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Health & Wellness[®] MAGAZINE

May 2015

North Palm Beach Edition - Monthly

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HOW TRICHOLOGY CAN BOOST *the Health of Your Hair*

By Alan J. Bauman, M.D.

tri-chol-o-gy [trih-kol-uh-jee]

noun

1. the science dealing with the study of the hair and its diseases.

Between the fields of cosmetology/hair styling and the medical specialty of Hair Restoration lies the paramedical field of *Trichology*. Glossy magazines and shampoo advertisements feature luscious locks that often seem out of reach for the average person, so how can we achieve a “crowning glory” fit for royalty? The goal of a beautiful, full, thick, strong and youthful head of hair is accomplished most easily when both the scalp and hair is at its healthiest. Achieving “maximum performance” from each and every living scalp follicle as well as all the hair fibers is required and that often takes a team approach...that’s where a trichologist can help!

What does it take to achieve the healthiest head of hair possible?

Optimum style using color, cut and curl can only be achieved if you have enough good quality hair to work with. Fragile, brittle, dry or dull hair situations need to be addressed. Depleted density, breakage, shedding, hair fall, receding hairlines and other hair loss can derail the best attempts at styling. And, of course, scalp conditions like oily scalp, dry scalp, flaking and dandruff can make a bad hair day worse.

While some salon treatments may help to conceal underlying problems in the short term, many can exacerbate hair problems over the long haul. What we have learned over nearly two decades of medically treating men and women with hair loss is that the only way to truly achieve your “best head of hair” is through a thorough, comprehensive, holistic and customized approach.

At Bauman Medical Group, we recently launched an exceptionally comprehensive Medical Trichology program to provide patients with comprehensive care for a wide range of common hair problems, such as thinning, breakage, shedding, dry or itchy scalp, etc. It takes more than a cosmetologist or stylist to fix these problems, which is why a trichologist is so important. Trichology is a widely



Dr. Bauman’s customized Trichology Treatments for Men and Women not only feel good, but make your hair look great!

accepted healthcare field in the UK and Europe, but is lesser known here in the U.S. However, a trichologist offers an important option for men and women who struggle with hair and scalp problems, and are seeking diagnosis and treatment. Rather than using guesswork or cosmetic cover-ups, a trichologist performs a full analysis of the scalp and hair, including moisture and pH levels, sebum measurements, microscopic evaluations and hair breakage / hair growth measurements to evaluate problems and begin to design a regimen of treatments to address them. Working closely with a board-certified Hair Restoration Physician like Dr. Alan Bauman, a doctor who specializes in hair

loss, an in-house trichology program helps patients’ hair and scalp be more healthy—in very much the same way a plastic surgeon may work closely with a trusted aesthetician.

What can Bauman Medical’s Trichology Program do for me?

An unhealthy scalp can make growing healthy hair a challenge. Trichology treatments help manage excess sebum, dandruff, toxins and impurities—improving scalp wellness and allowing optimal hair growth from each and every viable follicle. Healthy scalp and healthy follicles produce hair that is thicker, fuller, stronger and shinier!

TYPICAL SCALP SYMPTOMS THAT A TRICHOLOGIST EVALUATES:

DRY, ITCHY, OILY, FLAKY, IRRITATED SCALP

DULL, DRY, BRITTLE, OILY, BREAKING, SHEDDING, THINNING HAIR

WHAT IS TRICHOLOGY?

Trichology, derived from the Greek word “tricho” meaning “hair,” is the study of the anatomy, growth and diseases of the hair and scalp. A trichologist is a trained specialist in all matters relating to hair and scalp health. A trichology evaluation can address many conditions like itching, flaking, oily or dry scalp as well as hair breakage shedding hair, thinning hair, hair fall and hair loss. Trichologists often work closely with Hair Restoration Physicians who specialize in diagnosing scalp conditions, prescribing medical hair regrowth treatments and performing hair transplant surgery. Between the fields of cosmetology/hair styling and the medical specialty of Hair Restoration lies the paramedical field of Trichology. The goal of a beautiful, full, thick and youthful head of hair is accomplished most easily when both the scalp and hair is at its healthiest. Achieving “maximum performance” from each and every scalp follicle and the hair fiber each one creates often takes a team approach.

“Loved the way my scalp felt right after the trichology treatment. It was so clean and fresh!”

– Diana Q.



Is there a connection between Stress and Hair Loss?

Yes. Elevated levels of the stress hormone cortisol due to intense or prolonged physical or psychological stress can affect many organs—hair follicles included! A significant stressful event can trigger hair shedding two to three months later. However, stress-related hair loss does not have to be permanent. Ask your trichologist about Dr. Bauman’s “sTRESS DX™ Test” which can help track cortisol levels in hair over time and what can be done about stress-related hair loss.

Does Dandruff cause Hair Loss?

Dandruff or flakes are one of the most common scalp conditions. Several scientific studies show a possible connection between itchy, flaky scalp (dandruff) and hair loss. Visible dandruff may be a sign of inflammation at the level of the scalp that can inhibit healthy hair growth. It’s very important to evaluate and diagnose your specific type of dandruff condition so it may be managed accordingly. Reducing inflammation at the level of the scalp helps follicles perform at their best.

Are my styling products or styling habits damaging my hair?

If you are experiencing hair thinning, it’s common to turn to styling habits like back-combing, extensions or aggressive chemical treatments or damaging products to help camouflage the issue. Certain styling products and habits may be damaging to your hair and scalp. Ask your trichologist what products are recommended based on your specific styling needs and hair/scalp type. Learn how to modify styling habits that could be detrimental to your hair’s health so you can maintain a beautiful, healthy head of hair for life, not just look good in the short-term.

What about hair extensions, weaves, coloring, perms, and heated styling tools? Can they cause hair loss?

Yes, chemical over-processing and repeated use of heated tools may cause damage to the protective cuticle of the hair fibers putting your hair at risk for hair loss or hair thinning due to hair breakage.

To avoid dull or damaged hair and scalp, it’s important to use high quality, protective conditioners and other trichology products that can fortify your hair and safeguard your scalp from harsh treatments. Weaves, extensions or other artificial hair can pull on your follicles over time causing weakened hair growth or permanent hair loss due to traction alopecia. A trichologist can help you evaluate the risks of these styling options and monitor your scalp and hair for problems.

Who is a good candidate for a Trichology Evaluation?

Men and women with a “symptomatic scalp” (dry, itchy, flaky or oily scalp, excessive hair loss, shedding or hair breakage) should schedule a trichology evaluation. Patients considering or are already using at-home hair regrowth treatments, topical medications, PRP Platelet Rich Plasma therapy or have had a hair transplant procedure should also consider a trichology evaluation to maximize their results.

What does an INITIAL Trichology Evaluation involve?

Trichology evaluations are performed at Bauman Medical’s *SalonB*. During your one-hour one-on-one evaluation, our in-house trichologist will evaluate the condition of your hair and scalp, perform important measurements including scalp hydration, pH and sebum levels as well as HairCheck™ trichometry to scientifically track hair growth and hair breakage over time.

What can I expect to learn upon completing my initial Trichology Evaluation?

At the end of your evaluation, you will receive a detailed report of findings, measurements and microscopic scalp photos including personalized in-office and at-home trichology treatment recommendations. You may then choose to schedule your custom weekly 90-minute treatment and monitoring sessions at *SalonB* for either 4 weeks, 8 weeks or more.

Trichology Evaluation appointments can be conveniently scheduled by calling *SalonB* at **561-465-7667** or online at www.BaumanMedical.com/SalonB

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. An 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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WHERE'S MY REFLEX HAMMER?

One of life's greatest fears is the fear of memory loss. Where did I put my keys?

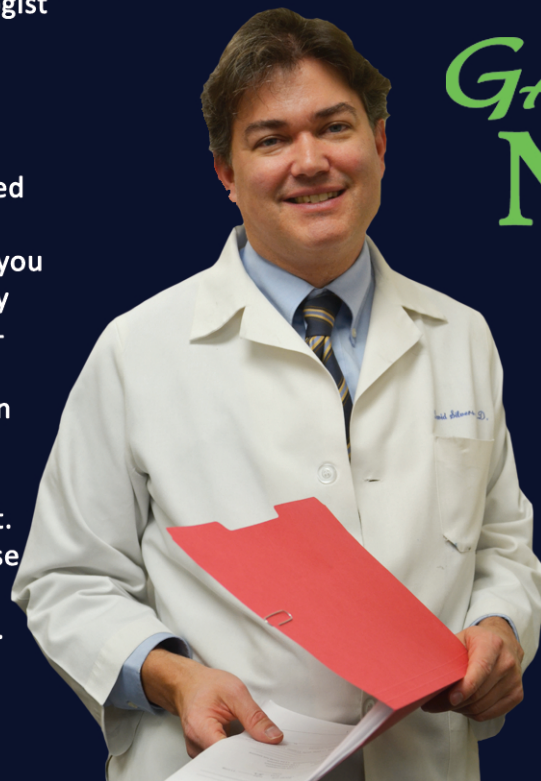
Did I turn off the stove? Or in my case, where did I leave my reflex hammer?

