

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

Health & Wellness[®] MAGAZINE

August 2015

South Palm Beach Edition - Monthly



FREE



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**Top Six Reasons
Why Your
Hair Regrowth
Treatments
Aren't Working**

**Addressing
Hearing Loss
on the Job –
a Workplace
Wellness Priority**

**A Patient's Guide to
SPINAL STENOSIS**

**What Are
FLOATERS and FLASHES?**





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Addressing Hearing Loss on the Job— a Workplace Wellness Priority

Hearing health should be a workplace wellness priority and employers are encouraged to include hearing tests and hearing health as part of their workplace wellness programs.

Hearing health affects many aspects of an individual's wellbeing and is linked to several health conditions. The earlier hearing loss gets treated the better. Fortunately, hearing aids, as well as other appropriate treatments and workplace accommodations, can often help individuals function optimally on the job and enjoy a better quality of life.

Almost all (95%) of employees who suspect they have a hearing problem but have not sought treatment say they believe their untreated hear-

ing loss impacts them on the job in at least one way, from asking people to repeat what they have said, to misunderstanding what is being said, to even pretending to hear when they can't.

Today, about half of U.S. employers offer wellness promotion initiatives. By including hearing tests and hearing health information in workplace wellness programs—as well as including hearing aids as an employee benefit—employers encourage workers to treat hearing loss rather than hide it. Not only does this help the

worker, but it creates a work environment where employer and employee can team up to ensure that a worker's hearing difficulty does not interfere with job performance, productivity, safety, quality of life, morale, opportunities, or success in the workplace.

In today's rapidly changing business landscape, where organizations are coming to rely more heavily on maturing workers who have valuable experience and expertise, and at a time when we seem to be seeing an increase in adult hearing loss at younger ages, this employer-employee partnership is critical for bottom-line success. Empowering America's workers with information on hearing health and options for addressing hearing loss can help them become more informed healthcare consumers and more productive, satisfied employees.



5 Sound Reasons for Employers to Promote Hearing Health

1. Many people with hearing loss are in the workforce. America is experiencing a demographic shift toward a maturing labor force. People are staying in the workforce longer. And research suggests that we're seeing an increase in adult hearing loss at younger ages, particularly among those in their 20s and 30s. In fact, more than 10 percent of full-time employees have a diagnosed hearing problem, and another 30 percent suspect

2. Treating hearing loss can enhance worker performance. Most hearing aid users in the workforce say it has helped their performance on the job. What's more, most people who currently wear hearing aids say it helps their overall ability to communicate effectively in most situations and has had a positive impact on their relationships at work.

3. Leaving hearing loss unaddressed doesn't pay. Brushing off hearing loss can limit our ability to communicate effectively and can negatively—and unnecessarily—affect productivity, job performance, and earnings; lead to fatigue and distress; restrict interpersonal interactions; make it difficult to receive and interpret auditory information from computers, machines, and individuals; pose a risk to our ability to hear sounds that signal hazards in the work environment; increase sick leave and disengagement from work; and diminish overall quality of life.

4. Hearing loss is tied to other health conditions. Hearing loss may signal or exacerbate other important health issues. Research shows that hearing loss is linked to depression, diabetes, cardiovascular disease, obesity, dementia, cognitive decline, moderate chronic kidney disease, sleep apnea, and the risk of falling and hospitalization.

5. State-of-the-art features make today's hearing aids better than ever. Today's hearing aids make it easier to hear sounds and people from all directions and filter out noise. Many sit discreetly and comfortably inside the ear canal and out of sight; and many are wireless, so they can interface easily with other high-tech devices like smartphones, conference-room speaker phones and hearing loops. Some are even waterproof, and others are rechargeable. The bottom line?

As many as 91 percent of owners of the newest hearing aids—those purchased in the last year—are satisfied with their hearing aids, and 90 percent of people who purchased their hearing aid within the last four years say they'd recommend a hearing aid to a friend or family member.



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**TOP
SIX
REASONS**

Why Your Hair Regrowth Treatments Aren't Working

By Alan J. Bauman, M.D.

Deciding to undergo treatment for hair loss isn't always easy. Particularly for women, there is often a lot of embarrassment and confusion that goes along with this condition. Admitting to yourself that you have female- or male-pattern hair loss is sometimes a tough pill to swallow, but coupled with this is the nagging fear that the treatments won't work.

This is why it's so important for patients to feel confident about the effective treatment options that are available and what time and effort is needed to achieve results.

