfers showed that there is an injury rate significantly higher in golfers over the age of 50 (65%) than in golfers younger than 50 (58%).
 - 63% of amateur golfers have a loss of posture-which affects ALL aspects of a swing.
 - 50% of amateur golfers will experience lower back injury related to golf at some point in their lives.
- 22 muscles are used to create speed in a single swing alone.

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HEALTH AND BEAUTY TIPS

By Daniela Dadurian, M.D.

The holiday times are such a great time for bringing people together, however life sometimes has a different agenda and we get rerouted to the road of exhaustion. Our lives are so busy, schedules get so full trying to prepare for parties and buying presents that we tend to forget about ourselves. Gearing up for a busy season can take its toll on our bodies and it's hard to find the time to recharge so we can function to the best of our ability. I have a few suggestions that may help you look and feel your best through this season.

IV Vitamin Infusion

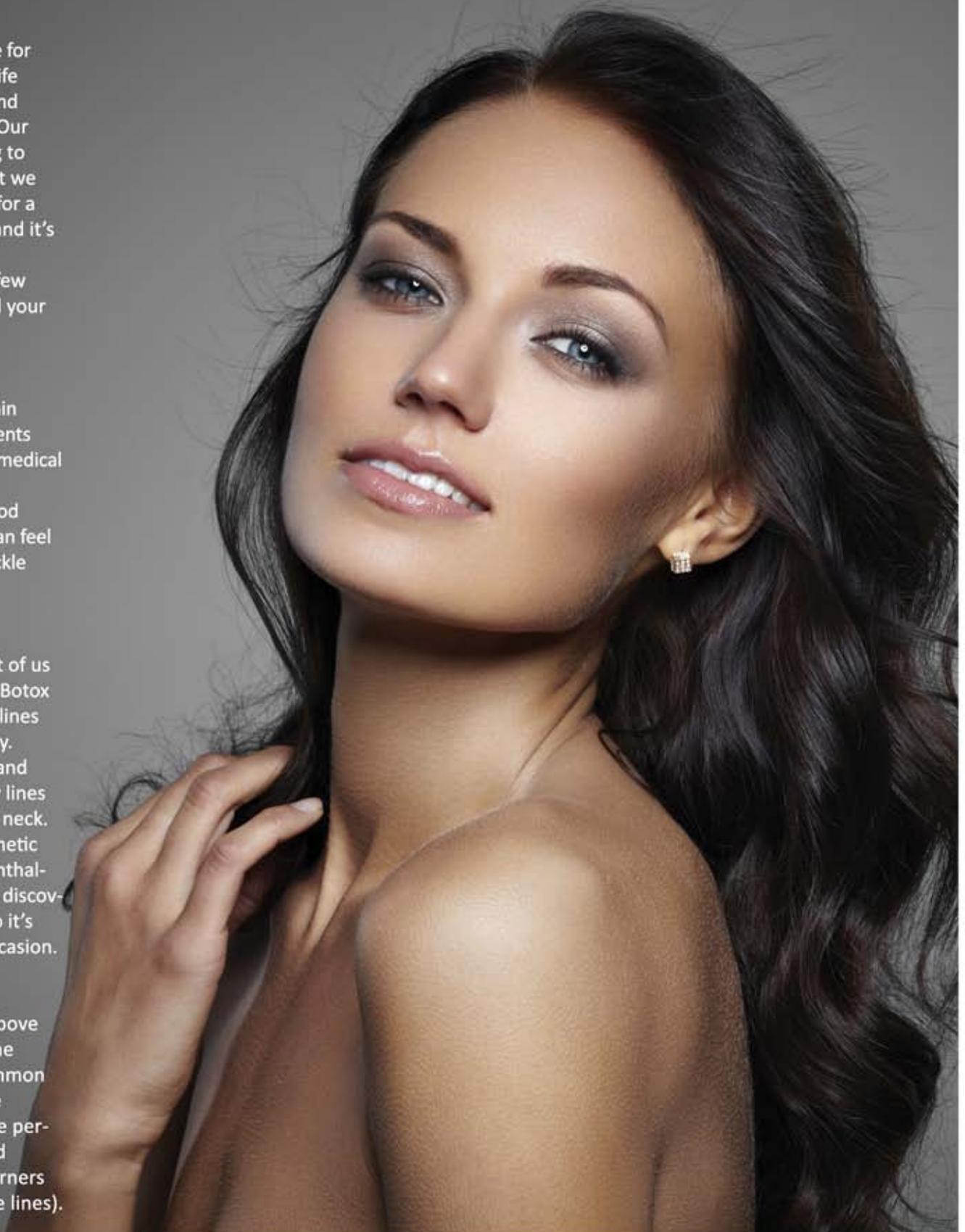
Take 20 minutes and rejuvenate with a vitamin infusion. Depending on the type of supplements you're purchasing, chances are they are not medical grade. Only 20-30% of the over the counter products are actually absorbed into your blood stream. With a quick Vitamin infusion, you can feel more energized, invigorated and ready to tackle your next big task.

Botox

Sometimes our expressions can get the best of us and give away just how tired we really feel. Botox is an effective way to soften the expression lines around our face and it's super quick and easy. Botox treats several areas around the eyes and forehead, it can even soften the little bunny lines on the nose or the neck bands on a sagging neck. Botox has been around many years for cosmetic use and prior to that was safely used on ophthalmology patients when its aesthetic use was discovered. Results are visible within 7-10 days so it's best to plan a little bit ahead of a special occasion.

Fillers

Since Botox is only to soften expressions above the nose, it cannot treat the wrinkles on the lower face. The wrinkles that are most common are found along the side of the nose to the corners of the mouth (nasolabial folds), the permanent lines etched between the forehead (elevens), or the lines that run from the corners of the mouth down to the chin (marionette lines).





Medical Director, Daniela Dadurian M.D.
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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.

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There are many different reasons how these lines may have formed, fillers are a quick, natural way to instantly correct these wrinkles. Most fillers are made with natural ingredients that can last 1 year or longer. Juvederm, Voluma, Radiesse, PRP and Belotero are some of the common fillers used for correction. A complimentary consultation is best suited to determine how to artistically eliminate these lines and which fillers to use.