These types of questions are familiar to all of us, and may make us doubt our memory skills. Recent studies have shown that even subjective cognitive complaints may be a risk factor for memory loss. While the occasional "senior moment" should not necessarily be alarming, regularly forgetting important appointments, or the loss of previously mastered cognitive abilities, should prompt a neurological consultation.



Among health care providers, a neurologist is probably the one best equipped to give you a thorough mental status evaluation. When you see the neurologist, bring an informant who knows you well. The neurologist will perform a complete history and examination, with an emphasis on testing cognition. You will be given tasks of attention, memory, language, executive functioning and clock drawing. The neurologist will likely categorize your performance as either normal or consistent with mild cognitive impairment (MCI). MCI is a condition of cognitive decline greater than expected for age, but with essentially preserved functional activities. MCI may be restricted to memory (amnesic MCI), although other cognitive spheres may also be impaired, either alone (e.g., MCI with executive dysfunction) or in combination (multimodal MCI). MCI may sometimes represent “prodromal Alzheimer disease”, but may also be caused by medications or medical conditions, depression or a sleep disorder. When cognitive deficits are persistent and involve multiple domains and impair daily functioning, the diagnosis then becomes dementia.

The most common type of dementia is Alzheimer disease. Other less common causes include dementia with Lewy bodies, vascular dementia and frontotemporal dementia, with Alzheimer disease often coexisting with vascular dementia. By taking a careful history and performing appropriate diagnostic tests, the neurologist will try to make an accurate diagnosis. Diagnostic testing should include blood work (e.g., vitamin B12 level, thyroid function tests, vitamin D level), brain imaging (preferably an MRI) and sometimes a sleep study. More specialized biomarkers such as advanced brain imaging or spinal fluid analysis is sometimes suggested in complex cases. A neurologist can help you by clarifying the diagnosis and by identifying possibly contributing medications and treating medical conditions. The neurologist may make recommendations such as discontinuing certain medications, starting an antidepressant or treating sleep apnea. Thus, if you are experiencing more than your occasional “senior moment,” make an appointment to see a neurologist. Modestly effective medications such as cholinesterase inhibitors (which boost the levels of acetylcholine) and glutamate antagonists are sometimes employed. Hopefully more effective specific therapies for MCI and dementia will be developed in the near future.



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PRP is gaining more and more popularity for its multiple uses in medicine. It is starting to be a leading source of healing therapies and has many uses for aesthetic enhancements. PRP is an abbreviation for Platelet Rich Plasma. PRP is derived from your own blood. The process can be better understood if you can relate to the healing process involved when you have a skin cut or scrape. As the wound heals the skin secretes a yellow serum that coats the area until the scab forms. This yellow serum consists of platelets that build around an injury to ignite healing. The principle of PRP procedures is based on removing a patient's platelets and growth factors from their own blood and re-injecting in various areas for different applications. Patients do not only like the effectiveness of the treatments, but also the idea that it is a very natural product that has virtually no side effects. This is because it is the patient own blood product.



SKIN REJUVENATION

Platelet Rich Plasma (PRP) has been used for skin rejuvenation for the past 4-5 years. It is used for contouring the entire face and even hard to treat areas such as the hollow under the eyes or "tear troughs" and vertical lip lines. By using your own platelets, it does not use or contain any synthetic, plastic or animal derived materials. This process removes a patient's platelets and growth factors from their own blood to naturally fill in skin depressions, acne scars, wrinkles and areas of volume loss. The platelets once injected, act as the scaffolding upon which your own collagen forms. Collagen production is stimulated by your own natural growth factors that get re-injected under the skin with the platelets. The procedure is less painful and causes less swelling and bruising than any of the other fillers now available on the market. The entire procedure takes about 20 minutes and the results become visible about 4-8 weeks after injection. It can last up to 2 years. It can also be used with microneedling for overall skin rejuvenation.



HAIR RESTORATION

One new and exciting use of platelet rich plasma (PRP) is in the field of hair restoration for both men and women. This involves drawing a patient's own blood, and spinning it down to isolate the plasma that contains platelets and growth factors. The platelets are then injected into the areas of the scalp where there is hair loss or thinning. When combined with the use of a micro needling instrument, this treatment has been shown to invigorate miniaturized and damage follicles and lead to hair growth. PRP for hair growth can be used alone, or can safely be combined with all other therapies such as low level laser therapy and hair transplantation to maximize follicle support and vascularity. PRP is safe, convenient, and has no downtime associated with it.



ORTHOPEDICS

The healing results using platelet rich plasma (PRP) for orthopedic injuries to joints and ligaments are very remarkable. More and more patients are seeking out natural alternative therapies to injuries that leave one in severe pain. It is also beneficial to inflammatory conditions like arthritis. The growth factors are injected directly in to the joint or problem area.

For more information regarding PRP and its uses, please contact **561-655-6325**. Or visit www.mdbeautylabs.com



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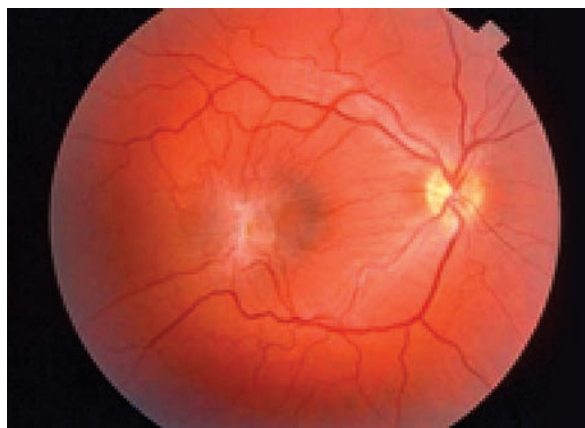
By Lauren R. Rosecan, M.D., Ph.D., F.A.C.S.

WHAT IS A MACULAR PUCKER?

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

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

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



MACULAR PUCKER CAUSES

As you age, the vitreous — the clear, gel-like substance that fills the middle of your eye — begins to shrink and pull away from the retina. As the vitreous pulls away, scar tissue may



Normal Vision



Macular Pucker

develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or bulge.

OTHER EYE CONDITIONS ASSOCIATED WITH MACULAR PUCKER INCLUDE:

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

MACULAR PUCKER SYMPTOMS

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

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

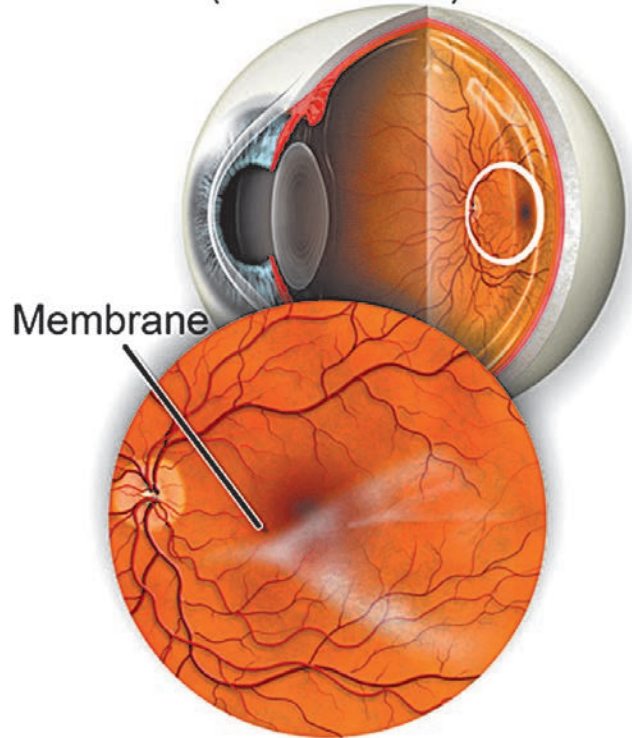
For most people with macular pucker, their vision remains stable and does not worsen over time.

MACULAR PUCKER DIAGNOSIS

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

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

**Epi-retinal Membrane
(Macular Pucker)**



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

**MACULAR PUCKER
TREATMENT**

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

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



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Lauren R. Rosecan

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If You're Suffering From Nerve Problems In The Arms And Legs, You Must Read This Immediately!

By Richard A. Reiner, D.C.

Numbness, tingling and pain is an extremely annoying problem. It may come and go... interrupt your sleep...and even makes your arms and legs feel weak. Maybe you've even been to other doctors and they claim all your tests indicate you should feel fine.