By the time hair loss becomes visible to the naked eye, over 50% of your hair may have already been lost. So, getting started early on treatments and sticking to your doctor's medical plan and follow-up appointments are critical to reversing hair loss.

While occasionally men and women may feel like the treatments "aren't working," it's important to get a clear perspective on why this may - or may not - be the case. Having realistic expectations about what these treatments will do and how long they will take is also critical. After all, the main reason why treatments fail is that patients give up too soon... long before the results are visible to the naked eye. Good things come to those who are consistent and "wait." Treating hair loss is a marathon, not a sprint.

Since August is National Hair Loss Awareness Month, I thought it an important time to address this common question among hair loss sufferers.

Here are six reasons why your hair loss treatment may not be working:



You Think It's Not Working, But It Is.

First off, let's address the obvious. In many cases, patients don't "feel" like their treatment program is working, when in reality it is. The problem is that hair growth rates are slow (about 1/4-inch per month) — therefore most treatments take at least six months before subtle results are visible to the naked eye, and even with an advanced hair transplant procedure it takes a year or more for the full result to grow in.

I would recommend that hair loss patients always keep in touch with their doctors, because he/she can take scientific measurements and use microscopic analysis of the follicles to determine if the regrowth is taking place as it should. For example, patients undergoing a non-invasive treatment regimen can use baseline and tracking measurements like HairCheck/HairCam evaluations performed by their doctor or a certified HairCoach™ to support or discontinue their treatments.

Also remember that symptoms may be misleading. A temporary increase in shedding may be a sign your new treatment is working so push onward through to that 90-day follow-up visit to find out what's really happening at the scalp.





You're Doing It Wrong.

Sometimes, 'user error' is the reason why a treatment takes longer than it should to show results. For example, sloppy or inconsistent application of a prescription topical medication like Compounded Minoxidil Formula 82M may mean the difference between fair results and great results. But you may also simply be using the wrong treatment. Expecting medical-grade results from an over-the-counter treatment (i.e. Rogaine) or a cheap and weak consumer laser (like some of the ones seen in popular in-flight magazines) vs. physician-only/prescribed laser device simply doesn't make logical sense.

Wrong Diagnosis.

Some rare medical hair loss conditions mimic more common ones, meaning you might be on the wrong treatment regimen. See the right physician. A missed diagnosis of a scarring alopecia for example could spell disaster for your hair in a hurry if left untreated.

Hair Loss Risk Factors are Inhibiting Your Results.

In a perfect healthy world, treatments for hereditary hair loss work for everyone, but in real life hair loss risk factors like stress, poor diet, medications, toxins like smoking and alcohol intake, poor sleep cycles, hormone imbalance, acute and chronic illnesses and more can overwhelm even the best medical hair regrowth regimen. If your doctor glosses over these risks, or worse, adds to the problem like prescribing testosterone while you are at risk for hereditary hair loss, for example, your hair regrowth may suffer.

Too Late.

Many patients have gone from "bare to hair," so while it's never really "too late" to start a hair restoration regimen, sometimes an area of scalp is simply "too far gone" to be helped with traditional non-invasive therapies alone. Meaning, if there is a severe depletion of hair follicles, you will likely need some degree of hair transplantation to reach your goals in that area.

Wrong Doctor.

Your primary doctor, ob/gyn, plastic surgeon or even your dermatologist may not be the best source of advice for the most advanced hair loss evaluations, measurements or treatments. While it is true that dermatologists do study hair loss amongst skin diseases during their schooling, the courses are generally brief and not "all encompassing" as compared to a physician specialist solely focusing on hair and hair loss and is staying abreast of the latest research and the newest treatment options.

After all, while your basic car mechanic may know a bit about your transmission and transmission problems, a transmission specialist is where I'd take my car!

**Seek a doctor
with expertise specializing
specifically in hair loss
and its treatment.**

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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The Daily Dose



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Avoid the drive-thru and turn your back on the all you can eat buffets. Most of us will eat what's in our fridge or in the cupboards but when you go grocery shopping, remember that only the perimeter of the store is safe, meats, vegetables and fruits should predominately occupy your cart.





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

WHAT ARE FLOATERS AND FLASHES?

You may sometimes see small specks or clouds moving in your field of vision. These are called floaters. You can often see them when looking at a plain background, like a blank wall or blue sky. Floaters are actually tiny clumps of cells or material inside the vitreous, the clear, gel-like fluid that fills the inside of your eye.