The Combination of Fillers and Botox is commonly referred to as "The Liquid Face Lift" A trend that's not going out of style anytime soon, "The Liquid Face Lift," is quick and easy to prepare you for any occasion. Feeling and looking rejuvenated is on the top of everyone's wish list, why not make it a part of yours. For more information visit www.mdbeachtylabs.com or call 561-655-6325 for a *complimentary consultation*.



Retinal Tear and Retinal Detachment

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

The retina is the light-sensitive tissue lining the back of our eye. Light rays are focused onto the retina through our cornea, pupil and lens. The retina converts the light rays into impulses that travel through the optic nerve to our brain, where they are interpreted as the images we see. A healthy, intact retina is key to clear vision.

The middle of our eye is filled with a clear gel called vitreous (vi-tree-us) that is attached to the retina. Sometimes tiny clumps of gel or cells inside the vitreous will cast shadows on the retina, and you may sometimes see small dots, specks, strings or clouds moving in your field of vision. These are called floaters. You can often see them when looking at a plain, light background, like a blank wall or blue sky.

As we get older, the vitreous may shrink and pull on the retina. When this happens, you may notice what look like flashing lights, lightning streaks or the sensation of seeing “stars.” These are called flashes.

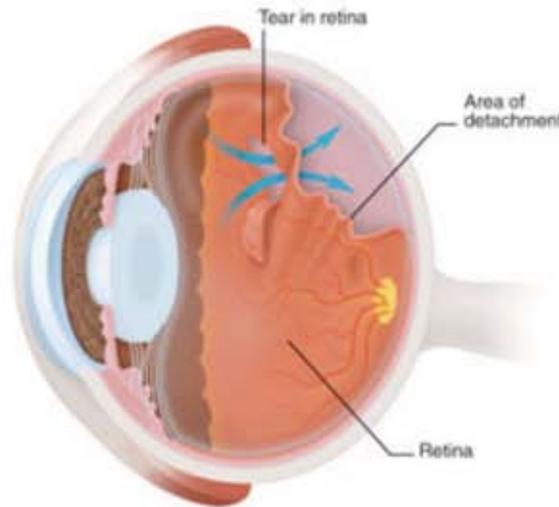
Usually, the vitreous moves away from the retina without causing problems. But sometimes the vitreous pulls hard enough to tear the retina in one or more places. Fluid may pass through a retinal tear, lifting the retina off the back of the eye — much as wallpaper can peel off a wall. When the retina is pulled away from the back of the eye like this, it is called a retinal detachment.

The retina does not work when it is detached and vision becomes blurry. A retinal detachment is a very serious problem that almost always causes blindness unless it is treated with detached retina surgery.

Torn or Detached Retina Symptoms

Symptoms of a retinal tear and a retinal detachment can include the following:

- A sudden increase in size and number of floaters, indicating a retinal tear may be occurring;



- A sudden appearance of flashes, which could be the first stage of a retinal tear or detachment;
- Having a shadow appear in the periphery (side) of your field of vision;
- Seeing a gray curtain moving across your field of vision;
- A sudden decrease in your vision.

Floaters and flashes in themselves are quite common and do not always mean you have a retinal tear or detachment. However, if they are suddenly more severe and you notice you are losing vision, you should call your ophthalmologist right away.

Who Is At Risk for a Torn or Detached Retina?

People with the following conditions have an increased risk for retinal detachment:

- Nearsightedness;
- Previous cataract surgery;
- Glaucoma;
- Severe eye injury;
- Previous retinal detachment in the other eye;
- Family history of retinal detachment;
- Weak areas in the retina that can be seen by an ophthalmologist during an eye exam.

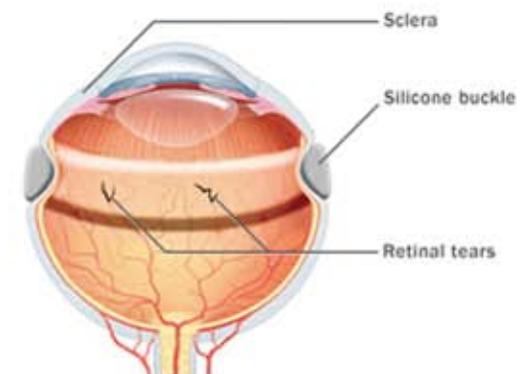
Torn or Detached Retina Diagnosis

Your ophthalmologist can diagnose retinal tear or retinal detachment during an eye examination where he or she dilates (widens) the pupils of your eyes. An ultrasound of the eye may also be performed to get additional detail of the retina.

Only after careful examination can your ophthalmologist tell whether a retinal tear or early retinal detachment is present. Some retinal detachments are found during a routine eye examination. That is why it is so important to have regular eye exams.