IF YOU READ NOTHING ELSE, READ THIS:

More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs. This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions. Its time to get help by someone trained to correct the major cause of peripheral neuropathy. Read the following facts;

MORE PILLS ARE NOT THE SOLUTION: A common treatment for many nerve problems is to take some pills and "wait and see." While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications and anti-depressants—all of which have serious side effects.

THE LIKELY CAUSE OF YOUR PROBLEM: Our practice has been helping people with neuropathy and nerve problems for over 30 years. Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck down to the tailbone. The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves. By using gentle techniques, I'm able to release the pressure that has built up on the nerve and the symptoms go away. What this means is that you could soon be enjoying life...without those agonizing and aggravating nerve problems.



COULD THIS BE YOUR SOLUTION? It's time for you to find out if chiropractic will be your neuropathy solution. We want to turn your disabilities into possibilities.

HERE'S WHAT OUR PATIENTS HAVE TO SAY:

"I woke up one morning with numbness in right hand. Dr. Reiner told me that I must have slept wrong and pinched a nerve in my neck, causing the numbness in my hand. After a treatment, it loosened up my neck and arm, and the numbness was gone." – Loni D. "I recently relocated to the area and chose Dr. Reiner because of location, and I'm glad I did. He takes his time and explains everything. I had burning pain going down my legs, especially after playing golf. His treatments made my recovery so much faster than I ever expected. I highly recommend him." – Ronald R.

AVAILABLE TO THE FIRST 25 CALLERS: 1. An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case. 2. A detailed evaluation of your area of chief complaint. 3. A thorough analysis of your evaluation so we can start mapping out your plan to be pain free. 4. I'll answer your most probing questions about nerve problems and how chiropractic can help.



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When you call, be sure to say you want to schedule an appointment for the neuropathy evaluation SPECIAL.

If you sign up for a series of treatments, you'll get a personalized autographed copy of my book,
**DETOX: 3 SIMPLE STEPS
TO REGAIN YOUR HEALTH.**

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THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT. DUE TO FEDERAL AND STATE REGULATIONS, MEDICARE/MEDICAID PATIENTS ARE NOT ELIGIBLE FOR THIS OFFER.

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– Edward R. Murrow, October 15, 1958



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WHAT WE HAVE LEARNED: Just like a human body, everything is an integrated system. Our current systems are based on Industrial Age thinking, keeping people enslaved to systems that do not truly serve the individual and community where they live. By understanding how all systems work with each other, we can take the knowledge of "quantum physics" and embed it to create a new and better system for improving the health of the individual and community.

EVIDENCE-BASED KNOWLEDGE: As we have transformed into a knowledge-based society, we have invited a group of innovative thinkers whose knowledge of integrated systems has the potential to enable preventative health instead of disease management. We are committed to expanding our circle of influence on a daily basis.

WHO IS BEHIND THE VISION OF ACCESS? A global team of innovative thinkers who are frustrated with the current health systems whose deep desire is to inspire and enable something better. Our

team is based on three continents, North America, Europe and Australia/New Zealand.

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May is Better Hearing Month



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

According to the Better Hearing Institute, hearing loss is now the third most common health problem in the country today, behind only arthritis and heart disease with more than 50 million Americans suffering from its effects. With May being recognized as the 86th Annual National Better Hearing Month and to help bring attention to this issue affecting approximately 1 in 5 Americans, Dr. Luzon is encouraging Americans to educate themselves on hearing health.

“The myth regarding hearing difficulty is that it is associated with the normal aging process. However, hearing loss is typically a reflection of past noise exposure and/or a family history of hearing loss. Further, more than half of all hearing impaired persons are younger than 65,” said Dana Luzon, Au.D., CCC-A, FAAA, Doctor of Audiology at Audiology & Hearing Aids of the Palm Beaches. “Sadly, too many people either do not recognize that they are having hearing difficulties, or do not want to admit

their difficulties due to preconceived notions or social stereotypes.” Because not seeking treatment can have long-term negative effects on communication and cognition, Dr. Luzon wants to remind people that help is available.

“With the month of May being recognized as National Better Hearing Month, I want to encourage people in the community to seek answers to their questions about hearing difficulties and to educate themselves about



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- **Assistive Listening Devices (ALDs)**

available solutions,” said Dr. Luzon, who is certified by Audigy Group as one of the leading hearing care providers in the United States.

“That is why I will be sponsoring Free Hearing Screenings during the entire month of May. The screening is 100% free and there is no cost or obligation to attend. However, due to limited scheduling, the free screening requires an appointment. Interested persons need to simply call my office at 561-627-3552. My goal in sponsoring these screenings is to provide people in this community with the knowledge they need to make informed decisions regarding hearing health,” said Dr. Luzon.



561.627.3552

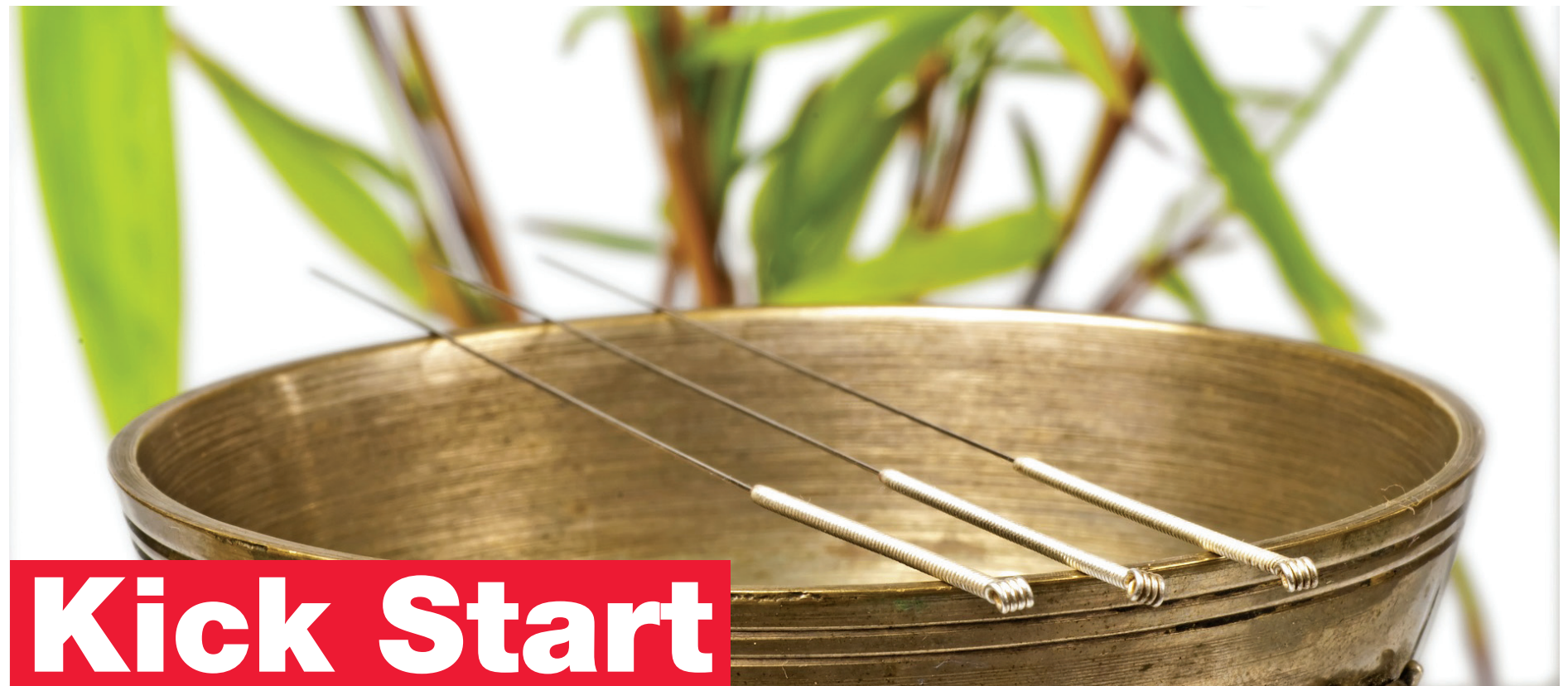
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Palm Beach Gardens, FL 33410

www.hearingcarefl.com



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

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



Kick Start

Your Summer Weight Loss

Approximately 42% of Americans will be considered obese by 2030. This is a staggering prediction! It seems that we are on a never-ending quest for that magic bullet. But is there really a magic fix for obesity? I fear not, as obesity is a complex issue that oftentimes requires a multidisciplinary approach. However, Traditional Chinese Medicine may be another option for weight management.

While people seek out acupuncture for a variety of health problems and often come in with a long list of complex issues they want to address, many of them will ask if acupuncture can also help them lose weight. The answer is yes – along with healthy changes to diet and movement, acupuncture has been shown to dramatically impact weight in number of ways.