While these objects look like they are in front of your eye, they are actually floating inside it. What you see are the shadows they cast on the retina, the layer of cells lining the back of the eye that senses light and allows you to see. Floaters can appear as different shapes, such as little dots, circles, lines, clouds or cobwebs.

When the vitreous gel pulls on the retina, you may see what look like flashing lights or lightning streaks. These are called flashes. You may have experienced this same sensation if you have ever been hit in the eye and seen "stars." The flashes of light can appear off and on for several weeks or months.

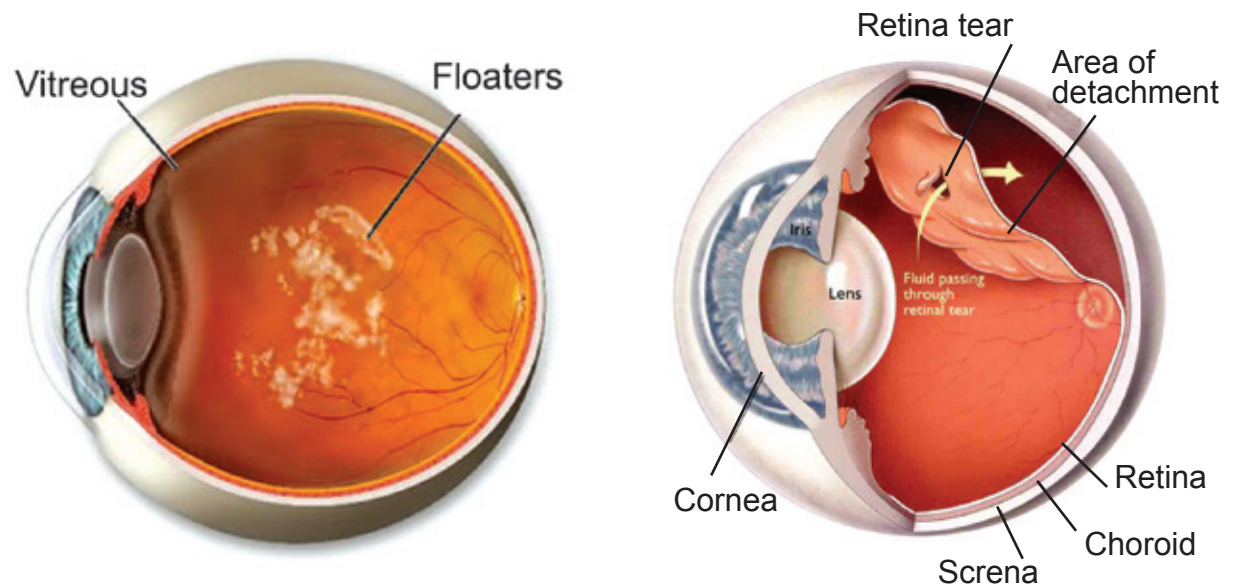
As we grow older, it is more common to experience floaters and flashes as the vitreous gel changes with age, gradually pulling away from the inside surface of the eye.

CAUSES OF FLOATERS AND FLASHES

As we grow older, it is more common to experience floaters and flashes. When people reach middle age, the vitreous gel may start to shrink, forming clumps or strands inside the eye. The vitreous gel pulls away from the back wall of the eye, causing a posterior vitreous detachment. This is a common cause of floaters.

Floaters and flashes are also caused by posterior vitreous detachment, where the vitreous gel pulls away from the back of the eye. This condition is more common in people who:

- *Are nearsighted;*
- *Have undergone cataract operations;*
- *Have had YAG laser surgery of the eye;*
- *Have had inflammation (swelling) inside the eye.*
- *Have had an injury to the eye.*



Vitreous detachment

The appearance of floaters and flashes may be alarming, especially if they develop very suddenly. To find out if a retinal tear or detachment is occurring, you should call your ophthalmologist right away if you notice the following symptoms, especially if you are over 45 years of age, have had an injury to your eyes or head, or if you have substantial nearsightedness:

- ***A sudden increase in size and number of floaters***
- ***A sudden appearance of flashes***
- ***Having a shadow or curtain appear in the periphery (side) of your field of vision***
- ***Seeing a gray curtain moving across your field of vision***
- ***Having a sudden decrease in your vision***

FLOATERS AND FLASHES SYMPTOMS

Symptoms of vitreous floaters include seeing small specks or clouds moving in your field of vision, or seeing dots, circles, lines or "cobwebs." Symptoms of flashes include seeing flashes of light or seeing "stars."