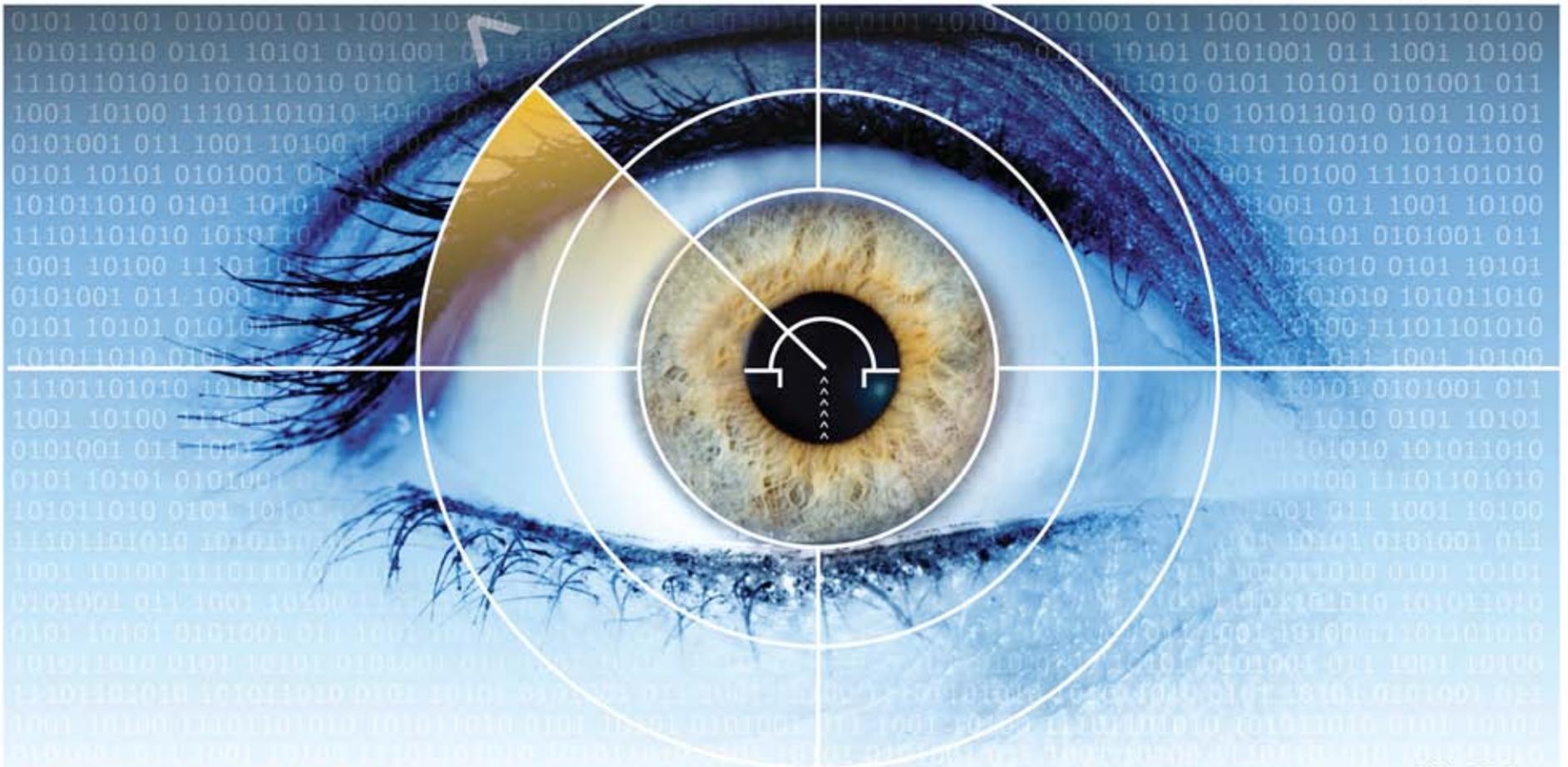
Torn or Detached Retina Treatment

A retinal tear or a detached retina is repaired with a surgical procedure. Based on your specific condition, your ophthalmologist will discuss the type of procedure recommended and will tell you about the various risks and benefits of your treatment options.



Torn retina surgery

Most retinal tears need to be treated by sealing the retina to the back wall of the eye with laser surgery. Both of these procedures create a scar that helps seal the retina to the back of the eye. This prevents fluid from traveling through the tear and under the retina, which usually prevents the retina from detaching. These treatments cause little or no discomfort and may be performed in your ophthalmologist's office.



Laser surgery (photocoagulation)

With laser surgery, your Eye M.D. uses a laser to make small burns around the retinal tear. The scarring that results seals the retina to the underlying tissue, helping to prevent a retinal detachment.

Detached retina surgery

Almost all patients with retinal detachments must have surgery to place the retina back in its proper position. Otherwise, the retina will lose the ability to function, possibly permanently, and blindness can result. The method for fixing retinal detachment depends on the characteristics of the detachment. In each of the following methods, your Eye M.D. will locate the retinal tears and use laser surgery or cryotherapy to seal the tear.

Vitrectomy

This surgery is commonly used to fix a retinal detachment and is performed in an operating room. The vitreous gel, which is pulling on the retina, is removed from the eye and usually replaced with a gas bubble.

Sometimes an oil bubble is used (instead of a gas bubble) to keep the retina in place. Your body's own

fluids will gradually replace a gas bubble. An oil bubble will need to be removed from the eye at a later date with another surgical procedure. Sometimes vitrectomy is combined with a scleral buckle.

If a gas bubble was placed in your eye, your ophthalmologist may recommend that you keep your head in special positions for a time. Do not fly in an airplane or travel at high altitudes until you are told the gas bubble is gone. A rapid increase in altitude can cause a dangerous rise in eye pressure. With an oil bubble, it is safe to fly on an airplane.

Most retinal detachment surgeries (80 to 90 percent) are successful, although a second operation is sometimes needed.

Some retinal detachments cannot be fixed. The development of scar tissue is the usual reason that a retina is not able to be fixed. If the retina cannot be reattached, the eye will continue to lose sight and ultimately become blind.

After successful surgery for retinal detachment, vision may take many months to improve and, in

some cases, may never return fully. Unfortunately, some patients do not recover any vision. The more severe the detachment, the less vision may return. For this reason, it is very important to see your ophthalmologist regularly or at the first sign of any trouble with your vision.

 **The Retina Institute of Florida**

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

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Hyperbaric Oxygen Therapy Restoring Health and Hope

By Sarah Crane

December is the gateway to the New Year: the time for reflecting on the activities of the past year, and calculating achievable New Years Resolutions. My most touching and treasured experiences this past year were a result of time spent in the non-profit sector with the HOW Foundation.

The Help Our Wounded Foundation of South Florida (HOW Foundation) improves the quality of life for individuals, families, and communities by advocating for and providing access to hyperbaric oxygen therapy. Currently, the HOW Foundation is focusing on satisfying a need in our South Florida community: the need to help our veterans who have suffered from traumatic brain injury or post-traumatic stress (PTSD).

Despite this being its first year in operation, the HOW Foundation has already sponsored the hyperbaric treatment of several veterans within this past year. I have had the honor to have met these veterans (and their families), and I have witnessed their journeys firsthand. I have seen these brave men and women who served our country coming home and having difficulty coping with adjusting back to their civilian lifestyles. I have seen veterans who have fallen into a downward spiral of depression and anxiety, becoming prey to PTSD.



However, I have also seen the transformation individuals and families have been through after experiencing hyperbaric oxygen therapy (HBOT). I have seen formerly forlorn families who have come into Hyperbaric Services of the Palm Beaches with a more energy and a glimmer of re-instilled hope in their eyes. They are happier. They are experiencing a new type life again, having emerged out from under the shadow of depression. It is a beautiful, inspiring process to hear about, and witnessing it is (in every sense of the word) awesome. We are not quite sure which mechanisms of hyperbaric oxygen therapy help alleviate the symptoms of post-traumatic stress, but its calming effects are apparent.