THE DIFFICULTIES WITH LOSING WEIGHT

Obesity, diabetes and the associated increased risk for stroke and heart disease are a world-wide problem. Obesity affects over one-third of adults in the US now and childhood obesity is on the rise.

Metabolic syndrome, according to the NIH, is defined as having three out of five metabolic risk factors, including a large waistline or “apple shape,” high triglycerides, low HDL “good” cholesterol, high blood pressure and high fasting blood sugar.

The spectrum of obesity, insulin-resistance, pre-diabetes and eventually diabetes can be deadly. Insulin-re-

sistance – high levels of insulin circulating in the blood stream caused by excessive consumption of sugar, combined with reduced ability of the cell’s receptor sites to absorb the insulin, which then leads to sugars being stored as fat, is at the core of this pathology.

This complex interaction leads to keeping people from losing weight despite dieting and exercise. They include poor nutrition and food addiction to sugar, sodas and highly processed industrialized foods, inflammation, hormonal imbalances, poor digestive function, toxins, sluggish metabolism, and stress.

The old myths of weight loss – eating a calorie-reduced, low-fat diet, using highly processed meal replacement products and exercising yourself to exhaustion – have been tossed out by now, because they only lead to a yo-yo diet effect with greater weight gain following each weight-loss cycle.

Weight loss is a complex process that must address the various underlying causes which includes:

1. Boost your nutrition – eat unprocessed, natural, whole, foods
2. Regulate your hormones – improve thyroid function, reduce stress hormones, balance sex hormones
3. Reduce inflammation – address food sensitivities, hidden infections and toxins
4. Improve your digestion – heal your gut, regulate elimination

5. Maximize detoxification – identify and eliminate hidden toxins
6. Enhance energy metabolism – boost mitochondrial function – and
7. Soothe your mind – reduce stress, and adrenal fatigue.

WHERE DOES ACUPUNCTURE FIT INTO A WEIGHT LOSS PLAN?

Acupuncture can address just about every one of these aspects and greatly improve the results of a multi-faceted weight loss program. Let’s take a closer look at what acupuncture has to offer.

1. Acupuncture reduces food cravings and regulates appetite

Ear acupuncture is one of the most successful methods for addiction treatment, including food addiction and emotional eating where bingeing or constant nibbling serves to stuff down difficult emotions like sadness, anger, boredom and loneliness; or where sensations like pain, fatigue and thirst are mistaken for hunger.

Ear acupuncture stimulates the vagus nerve, the longest cranial nerve that is part of the involuntary nervous system and controls such automatic functions as regular heart rate and digestion.

In a randomized study by Sabina Lim and others (Graduate College of Basic Korean Medical Science at Kyung Hee University, Seoul, South Korea), 91 obese persons

were randomly assigned to a group receiving stimulation of a five-needle protocol on the outer ear, a group receiving a single ear acupuncture point, or sham (fake) acupuncture. The five-needle group achieved the largest drop in waist circumference, as well as drop in body fat, followed by the one-needle group, and no change in the control group. The study was published in *Acupuncture in Medicine* on Dec 16, 2013.

2. Acupuncture regulates hormones

Acupuncture's balancing effect on overall body chemistry, including hormones, is well-established. Acupuncture lowers stress hormones. It regulates sexual and reproductive hormones and is widely used in addressing menstrual, fertility and menopausal concerns.

An area of particular interest is the effect of acupuncture on obesity hormones.

Hunger and satisfaction are regulated by two hormones: ghrelin stimulates hunger and initiates eating, while leptin suppresses food intake. Surprisingly, in obese people leptin in the bloodstream is increased, while ghrelin is decreased. Obese people are considered not only insulin-resistant, but also ghrelin-resistant. (*Obesity Review*, Jan 2007)

In a Turkish study reported in *Acupuncture in Medicine*, September 2012, 40 obese women were randomly assigned to receive acupuncture on five common points twice weekly for five weeks for a total of 10 sessions. The results showed that acupuncture lowered insulin and leptin levels and increased plasma ghrelin in the treatment group, compared with a control group receiving sham acupuncture. Acupuncture also reduced the BMI (basic metabolic index).

The conclusion is that acupuncture can help normalize obesity hormones and the hunger response and contribute to improving metabolism.

3. Acupuncture reduces inflammation and pain

Acupuncture is mostly known for – and researched for – its ability to relieve pain, reduce inflammation and heal injuries.

Acupuncture promotes blood flow, which brings oxygen, nutrients, immune substances, hormones, pain killers and anti-inflammatories to the compromised area. Acupuncture needles create “micro traumas” that stimulate the body's natural healing response. Acupuncture releases natural painkillers such as endorphins and enkephalins. Acupuncture relaxes tense muscles that put pressure on joints and impinge nerves.

About 3 million Americans visit acupuncturists each year, most of them for the relief of chronic pain. Now a new study shows the relief they get may be modest — but real.

The study is a review of previous acupuncture studies that compared the ancient Chinese practice to standard pain care or to sham acupuncture. In the latter, patients are needled in a manner different from (or at spots on the body not tied to) traditional acupuncture.

I am a middle aged woman who has had problems with weight gain over the past 10 years. I have tried many different diets and exercise programs with limited results but nothing that has given me permanent change that I have been looking for. I met Dr Meng and she told me about acupuncture and her weight loss program and because she seemed genuinely concerned about me as a person I decided to sign up for the treatment. The whole experience has been wonderful, Dr Meng takes the time with you to explain everything that she doing, the needle placement and the herbs that you take twice a day. I have lost so far 10lbs in 2 weeks in weight but best of all I seem to have lost the constant craving for food that has always been a problem to me. I can fully recommend Dr Meng and her acupuncture for weight loss program it has definitely made a significant change to my life.

- Josie B.

"I was in a car accident in June of 2008, after going to see countless doctors for weeks and weeks I was finally diagnosed with PCS (post concussive syndrome). I read online that acupuncture could help with this disorder. The symptoms included; headaches, neck pain, back pain, dizziness, nausea and anxiety. I reached out to Dr. Meng for help, after only 10 sessions of acupuncture, herbs and cupping I feel so much better! I am back to work and on the way to being back to myself. My headaches are completely gone, my neck and back pain are down to a minimum, my nausea is gone, my dizziness is gone and my anxiety is down to a manageable level. I plan on continuing to see Dr. Meng on a regular basis because not only did she heal my pain it was a very relaxing treatment. Most people would think it is painful procedure, but it is not at all; in fact, I would fall asleep during my sessions. The herbs make me feel more balanced and definitely helped with relaxing me. I would highly recommend Dr. Meng to anyone who is seeking a doctor who truly cares and will help you."

- Carolina

The researchers found that people who got acupuncture ended up having less pain than those who didn't receive it. And the result was similar among different sources of pain, whether it was chronic back and neck pain, osteoarthritis, or headache.

In the end, their results translate to about 30% less pain compared to people taking pain medications and other standard treatments for pain.

4. Acupuncture improves digestion and metabolism

Acupuncture addresses many digestive problems, including GERD, reflux, stomach ulcers, IBS, diverticulitis and colitis. Acupuncture can help regulate digestion and elimination of toxins.

Chinese medicine describes the digestive process as a function of the stomach, which breaks food down, and the “spleen,” which transforms the nutrients from food into usable energy. What is termed the “spleen” here includes functions of the pancreas, the small intestine and the metabolic process on a cellular level. The Western medical equivalent of this spleen function is the mitochondria or the “powerhouses” of the cell that break down glucose and fatty acid for ATP, an energy-carrying molecule. Remember High School biology and the Krebs cycle? People with insulin-resistance have compromised mitochondrial function.

Acupuncture can help restore the body's homeostasis, bringing back its optimal functioning.

In acupuncture lingo, we call it “Restoring the Qi” or the body's vital energy.

5. Acupuncture reduces stress and increases relaxation

Stress-reduction and increased relaxation are probably the biggest all-encompassing effects of acupuncture. The effects of stress, especially chronic, long-term stress, on lowered immunity, increased depression and anxiety, lack of sleep, and overall compromised health have been well-established.

Increased stress and lack of sleep lead to increased release of the stress hormone cortisol from the adrenal glands. Cortisol makes us feel hungry even when we are full. Loss of sleep also decreases levels of growth hormone, which regulates the proportion of fat to muscle. And lack of sleep interferes with carbohydrate metabolism. Plus, tired people tend to eat more for the short-term energy boost they gain, especially from carbohydrate-rich foods.

As we've seen, there are many factors that interfere with successful weight loss. The causes leading to obesity and the difficulties with losing weight are complex. A successful weight maintenance plan must address all these aspects. At **Meng's Acupuncture Medical Center** we offer our patients a comprehensive approach to weight loss and pain management. For more information or to schedule a consultation, contact us at **561-656-0717**.

Yanhong Meng, AP, DOM



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

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As I Age My Teeth Are Looking Longer- How Can I Stop This?

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



There are a great number of reasons why teeth can look longer as we age. Ultimately, the supporting gum and bone around the teeth can be lost exposing more of the tooth structure. Gum and bone loss can happen at a slow continuous rate or occur very quickly. The cause of this loss can be attributed to a variety of reasons, one of which is called gum recession.

What is Gum Recession:

Gum recession is the progressive loss of gum tissue covering the teeth and jaw bone. Our teeth are held in place by this jaw bone. We have 2 main types of gum tissue in our mouths: Thick (like the roof of the mouth) and Thin (like the inside of our cheek). The thick tissue is protective and can help prevent the tissue from receding. Thicker tissue tends to “stand its ground”. Thinner tissue does not have this protective function. We typically have a small band of thick tissue present at the top of the gums (the part where the tooth comes out).

As the gums start to recede, the first tissue we lose is this thick part. Ultimately, the thin tissue is all that is left and it goes away even faster than the thicker type. When the gum tissue recedes it no longer covers the underlying bone. In response, our bone resorbs (the bone will not stay exposed without the tissue covering it). It is this loss of gum and bone tissue that leads to the teeth looking “longer”.

This recession can occur due to a number of factors. In many cases there may be a genetic component (another reason to blame our parents). In addition, things such as over aggressive tooth brushing, braces, smoking and other habits, along with excessive biting forces can lead to this problem.



Gum Recession

What Can Happen As A Result:

Beyond the often increased sensitivity and unattractive appearance of longer looking teeth, there are a number of significant issues that can occur due to the loss of gum tissue and bone protecting the teeth. If the supporting bone resorbs, ultimately the teeth can become mobile and be lost. In addition, the roots do not have enamel (the hard coating that the crown portion of the tooth has to protect from cavities) and may be more susceptible to cavities. Root decay can progress rapidly and ultimately penetrate the nerve requiring root canal therapy.

Treatment Options And Goals:

Clearly the “longer” looking teeth are just a symptom of a more involved problem. There are a variety of ways to treat the appearance, such as having crowns or veneers placed. These are excellent options, but do not address the possible gum and bone problem and will not prevent it from getting worse if there is indeed an issue.

Ultimately, the unrecognized goal may be to slow the progression of the bone and gum loss. The use of tissue grafting procedures can help achieve this goal. Developing a zone of thick tissue may help prevent further recession. It is important to recognize that this is different than returning the gum tissue to its initial location. In certain situations, we can bring the tissue back to a more desired location, but this is based on anatomical considerations.

Realizing that longer looking teeth may be a sign of other problems to come, is an important first step in patients helping to try and save their teeth. In many cases, the recession can be slowed or even corrected. A complete periodontal evaluation and current x-rays are needed to determine what has occurred in each individual case and then an appropriate treatment plan can be developed.

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

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



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

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

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



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FAILED BACK SURGERY SYNDROME

By midlife more than fifty percent of the population experiences significant episodes of low back or lumbar pain. Oftentimes, chronic low back pain leads patients to surgery of the lumbar spine. Unfortunately, ten to forty percent of the lumbosacral spine surgeries done for disabling pain culminate with recurrent or persistent pain. The numbers are so overwhelming that this condition has its own diagnosis. This condition is known as Failed Back Surgery Syndrome (FBSS).

What does FBSS involve? Interestingly, even though a back surgery is considered “successful,” because the anatomic area was surgically “fixed,” the defining symptoms of FBSS, persistent back and/or leg pain, can occur. The pain and discomfort cause a major negative impact on the ability to manage everyday activities such as standing, lifting, and traveling.

MRI findings can lead to unnecessary surgery

With so much technological progress, how does this still happen? Sometimes surgery is done when it was never indicated. Surgery may be recommended based primarily on MRI findings. This involves performing surgery on a structure that looked bad on MRI, but was actually not the true cause of pain. While operating on one condition, another condition may be overlooked. A disc may be removed, for example, but the underlying instability, causing disc degeneration and stenosis is not addressed. Disappointing results and pain will often result.

Joint Instability — the Link to Sciatica and other Back Pain Conditions

Back pain that goes down the leg, commonly referred to as “sciatica,” is an example of a common reason why people end up in surgery. If surgery is done to release the

Spinal Instability 2

- Degenerative disc disease
- Spinal spondylosis (osteoarthritis)
- Spondylolisthesis
- Herniated discs
- Radiculopathy
- Myofascial pain syndrome
- Spinal stenosis

Common conditions caused by spinal instability.

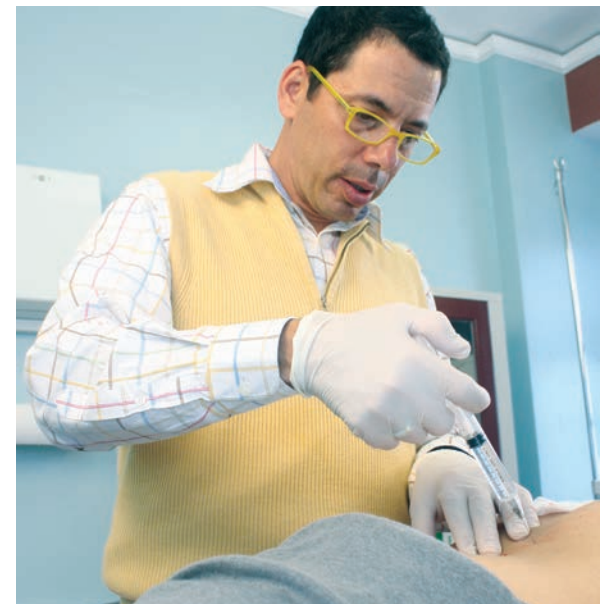
pressure on the sciatic nerve, but the patient complains of residual pain, this indicates that there are other structures causing the pain which were not addressed by the surgery. Pain that comes and goes or is worse in certain positions points to sacroiliac joint instability. (See Figure 1.)

The lumbar spine is composed of five vertebrae separated by discs and supported by strong muscles and ligaments. Cumulative trauma through years of sports and other activities can result in small tears of the ligaments. One major trauma or injury can be of such severity that ligament healing never occurs, leaving the vertebrae unstable and without the support they need from those ligaments. Spinal instability due to ligament laxity can cause a myriad of painful conditions. (See Figure 2.)

Effects of Fusion Surgery

Fusion surgery may be recommended due to excessive movement, or instability, in the spine. The surgeon is looking to place artificial material to permanently fuse that area together, to keep it from moving. Once the joints are fused together, motion in the spine has to come from somewhere else, creating added stress on the sections above and below the spine.

One of the well-known long term effects is degenerative arthritis below and above the fusion. In numerous



cases, this creates added back pain and arthritis after the surgery and a continued need for medical treatments. Regenerative Medicine options are available to stabilize the vertebrae without surgery.

Nonsurgical treatments for back pain

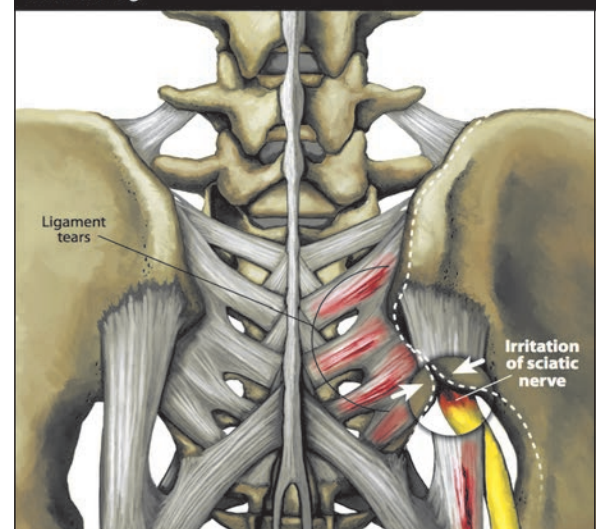
Regenerative Medicine refers to modalities that stimulate the body to repair itself, such as Prolotherapy, PRP and Stem Cell therapies. Our bodies have amazing regenerative capabilities and this can be harnessed to help degenerative conditions that show up on X-ray or MRI. (See Figure 3.) This is a novel approach because we are triggering the body to strengthen the tissue on its own, without the use of artificial hardware.