Concerning how hyperbaric oxygen therapy helps traumatic brain injury (TBI), we know a little bit more. When the head (or body) is hit, the force of the injury can cause the brain to move around in the skull, causing bruising to the outermost parts of the brain. Additionally, the brain suffers a disruption in its normal blood flow (which is why a brain injury can be caused by either a blow to the head or a blow to the body). As the blood flow is restored in these brain areas, something called a “reperfusion injury” can occur – inflammation damages the brain tissue. We call this jostling of the brain a “mild traumatic brain injury.” There are three degrees of traumatic brain injury: mild, moderate, and severe. Mild traumatic brain injury mostly affects the outer areas of the brain (i.e., the cortex and neocortex). However if a brain injury is more severe, intimate parts of the brain are often also affected.

Hyperbaric oxygen therapy (HBOT) helps heal traumatic brain injuries (TBIs) by reducing the extent of reperfusion injuries by decreasing the

amount of inflammation in the brain and providing the brain with a readily available supply of oxygen. And, since HBOT is a therapy where pure oxygen is administered in a pain-free, pressurized environment, brain healing can even be accelerated. The science confirms these generalizations: a recent study in the *Journal of Neurotrauma* found that veterans who underwent hyperbaric oxygen therapy (HBOT) experienced:

- Improved cognition, by an average of 15 IQ points
- Improved, sustained energy levels
- Reduced depression
- Reduced Post-Concussion symptoms
- Reduced anxiety

- Reduced headaches
- Reduced sleep disruptions
- Reduced PTSD symptoms

This past year has been a whirlwind that has taken my breath away time and time again. I am honored to have spent time with veterans and their families and consider myself privileged to watch them brighten and shine. I would like to invite anyone to stop by the HOW Foundation of South Florida offices or Hyperbaric Services of the Palm Beaches. Both institutions are full of altruistic, caring individuals who would be more than happy to share information about and their experiences with hyperbaric oxygen therapy. Perhaps it would be a tangible New Years Resolution?



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Holiday Shopping Safety Tips

According to experts, the highest crime rate of the year is during the holiday season. Consider the following safety tips this shopping season to better protect yourself:

Leave your purse at home. Take a small amount of money or 1 credit card with you and your ID. Place these items in a small wallet and tuck them safely inside your pants pocket. This will help keep them out of the eyes of people that are watching for their next easy target. If you must take your purse make sure to hide your purse inside your jacket and shorten the strap. This makes it harder to see and you less of a target.

Write down your credit card number you are taking with you and the customer service number. Place this information inside your glove box in your car in case your card becomes lost or stolen.

Beware of people around you.

There is safety in numbers. If possible, shop in a group or with another person. Thieves often times work in groups. One thief will distract you by bumping into you and the other will rob you. If you are shopping with a group of people, it's more difficult and less likely for a robbery to occur.

Don't talk to strangers. We tell our children this, but as adults we should also follow this rule. As mentioned earlier, thieves will try to distract you. They often do this by asking you questions or for help while their partner in crime is stealing your belongings.

Have your keys in hand. When you are walking to your car make sure you already have your keys handy. Muggers count on people being distracted as they're fumbling for their keys. Walk with confidence and be very alert of anyone walking up on you. Prior to getting in your car be sure no one has broken in and climbed in the back seat. And, once you get in your car, immediately lock the doors.

Trust your intuition. If you are getting a bad vibe from someone, trust your instinct. Don't get into an elevator alone with someone if it doesn't feel right. Be aware of anyone who might be following you or seems suspicious.

Sources: www.homesecuritysource.com,
www.tipsforholidayshopping.com



Try to park as close to the store as you can and in a well lit area, if shopping at night. If you are particularly nervous, go to the security office and ask someone to escort you to your car.



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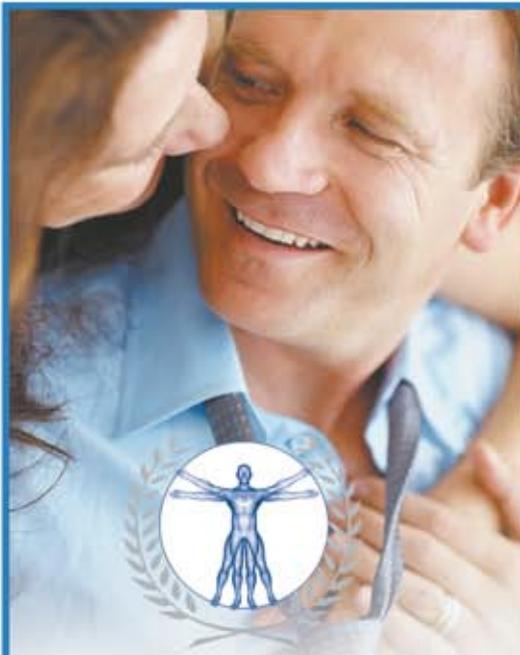
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Testosterone linked to Health Concerns in Men

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.

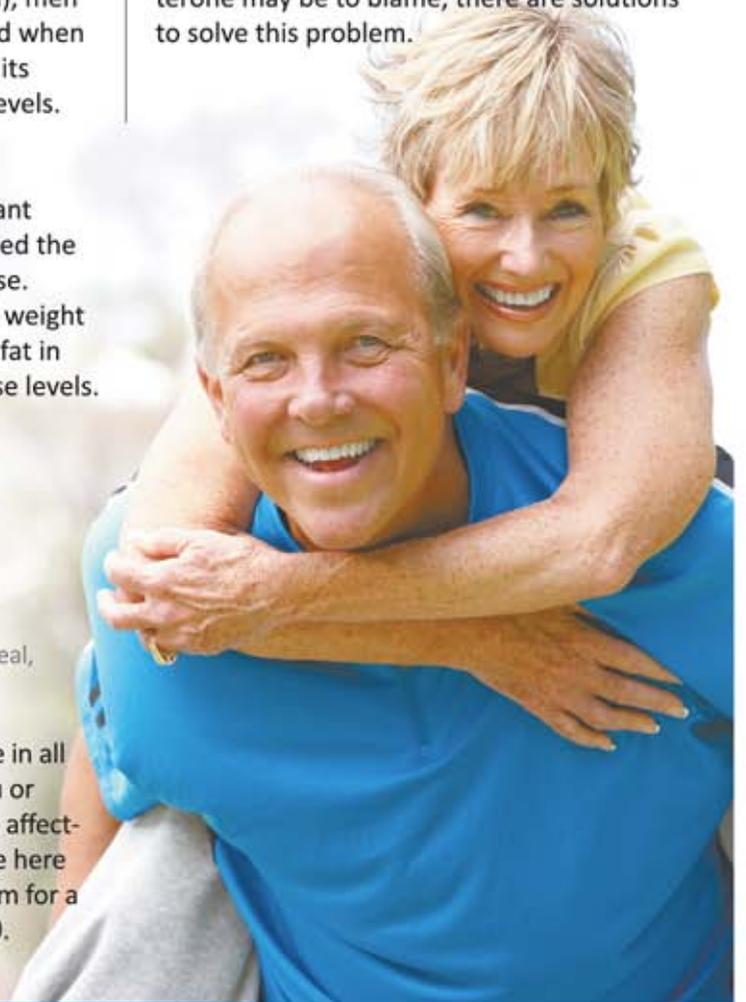
Studies have shown that in those who underwent testosterone replacement, therapy lowered the occurrences of metabolic syndrome from 55 percent to just 30 percent.

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.



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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



HELP!



A Proven Protocol for Children and Adults

By Dr. Annalee Kitay

Children who have learning difficulties or children who are exceptional or Neurodevelopmentally challenged (or both), in one intellectual form or another, are characterized by the fact that they do not learn in the ordinary way. These children are usually given conventional help and an effort is made to support them in coping with the educational and emotional problems arising from the disabilities. Up until now, there has been no generally accepted means of dealing with the causes of the neurological processing disorder.

Neural Organization Technique is a protocol that addresses the neurological processing disorder by correcting structural and physiological faults, allowing the appropriate signals to be sent to the

brain, and reorganize the way correct information is then transmitted in the body. Neural Organization Technique is a very powerful tool when used to help children with a wide range of neurodevelopmental disorders.

In the area of learning disabilities, a pilot study was done examining the application of Neural Organization Technique. The study was done by a Chiropractic physician, a special needs consultant, an educational psychologist, and a research sociologist. The results were so positive that "CONCERN", a national children's journal in England reported some of the following excerpts from the study: "Before the Neural Organization Technique, the

children were given the Vernon Spelling Test, the Edinburgh Reading Test, and the Wechsler Intelligence Scale for Children (WISCO Revised Form). After the Neural Organization Technique application, they were retested, using the same procedures. The children all showed significant improvement in Full Scale IQ with gains from 4014 IQ points.

Some of the gains made were particularly remarkable. For example, a fifteen-year-old child achieved a ten-month gain in spelling. It is very difficult for older children to achieve a gain, especially to this large degree. There were also substantial gains made in reading skills, ranging from 12 months to 49 months.

On the whole, the results are extremely positive. Some of the most frequently mentioned changes were increase in confidence, being more curious and questioning, more eager to learn and do new things, improved ability to communicate- more talkative, improvements in writing, spelling, and reading, improvements with relationships within family and other people, and becoming more mature.

Other changes mentioned include becoming more organized, able to coordinate thinking and actions, finding it easier to remember, more skilled in particular sports, increased physical strength and fitness, better ability to see and focus, and neater presentation of school work.

All children made gains to some degree on one or more of the tests. The majority made progress that was assessed as statistically significant in all areas. The children's progress was achieved during a period of only six months. In a short time, it is known that children with these learning disabilities generally show little to no improvement in intellectual functioning or in spelling and reading skills. These results indicate that Neural Organization Technique was the major factor in enabling these children to make such exceptional gains.

Learning disabilities as well as other neurological disorders may be the result of improper signaling from the body or from outside sources. This improper signaling causes a break in the normal flow of information to the brain, creating disorganization in the system. The brain may then redirect inappropriate Physiological reactions. The Neural Organization Technique is a noninvasive protocol that has been used with success that is dependant on the individual and the neurological disorder.

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Dr. Annalee Kitay is a chiropractic physician who uses Neural Organization Technique, along with nutritional support to aid children and adults with Neurodevelopmental Disorders. She sees patients by appointment at Alternatives in Healthcare, Boca Raton, Florida.



Look Into My Eyes

By Ronna L. Clements, Natural Health & Wellness Innovator

If I could look into your eyes without ever having met you before, and say something about the state of your health that you knew in fact was true, would you be intrigued?

Upon looking into your eyes, if I stated you tended to be a nervous person who seemed to have many worries on your mind and, in fact, that were true, would you be curious?

Would you be further curious if I stated you seem to be developing heightened anxiety?

I don't know if you'd be intrigued or curious; however, I do know that the eyes never lie. They reflect back to the world what is within and share with others the unspoken truth.

Iridology is the art and science of analyzing the color and structure of the iris of the eye to gain valuable health information.

It is "the study of the iris, particularly of its color, markings, changes, and intricate details that lie within it."

You may be surprised to learn that the idea of Iridology, if not its practice, is nearly 2000 years old. The idea is found in the bible where in the book of St. Matthew it reads: "The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light."

In Hungary, in the late nineteenth century, Iridology was "rediscovered" by two men, Dr. Ignatz von Peczely and Reverend Nils Liljequist, who both share the title "Father of Iridology." The stories of how these two individuals discovered iris analysis is quite amazing and can be of further interest to those who choose to research this topic in more depth after reading this article. To move on, the iris surrounds the pupil and can be thought of as a halo encircling it. It is a rainbow because of its color. The iris is what we see in our mind when we think of beautiful eye



color. Your iris is your personal rainbow and reveals fascinating information about the state of your health.

And so, your health story begins in the eye. The iris is a colorful story of your body and your unique personal rainbow. Each eye is unique within itself and shows different markings, coloring, and clarity.

An Iridologist is someone who has been taught how to look at the iris of the eye to help understand an individual's state of health and to associate the markings of that eye with any symptoms.

Iridology is a *holistic healing art*; hence, Iridologists engage in holistic healing which takes into consideration the whole person. They don't treat disease; they treat people. Diseases can be dealt with scientifically; people are better dealt with artfully.

This philosophy recognizes that the pain in your neck may be your boss at work. Holism considers the importance of 99 percent of you on the other end of your injured finger.