Regenerative treatments like Prolotherapy are quick, outpatient procedures that allow the person to remain active in sports or other activities they enjoy, without the need for extensive downtime. For those with back pain who have not had surgery yet, regenerative therapies can often be tried as a first-line treatment. Prolotherapy is helpful for almost all types of back pain: herniated discs, bulging discs, degenerative disc disease, chronic subluxation of the sacroiliac joints, and more. For those who have already had surgery and are now suffering from Failed Back Surgery Syndrome, Prolotherapy may be a consideration to correct the true underlying cause of the pain: spinal instability. Numerous studies on the use of Prolotherapy for back pain are available, including where Prolotherapy was used as an alternative to surgery. See studies and citations at www.AboutProlotherapy.com.

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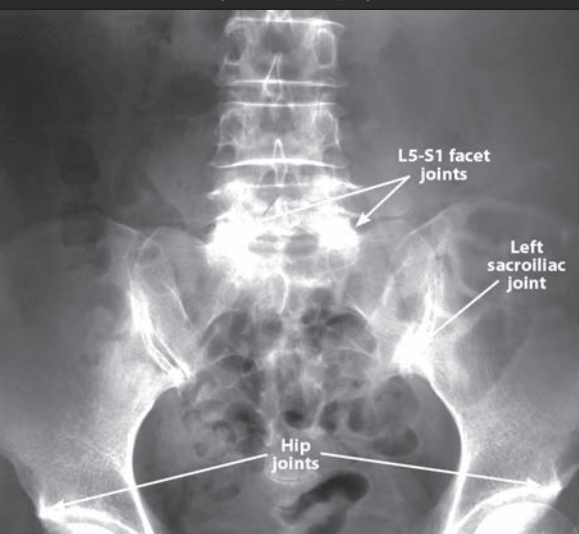


1 **Sacroiliac instability.** Arrows signify excessive joint motion. Sacroiliac instability can irritate the sciatic nerve and refer pain down the leg.



- Symptoms include:**
- Popping
 - Loss of motion
 - Low back pain
 - Referral leg pain
 - Muscle spasms
 - Crepitation with movement
 - Loss of muscle strength
 - Numbness down leg

3 **AP X-ray of lower back, pelvis, and hips showing areas of sclerosis (arrows).** Hardening of the bones or joints (sclerosis) is typically the earliest X-ray sign of joint instability and osteoarthritis. The bone is hardening because of greater pressure on it due to ligament injury causing joint hypermobility or instability. This particular patient was recommended a multi-level fusion, but she chose Prolotherapy instead. She ended up with a complete recovery without surgery.





By Suheil Khuri M.D.

Obesity and Weight Loss Consequences

Obesity is now an epidemic and has been on the rise in the last few decades. More than one third of adults and almost 17% of children are obese ((have a Body Mass Index “BMI” (a measure of extra weight) above 30)) in the 2009-2010 National Health and Nutritional Examination Survey.

I – OBESITY CONSEQUENCES: Obesity especially central/visceral (above the waist) obesity causes major health issues including cardiac disease, hypertension, diabetes, and stroke and is associated with many other diseases including various cancers.

A successful weight loss program must include a real commitment to the following:

1. A low calorie diet. Sticking to the diet is more important than the type of diet itself.
2. Physical activity both aerobic as well as muscle strengthening.
3. Major behavioral and habit changes to self-monitor food intake and physical activity.
4. Appetite suppression medication when the above three are not successful alone or in relapses.

A mere 5% - 10% weight loss will significantly improve all health consequences of obesity as well as decrease the need for the use of medications associated with diabetes, hypertension and hypercholesterolemia.

Successful maintenance of weight loss is however a challenge. It necessitates all the following:

a. Frequent self-monitoring of your:

1. Weight. Check your weight regularly at least 1-2 times weekly.
2. Food intake (portion control, eat breakfast daily, low calorie diets, avoid processed or fried food)
3. Physical activity: exercise 45-60 minutes 6-7 days a week and weight train 2-3 times weekly

b. Eat meals away from home less than 3 times a week.

c. Watch television less than 10 hours a week.

II – WEIGHT LOSS CONSEQUENCES: Weight loss is considered a way to look better as well as feel better and healthier. A successful weight loss program though is very healthy and helpful, may be associated with:

1. Decreased muscle mass, tone and elasticity. Around 25% of weight lost is in lean muscle mass.

2. Excess skin laxity and sagging in the tummy, thighs, face, neck, and arms. The collagen and elastin fibers in the skin become disrupted when you gain excessive weight preventing the skin from recoiling fully after weight loss. To maintain muscle tone, and decrease excessive skin laxity and sagging from occurring during a successful weight loss program you need to:

1. Follow a gradual healthy weight loss program. This gives you longer lasting results and allows your skin elasticity to be maintained and not be damaged by a crash diet.

2. Stick to a healthy low-calorie high protein diet and add multivitamins and minerals to



Central / Visceral Obesity (above the waist)

build your muscle and maintains the integrity of your skin. Avoid fast foods and those with added sugar.

3. Follow a routine exercise program. Start slow and increase your exercise workload as you can tolerate it. Make sure you couple your exercise routine with weight training. Building muscle will tone up those parts of your body where the fat has been lost and thus help with loose skin areas.

4. Stay well hydrated and keep your skin moisturized during weight loss. Consider regular skin exfoliation if needed.



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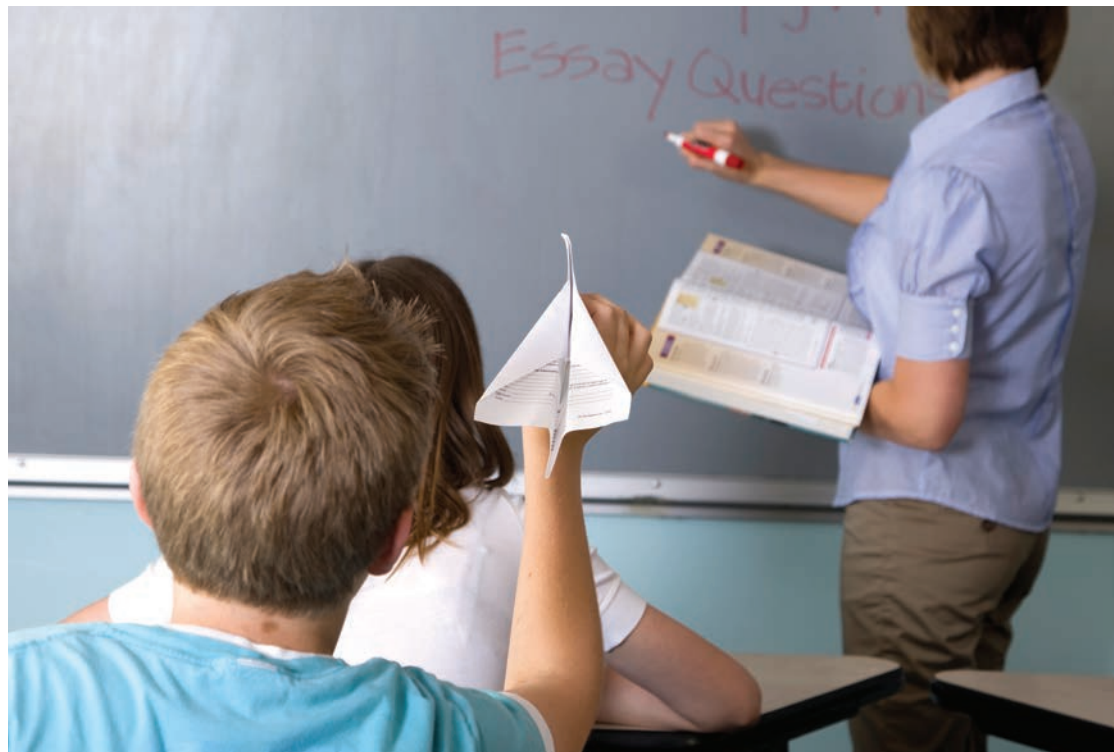
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Health & Wellness MAGAZINE

DEALING WITH ADHD?

Seeking Alternatives to Medication?

By Michael Cohen,
Founder, Center for Brain



If your child or teenager...

- Has been diagnosed with ADHD
- Is making poor grades
- Is impulsive.
- Makes poor decisions or choices
- Can't make or keep friends
- Experiences or creates lots of "drama"
- Seems angry all the time
- Is oppositional and won't cooperate
- Is disruptive to the family
- Doesn't follow the rules
- Has difficulty following directions
- Struggles to complete tasks independently
- Is unmotivated.
- Has difficulty going to sleep or waking up.

Then your doctor, a concerned teacher, or even a well-meaning friend may have suggested you try medication, but you wonder:

***"Is there something I've missed?
Are there alternatives to medications?"***

Attention and behavioral problems are NOT due to a deficiency of Ritalin, Concerta, Focalin, Vyvance, Adderall or any other stimulant drug.

If medications work, they may give quick results but their drawbacks can outweigh the benefits because:

- Once medication is stopped, any perceived gains also stop. Medication doesn't teach your child or teen how to build attentional skills or improve self-control.