An Iridologist must be able to exercise mental faculties that are not accessed through cold, scientific methodology. The Iridologist's thinking must be broader – they are holistic thinkers.

It is the Iridologist who recognizes that the eye is the light of the body. To the degree that the iris is healthy, whole, pure and perfect, the health of the body will be too.

Many years ago when I discovered what the eyes can reveal, I found the subject matter nothing short of exciting. I was so captivated with the information that I decided to study this healing art and became a certified Iridologist from a leading school; *The International Institute of Iridology* in Waynesville, SC.

As a trained Iridologist, I can look into your eyes, *the windows of your soul*, and be able to see if you are the nervous type as stated above. Jagged nerve wreaths surrounding your pupil would be present which could be causing a multitude of problems within the body.

Iridology is so fascinating that it is known to be able to detect significant weaknesses in organs, glands and tissues before physical symptoms appear or before blood work tests show negative results. The eye reveals physical weaknesses which, through proper nutrition and the use of herbs, can heal over time before severe problems arise within the body.

So Look Into My Eyes and tell me what you see. You'll see that my personal rainbow is full of light. Is yours?

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DELRAY BEACH RUNNING COMPANY JOINS JM LEXUS, THE SEAGATE HOTEL & SPA and FIT FOOD EXPRESS AS MAJOR WELLFEST DELRAY SPONSORS

Sponsor List Grows as WellFest Delray 2015 Takes Its Place Among Important Delray Events.

Delray Beach, FL: WellFest™ Delray 2015 (www.WellFestUSA.com) welcomes Delray Beach Running Company as the newest Sponsor of the March 7-8 event, which will be held outdoors at Delray Center for The Arts in downtown Delray.

Commenting on the Sponsorship, Annie Burke, Owner, CEO, said "We look forward to making WellFest an event deserving attention!" Among the considerations at this time is a WellFest 5K run that will be organized with the Delray Beach Running Company and Bull Bar, whose owner also wants to do something to support the WellFest Delray message.

Other Sponsors include: JM LEXUS, "the #1 Volume Lexus Dealer Since 1992" who will be a Marquee (Overall Event) Sponsor, showcasing their latest "Green" cars, while The Seagate Hotel & Spa will be promoting its "5-star" spa services and impressive hotel.

JM LEXUS, who will highlight the "green" Luxury carline and other areas at WellFest Delray 2015 has long been recognized for their commitment to quality, service and value and is committed to providing a world-class experience for drivers in Delray Beach and surrounding areas throughout S. Florida. Their attendance at WellFest Delray 2015 underlines their support for Delray and neighboring communities.

When Patrick Halliday, our Executive Director, first told me that JM LEXUS was considering a top-tier Sponsorship at WellFest Delray I was delighted, but not surprised," states Bob Lipp, the event creator. "JM LEXUS is a great brand and with more car manufacturers offering electric and hybrid cars, it made sense for them to showcase their hybrids as well as other vehicles from Lexus line-up."

Delray residents, business people and those vacationers who prefer the finer things in life will also recognize The Seagate Hotel & Spa, a luxury boutique hotel, located in downtown Delray. Featuring an 8,000 square-foot destination spa, The Seagate offers



a complete range of massage, skin care and body treatments, all exclusively featuring Elemis and Sodashi products. The Seagate Spa features seven private treatment rooms, a Vichy Shower, a manicure & pedicure suite and an exclusive spa suite, where guests can relax in their very own retreat.

JM LEXUS and The Seagate Hotel & Spa are among the impressive names of Sponsors, Exhibitors, Attendees and Speakers.

These include wellness "personalities" like Serena Dyer, who recently wrote a book with her famous-father Dr. Wayne W. Dyer.

"With a mission to educate, entertain and inform people to stay fit, eat well, think positive, take a holistic approach to healthcare and go green, we are delighted at the opportunity to connect this content with the growing number of like-minded people," added Lipp. "As we did last year, a significant portion of the monies we collect (attendance is only \$5/day) will go to fund self-esteem programs at local schools and select animal rescue services."

The event is also attracting some of Delray's prominent leaders both public and private, since so many are recognizing the value WellFest Delray brings to the brand of this growing community.

"WellFest is a unique event here in Delray," according to Executive Director Patrick Halliday, who sits on the board of Human Powered Delray, another WellFest Delray 2015 attendee. "With so many of Delray's ongoing events being about food and beverage, WellFest will address the growing movement to green up our environment, while enjoying the benefits of a "WellFest-lifestyle" in the personal choices we make. We think that's pretty important."

Others who have already committed to WellFest Delray 2015 at this time include:

1. Tesla Motors who will be showcasing vehicles and offering scheduled test drives.
2. The St. Patrick's Day Parade, who plan to have emergency service personnel on hand to discuss safety and fitness.
3. Fit Food Express, a growing prepared food company, who will be the exclusive Sponsor in that category.
4. Health & Wellness Magazine, who will be a Media Sponsor.
5. Emiliano Brooks, who will serve as the event's Official Photographer.
6. 4th Ave. Photo and Video, who will serve as the Official Videographer of WellFest.
7. A range of leading health, wellness and green businesses in and around the Delray area.

"WellFest™ Delray began in 2013 as 20 exhibitors in a gym," states Lipp. "With five months to go until the 2015 event, a large number of Exhibitors and Sponsors have already signed up, which is why we're expecting this to be a major and significant event for Delray in 2015 and moving forward."

"We believe strongly in the power of the content we are presenting at WellFest," adds Halliday. "With that in mind, we want the event to be affordable to all, and plan to give back to the community in more ways than one. A successful WellFest™ Delray can help to enhance the general area and attract like-minded residents, business and visitors."

*For further information, contact
Bob@WellFestUSA.com, call him at 561-921-5182
or sign-up at our automated website:
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Rejuvenating Degenerated Joints with Natural Injection Therapies: Prolotherapy and Stem Cell Treatments

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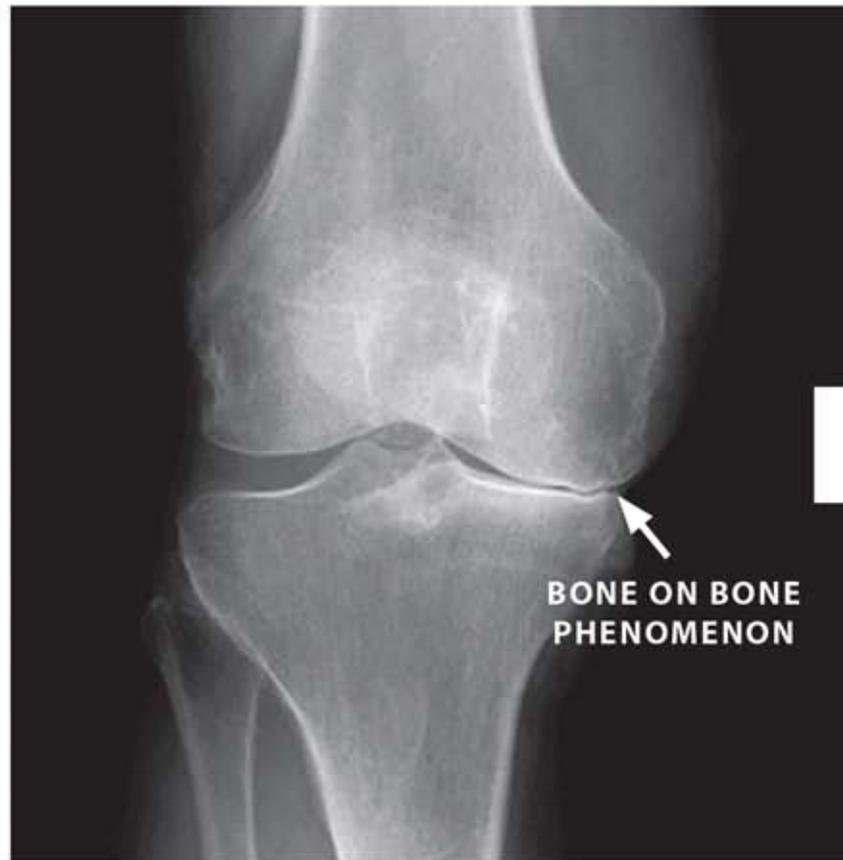
Did you know that osteoarthritis, sports injuries, and other chronic joint pain can be repaired using our body's own cells combined with simple, natural ingredients? While these types of regenerative treatments have been helping people for decades, this is often a new concept for those who have been wrapped up in more traditional medicine protocols. Let's take the example of a patient who has suffered a knee injury. Often, treatment options start with non-steroidal anti-inflammatory drugs (NSAIDs), medications which actually accelerate the degenerative, or arthritic, process. If pain medications do not work, a patient may be recommended to try

physical therapy and get an MRI to look for a potential surgical fix. This can lead to an arthroscopic procedure or other surgery, and finally, a joint replacement operation. The recovery period following a surgery is prolonged and often riddled with complications such as infection, continued pain, or rejection of the implant. Fortunately, a welcome alternative solution exists for patients seeking to avoid surgery by rejuvenating the afflicted joint.

Prolotherapy: a natural regenerative injection treatment stimulates the body to repair tissues that do not normally heal well on their own.

Muscles, for example, are enriched with an excellent blood supply, are beefy red in color, and consequently heal well on their own after injury. Conversely, joint-supporting structures such as cartilage, tendons, and ligaments are white in color with a very poor blood supply. The menisci, labrum, and even the discs in the spine are primarily white. When these white structures are torn, degenerated, or injured, they do not heal well without some additional assistance; hence the need for Prolotherapy or proliferative ("Prolo" meaning "to grow") injection therapy. (See X-ray.)

BEFORE PROLOTHERAPY



AFTER PROLOTHERAPY



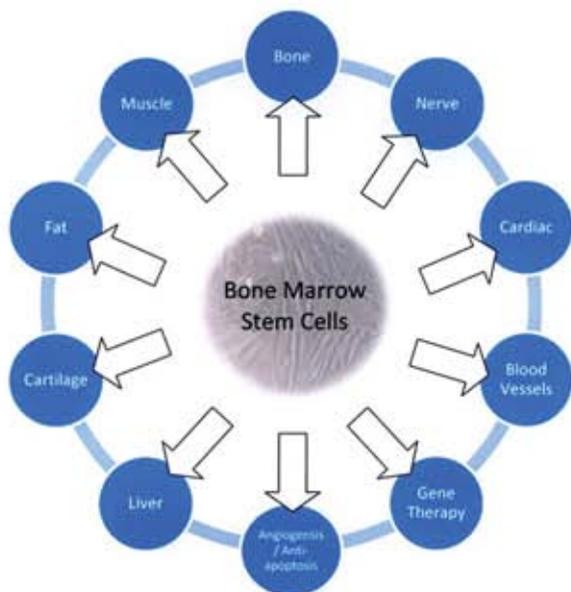
Standard weight bearing knee X-rays before and after Prolotherapy. The widening of the medial joint space width indicates that cartilage regeneration has taken place.

Prolotherapy

The injections done during a Prolotherapy treatment are given into and around the weakened or injured area(s) of the body to, in essence, “weld” it back together. (See Picture.) Traditionally, this therapy utilizes solutions containing the naturally-occurring sugar in the body, d-glucose (or dextrose), in combination with additional hormones, nutrients, or a fatty acid, depending on the nature and severity of the injury. A serious injury or a severely arthritic joint may benefit from a more advanced form of Prolotherapy using a person’s own repair cells.

Stem Cell Therapy used for treating chronic pain

Long-standing degenerated tissues, such as tendons (tendinosis) or bone-on-bone arthritis, are deficient in repair cells, thus requiring additional cells to accelerate healing or regeneration.



Modern techniques allow a person’s own bone marrow and/or fat (lipoaspirate) cells to be extracted in order to obtain progenitor cells or stem cells. These cells have an extraordinary capability of replenishing cartilage, ligament, or tendon cells. (See Figure.) This type of natural injection treatment gives the body a chance to make new cells by directly supplying the extracted repair/stem cells to the deficient area.

How many treatments are required? Most patients require three to six sessions, depending on the severity of the case and the technique of the physician. Prolotherapy injections are typically given monthly allowing the body time to regenerate new tissue. Stem Cell Therapy sessions are typically spaced six to eight weeks apart. Individual responses vary.