- Medications typically don't help processing issues or learning disorders. These often drive part of the problem but may not be well-identified.
- They can cause sleep and appetite disturbances. Parents report other possible side effects from tics to changes in personality.

There's good news on the ADHD treatment front: You have a choice.

You do not need to give your teenager a stimulant to help him or her make gains in:

- Attention
- Behavior
- Academic achievement
- Sleep
- Hyperactivity
- Self-control

Even if your teen is already on medication, he or she may be able to reduce or eliminate it over time with a doctor's help.

OUR COMPREHENSIVE PROGRAM FOR ADHD TREATMENT

For many challenged kids, standard methods to help them learn to control attention or behavior, or improve their learning, don't work well.

EVERY TEEN or child can learn to do better. But it's often impossible for parents or schools to provide the level of positive reinforcement an ADHD teenager needs in order to overcome their issues.

Our comprehensive ADHD treatment program uses a unique combination of Neurofeedback, Neurotechnology (such as brain mapping), biofeedback and nutrition to evoke real and lasting change.

WHY NEUROFEEDBACK?

Neurofeedback employs special EEG technology to measure brain circuits – the ones that cause distraction, lack of motivation, inattention, hyperactivity, oppositional behavior and sleep issues – and provides feedback to create change.

Here's an example of one of our Neurofeedback exercises:

Your teenager sits in front of a TV monitor watching a movie. Whenever the brain activity gets too fast or too slow and the mind wanders, the movie picture fades out.

It becomes a challenge – and a game – to keep the video playing by getting those brain waves back where they belong. Entering the desired "zone" is rewarded by the video continuing to play clearly.

Experiencing the game over multiple sessions (repetition) and being rewarded by the video playing smoothly goes right to the core of what Neurofeedback and our other tools are designed to accomplish: Long-lasting, healthy brain changes by repetition and positive reinforcement.

***If You Practice Enough,
You Can Learn ANYTHING.***

Once these changes in brain activity are practiced and learned, the effects tend to hold. This result is similar to the result one gets from practicing a golf swing until “muscle memory” becomes strong and a good swing occurs more often than a poor one. It’s also like practicing multiplication tables or scales on a piano.

Training creates more connections in the brain and more appropriate brain functioning, which improves how it works and makes medication less important or unnecessary.

As the training progresses, the training helps your child one become more **emotionally resilient and aware, and they have greater attentional flexibility.** There is also an increase in self-control, motivation, and much better sleep.

Parents often notice after Neurofeedback, that their child often is calmer. Things don’t bother them as much. They control their emotions and frustration much better.

Long-term research shows **when children or adolescents demonstrate better self-control, they are more likely to have academic success and, later in life, to achieve greater economic and social success.**

THE BRAIN MAP – AN INSIDE LOOK

How do you know which brain circuits aren’t working efficiently?

The ideal first step in helping an ADHD teen is to create a brain map. Brain maps show activity in the brain. The map looks at 45 areas of the brain that relate to behavior, attention, processing of information, executive function, and emotional control. This map reveals problem areas that correlate with the teen’s issues so those specific areas can be addressed in treatment.

Creating a brain map is painless, noninvasive, and takes about an hour.

A brain map uses a 19-channel EEG recording which analyzes activity compared to other adolescents and young adults (aged norms).

THE ROLE OF NUTRITION

Many parents have tried diet changes without success. That doesn’t mean nutrition doesn’t play a role – but often, it’s not nearly enough by itself. There’s also an overwhelming amount of advice and often, parents aren’t sure what to do and what really works.

We’ve spent years looking at the research and observing what works in practice. We help point you to information about food and supplements that are known to enhance brain function and help ADHD, as well as other problems.

Stimulant medications can temporarily improve brain function, but proper nutrition – either diet, supplements, or both can help when combined with the right tools.

Good nutrition combined with Neurofeedback and/or body Biofeedback creates a synergy that helps everything work together better.

What Is Neurofeedback and How Can It Help Kids, Adults, and Families?

NOT A “QUICK FIX”

This approach is definitely not like popping a pill. It takes more time. Our comprehensive program may take 25 sessions, at a rate of two or three a week, to see some significant results.

Initial changes are typically observed within 5-10 sessions. Repetition is a very important element of why this works. Much like going to the gym, the time it takes to succeed varies from individual to individual. Results will occur if you stick with it.

IS THIS COVERED BY INSURANCE?

We are out of network for insurance providers. However, we will generate an insurance bill with reimbursable insurance codes which you can submit for reimbursement if you have out-of-network coverage, or if you have a health savings account or a flexible spending account.

WHY CONSIDER NON-DRUG THERAPY? WHY CONSIDER NON-DRUG THERAPY?

You are investing in your child or teenager that will change his or her life. It gives them a chance to learn skills and succeed without medication.

That can impact the rest of their life. But the benefit to the parents or family are huge also. Here's examples of how we see our programming impacting children, teenagers and their families:

- 1) Reduced tutoring, therapist, and doctor visits spent “managing the problem”
- 2) More confidence & success in school and work
- 3) Reduced time with school/homework issues
- 4) Increased motivation and follow-through
- 5) Improved social relationships
- 6) More comfortable household/family events
- 7) More stable mood and increased cooperation
- 8) Improved sleep
- 9) Improved decision-making

CAN WE DO THIS AT HOME?

If you are unable to come to our office we are able, when appropriate, to provide certain home-use equipment, and to supervise at-home sessions remotely as needed.

CONTACT US TO LEARN MORE

To learn more about the many exciting options available for your teenager, call **(561)744-7616** for a free 15-minute telephone consultation. Or, ask for an in-person consultation. We can better assess the situation face to face. It allows us to help review whether this is a good fit for your situation. You can also visit **CenterforBrain.com** for more information.

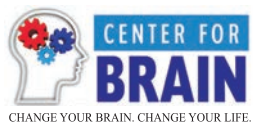
DEALING WITH ADHD?

Seeking Alternatives to Medication?

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Research Based and Clinically Proven

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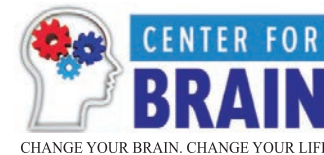


Abacoa Professional Center, Jupiter, FL
www.CenterforBrain.com

ABOUT CENTER FOR BRAIN

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

MICHAEL COHEN, President and Founder of the Center for Brain, is neurotechnology specialist. He’s one of the leading experts in brain biofeedback. For almost 20 years, he’s been involved in teaching courses and providing 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.



Center for Brain is located at:
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Jupiter, FL 33458

www.CenterforBrain.com



By Michael Cohen,
Founder, Center for Brain
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 men-
tal health professionals around
the world, helping them incor-
porate new biofeedback and
neuro-technologies for chronic
pain, anxiety and mood disor-
ders, ADHD and neurological
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CHRONIC ANXIETY? PANIC ATTACKS? Wish it could just stop?

**Have medications failed?
Too many side effects?**

Maybe it's time to consider
the Biofeedback Solution

FEELING OVERWHELMED?

You don't have to live with chronic anxiety any-
more, and you don't need to live with feelings of
being overwhelmed or burned out. There's some-
thing new that can change how you feel and help
you take back control of your life.

Biofeedback, enhanced by 21st century technology,
helps you feel better, manage stress better and im-
proves your ability to handle the challenges of eve-
ryday living – without being overwhelmed.

Biofeedback is one of the most powerful methods
available today for minimizing anxiety and panic
attacks. With practice and reinforcement, you can

train your brain and body to respond more calmly
to stress and significantly reduce the need to try to
avoid it or live with it.

The Center for Brain has helped countless people
(both children and adults) get control of their anxi-
ety and take charge of their life again, frequently in
a surprisingly short time.

Most people with anxiety have tried medications
to feel better, often with disappointing results.
Medications may not eliminate your symptoms
and don't teach your brain and body to make per-
manent changes. Medications don't help you learn
to quiet your mind or to be calm without them.

Unfortunately for sufferers of anxiety, many doc-
tors are unfamiliar with treatments other than
medication. Other approaches like nutritional
changes and acupuncture can have disappointing
results as well.

WHAT CAN BIOFEEDBACK DO?

Biofeedback and neurofeedback has been proven to
greatly reduce or even eliminate anxiety symptoms.
For people taking medication, biofeedback can help
lessen reliance on medicines. In some cases people
are able to stop taking anxiety medication entirely.
Consider the experiences of three patients who
sought the Biofeedback Solution from Center for
Brain.

52-year-old Cecily had suffered from depression and anxiety since her late 20s following a car accident. She was taking medications for depression and sleep, but over time these didn't help. Doctors ran out of ideas, and her anxiety surged. Cecily became increasingly fearful and anxious of everything in her life, stopped participating in normal activities, and felt completely overwhelmed. An intensive and comprehensive intervention of biofeedback therapy, an adjustment of her hormones and acupuncture broke her cycle of anxiety and depression. Today she is sleeping without medication and living a calm and peaceful life.

24-year-old Brett had become so paralyzed by panic attacks that he had been unable to work or drive for two years. He was on heavy-duty mood stabilizers, an antipsychotic medication and other drugs. The medications helped somewhat but not enough for him to function. After one month of biofeedback sessions 3-4 times per week his panic attacks and extreme anxiety diminished and he was able to drive again. Now that he knows how to calm himself he reports feeling "completely normal."

Melissa, 47, had anxiety so severe that she was unable to drive, couldn't pay attention to anything and was afraid to leave her house. She took numerous medications for anxiety and sleep but she did not get better. At the time she came to Center for Brain she had been suffering extreme anxiety for a solid year with very little relief. After a month of biofeedback she began feeling much calmer and was sleeping better. She started leaving the house and was even able to get and keep a job. Following three months of treatment she appeared in our office bright, cheerful and engaging without any anxiety symptoms.

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, right? 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 emotional pattern.

CAN YOU LEARN TO BE CALMER?

Absolutely! Biofeedback is one of the most powerful technologies in the world for reducing anxiety and panic attacks. It helps the brain change 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.

Biofeedback worked for 65-year-old Jacob who developed severe agoraphobia (fear of leaving the house). Antidepressants didn't help. Either did Valium, other calming medications and even daily medical marijuana. He suffered through eight months of non-stop anxiety. He fantasized about "walking in front of a bus" rather than go on living the way he was. Center for Brain provided biofeedback services to him at home, five times a week for two weeks. Within ten days he had stopped the medical marijuana. Over the course of three months he significantly reduced his other medications and once again was able to leave his house.

"We've developed a unique comprehensive program to help those with chronic Anxiety and Depression to change their life. It helps your brain to manage mood and anxiety successfully."

Michael Cohen, President and Founder, Center for Brain

HOW DOES BIOFEEDBACK WORK?

Biofeedback training helps in changing brain patterns. For example, neuro-biofeedback measures the brain's rhythms. It rewards you when you make healthy patterns. With repeated training, the brain and body learn to maintain those healthier patterns. Correcting anxiety with biofeedback takes practice and reinforcement. The more your brain learns how to be calm through biofeedback, the more it becomes a normal state in everyday life.

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

Michael Cohen, President and Founder, Center for Brain

We also offer other 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.



CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

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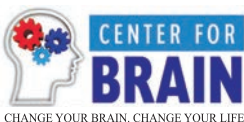
Worried about your MEMORY?

Memory loss starts in the brain. Neurofeedback is an effective medication-free method that helps retrain and rebalance circuits in the brain to help you get sharper.

Research Based and Clinically Proven

When your memory or cognitive performance is slipping, you need help. New technology helps you increase cortical activity — which in turn improves memory, cognitive performance, as well, anxiety and mood.

Call **561.744.7616** to see how we can help.



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LIVING WITH STUTTERING

Growing up as a child who stuttered was not fun. There is a social stigma about stuttering. Even adults have a hard time listening to other adults who stutter without trying to finish their sentences, so you can imagine how hard it was for me in school with kids making fun of me – and kids can be cruel when they don't understand something.

By Vicki Polce
Administrative Assistant at Florida SouthWestern State College

It was very hard when it was my turn to read aloud in front of the class. What would take someone else 3-5 minutes to read, would take me at least 10 minutes. Plus with all the facial contortions I made trying to get the words out, I think some of the others were actually afraid of me, or at least, didn't know how to accept me.

What was interesting was that I could sing any song anyone wanted me to without stuttering. It was an escape for me. Some of my early teachers figured out that if they let me sing what I wanted to say to the class, I didn't stutter at all. But I knew I could not sing everything I had to say for the rest of my life.

My mom and my teachers decided I needed to go to speech therapy. There was an excellent Speech Therapy department at the university close to where we lived and I went weekly all through elementary school. While it did help some, it never really helped me deal with the stuttering or the reaction I would get from others all through junior high and high school when all I wanted was to be popular like the other girls.

ACCORDING TO THE STUTTERING FOUNDATION, THERE ARE FIVE MYTHS ABOUT STUTTERING. THEY ARE:

Myth: People who stutter are not smart.

Reality: There is no link whatsoever between stuttering and intelligence.

Myth: Nervousness causes stuttering.

Reality: Nervousness does not cause stuttering. Nor should we assume that people who stutter are prone to be nervous, fearful, anxious, or shy. They have the same full range of personality traits as those who do not stutter.

Myth: Stuttering can be "caught" through imitation or by hearing another person stutter.

Reality: You can't "catch" stuttering. No one knows the exact causes of stuttering, but recent research indicates that family history (genetics), neuromuscular development, and the child's environment, including family dynamics, all play a role in the onset of stuttering.



Myth: It helps to tell a person to "take a deep breath before talking," or "think about what you want to say first."

Reality: This advice only makes a person more self-conscious, making the stuttering worse. More helpful responses include listening patiently and modeling slow and clear speech yourself.

Myth: Stress causes stuttering.

Reality: As mentioned above, many complex factors are involved. Stress is not the cause, but it certainly can aggravate stuttering.

There are so many famous people who stutter – from Sir Winston Churchill to Marilyn Monroe, to Carly Simon, who like me, could sing and not stutter. In the United States alone, there are approximately 3 million people who stutter. Most, like me, can and do 'outgrow' stuttering.

There was a movie out a few years back titled *The King's Speech* about King George IV. He was also a stutterer. But during World War II, he was able to address his country with radio speeches with the help of a speech coach. I was torn as to whether to go see the movie, but I did and was glad I did. He was truly an inspiration to his family as well as his country. For me, it was a very touching movie and it moved me to tears several times as I totally understood his frustration and embarrassment.

There are no miracle cures for stuttering. Early intervention is the key if you start to notice signs of stuttering in your child that last 6 months or more. Some children outgrow stuttering quickly, while others may never outgrow it. Be patient with your child, don't try to talk for them or finish their sentences, and give them the support they need to be confident while talking to others.

As for me, I stuttered all through high school and well in to my 20's. But as I started gaining more and more self-confidence and self-esteem, the stuttering all but quit. There are times, when I'm stressed or tired that I find myself having some speech problems, but for the most part, talking for me has become easy and fun, and for that, I'm so grateful.

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Ronna Clements' #1 Beauty Secret To Great Looking Skin

By Ronna L. Clements, Natural Health & Wellness Innovator

Beautiful skin – we all wish we had it!

Nice looking skin gives off a radiant glow – it looks healthy and having it is historically associated with beauty and attractiveness.

As we set out to achieve beautiful looking skin, we try to find that one magic cream or lotion that will bring us the results we desire. Sometimes we search for it at endless costs.

Throughout my travels and in my daily interactions, I'm often asked how I manage to keep healthy looking skin.

My answer is really quite simple. I eat the right combination of foods, practice the right forms of exercise, get enough sleep, drink plenty of water, and remain consistent in my detoxification practices.

All of these are needed for building and maintaining beautiful skin.

However, through my research and personal experience, I will let you in on Ronna Clements' #1 Beauty Secret To Great Looking Skin.

What is the secret you ask?

The answer is the use of Coconut Oil.

Yes, that's right – Coconut Oil. *Simple and Natural.*

This single oil works miracles in helping to achieve great looking skin and it comes in a jar for as little as \$8.99.

Now this surely beats buying an *Ultra Potion Facial Lotion* in a high-end department store for \$250 doesn't it?

Sadly, many spend top dollar on skin care products, and truly, if we are being honest with ourselves, we must realize that these products are full of toxic ingredients. As innocent consumers, we are lured by persuasive advertising campaigns.

But in the end, good 'ol Coconut Oil wins the race. Coconut Oil not only makes skin look radiant, but it aids in the regeneration of connective tissue at the cellular level.

Coconut comes from a vegetable source and it is free of pesticides and chemicals. It is easily ab-

sorbed due to its molecular structure and gives the skin a soft texture.

It is used in its *natural* form which is unlike most other body care products.

I help people lead healthier lives through an innovative and personalized process I designed in Natural Health called The Program. The use of Coconut Oil is included in each individual's program not only to help regenerate the skin, but to help build strong tissues throughout the body.

So, there it is.

Ronna Clements' #1 Beauty Secret To Great Looking Skin – Coconut Oil.©



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Clinical Associate Professor, Shands Hospital (UF)
State Certified, IV & Oral Sedation
LANAP (Laser Periodontal Therapy) Certified
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SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

Throughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Brent Myers

Don't Give Up!

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: *"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."* (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed. Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."



Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: *"So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion."* (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!

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