Natural Joint Rejuvenation Versus Surgery

Most people intuitively understand that surgery for chronic pain should be the treatment of last resort. Surgeons even encourage patients to try conservative therapies before receiving surgery. Natural injection therapies for joint rejuvenation, namely Prolotherapy and Stem Cell Therapy, can be utilized for number of conditions, including osteoarthritis, back pain, tennis elbow, meniscus tears, labrum tears, herniated and degenerated discs, migraine headaches, sports injuries, joint instability, and a host of other conditions. With a comprehensive technique and patient participation efforts, Prolotherapy is generally 90% successful at keeping these patients from needing joint replacement and other surgical interventions.



PROLOTHERAPY SPECIALISTS:

- Ross A. Hauser, M.D.
- Danielle R. Steilen, MMS, PA-C
- Timothy L. Speciale, DO

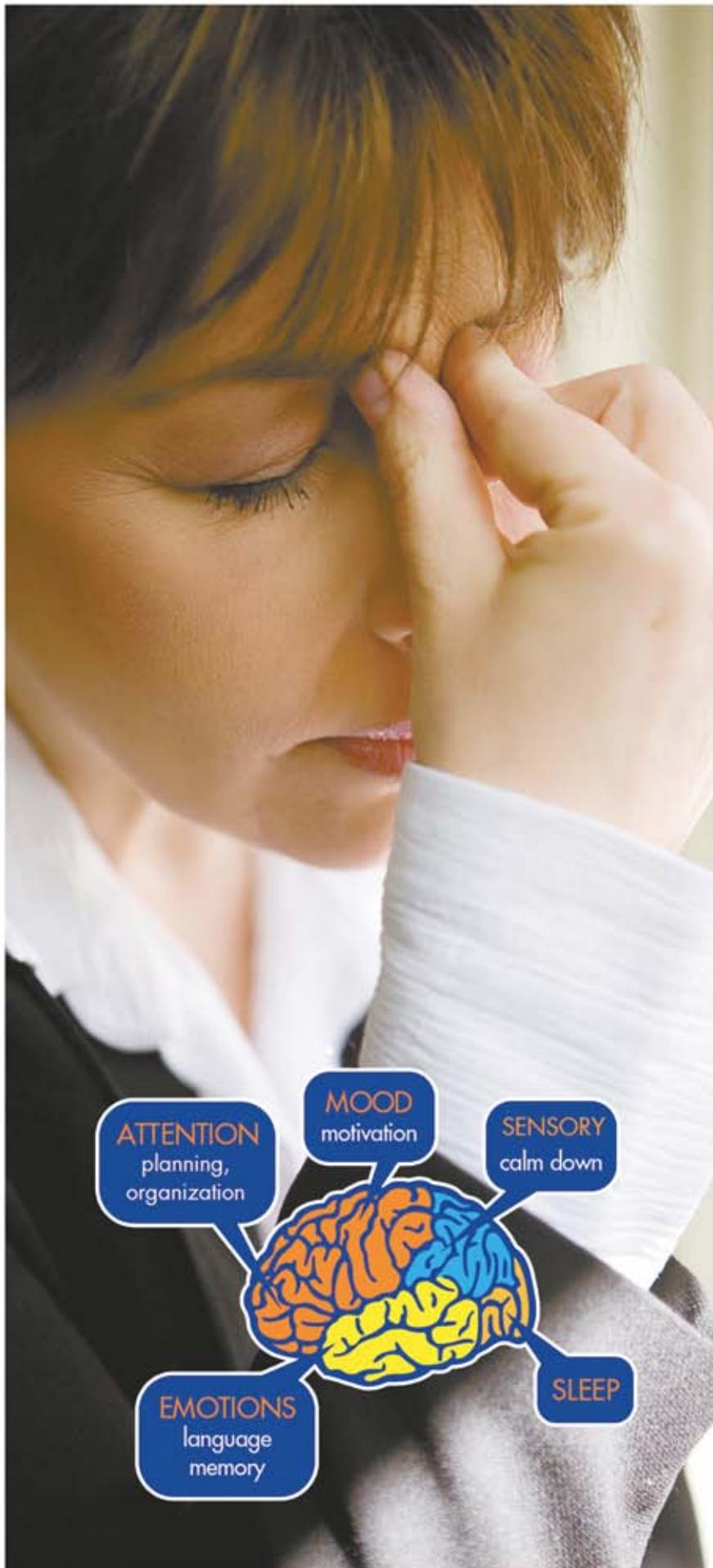
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Overwhelmed? Anxious? Burned Out?

A powerful drug-free method and technology can help

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

You don't have to live with chronic anxiety, or with feelings of being overwhelmed or burned out. There's something new that can change how you feel. This new technology literally helps you feel better, less stressed, and able to handle your everyday "high stress" situations without being overwhelmed.

Medications don't teach your brain to be healthier and may not eliminate your symptoms. Medications don't help you learn to quiet your mind or how to be calm. And unfortunately many doctors are unfamiliar with treatments other than medication.

Are There Alternatives to Medications?

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

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

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

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

Can You Learn to be Calmer?

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

Elizabeth is just one client whose life benefited from neurofeedback. Elizabeth, age 35, experienced severe anxiety and had up to 5 panic attacks a day. She said they were "taking over my life." She had been having problems with anxiety and panic

attacks since age 17. After 10 neurofeedback training sessions, she had no panic attacks for almost 6 months. Training her brain helped her change the unhealthy pattern.

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

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

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

How Does Neurofeedback Work?

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

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

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

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

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

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

About Center for Brain Training

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

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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.



Tina Landeen is a Licensed Social Worker who is focused on helping clients make desired improvements in their lives through neurofeedback and other forms of neuro-therapy. She's worked for years with children, adolescents and adults with anxiety, depression, and ADHD and behavioral problems. Since working with neurofeedback the last several years, Tina has seen clients capacity to change - including developing new habits and managing their behaviors and mood far more than without the assistance of neurofeedback.



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- Down's Syndrome
- Fibromyalgia
- Headaches (including migraines)
- Injuries From Motor Vehicle Accidents and Other Traumas
- Concussions
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- P.D.D.
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- Scoliosis
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UNDERSTANDING DRY EYE AND BLEPHARITIS

Dry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women ≥ 50 years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitis-sicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs – these are microscopic tops that are used to effectively cap off the punctum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having "dry eye", experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

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.


www.goldmaneye.com 561-630-7120

The Arrival

By Brent Myers, Pastor of Community Life
Palm Beach Community Church

Ho you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.” Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14



And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

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