If the vitreous gel shrinks and pulls away from the wall of the eye, the retina can tear. This sometimes causes bleeding inside the eye that may appear as new floaters.

A torn retina is always a serious problem, since it can lead to retinal detachment. You should see your ophthalmologist (Eye M.D.) as soon as possible if you suddenly see an increase in the size and number of floaters, and/or you suddenly see flashes of light.

Some people experience flashes of light that appear as jagged lines or "heat waves" in both eyes, often lasting 10 to 20 minutes. These are not flashes from the vitreous gel pulling on the retina; instead, these types of flashes are usually caused by a spasm of blood vessels in the brain, called a migraine. If a headache follows the flashes, it is called a migraine headache. However, jagged lines or heat waves can occur without a headache. In this case, the light flashes are called an ophthalmic migraine, or migraine without headache. Contact your ophthalmologist if you experience these symptoms.

If you notice other symptoms, like the loss of side vision, you should see your ophthalmologist.

FLOATERS AND FLASHES DIAGNOSIS

Vitreous floaters and flashes become more common as we grow older. However, while not all floaters and flashes are serious, you should always have a medical eye examination by an ophthalmologist to



make sure there has been no damage to your retina. When an ophthalmologist examines your eyes, your pupils may be dilated (enlarged) with eyedrops. During this painless examination, your ophthalmologist will carefully observe areas of your eye, including the retina and vitreous. If your eyes have been dilated, you will need to make arrangements for someone to drive you home afterward.

FLOATERS AND FLASHES TREATMENT

Vitreous floaters may be a symptom of a tear in the retina, which is a serious problem. If a retinal tear is not treated, the retina may detach from the back of the eye. The only treatments for a detached retina are a laser procedure or surgery.

Other floaters are harmless and fade over time or become less bothersome, requiring no treatment. Surgery to remove floaters is almost never required. Vitamin therapy will not cause floaters to disappear.

Even if you have had floaters for years, you should schedule an eye examination with your ophthalmologist if you notice a sudden increase in the size or amount of floaters or a sudden appearance of light flashes — especially if these symptoms are accompanied by any change in your vision.

Know your risks. Save your sight.

The American Academy of Ophthalmology recommends that adults with no signs or risk factors for

eye disease get a baseline eye disease screening at age 40 — the time when early signs of disease and changes in vision may start to occur. Based on the results of the initial screening, an ophthalmologist will prescribe the necessary intervals for follow-up exams.

For individuals at any age with symptoms of or at risk for eye disease, such as those with a family history of eye disease, diabetes or high blood pressure, the Academy recommends that individuals see their ophthalmologist to determine how frequently their eyes should be examined.



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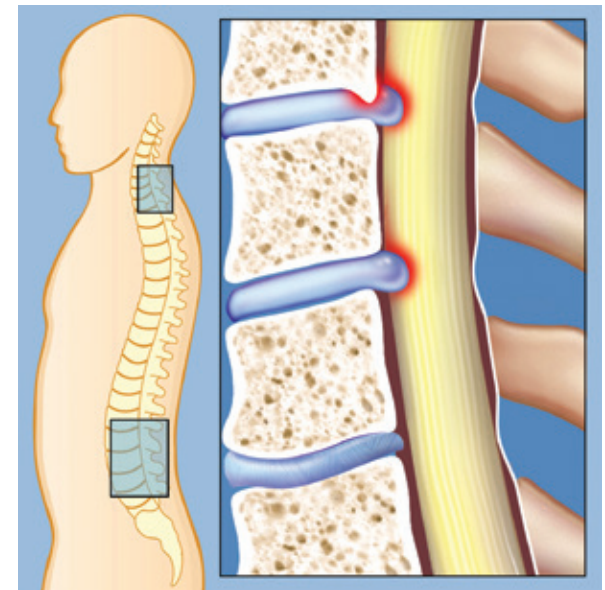
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A Patient's Guide to SPINAL STENOSIS

Did you know that as many as 75% of us will have some form of back or neck pain at some point in our lifetime? Fortunately for most of us we will recover without surgery; in fact according to a new study physical therapy for spinal stenosis is as effective as surgery and should be considered as a first-choice treatment option.



Spinal stenosis is a narrowing of the vertebrae within the spinal column which places too much pressure on either the spinal cord itself or peripheral nerves. Stenosis can occur in the neck or the lower back. But what causes spinal stenosis? There are two types of stenosis, one is congenital or present at birth and the other type is acquired or has onset at a later time in a patient's life. For acquired stenosis the most common causes are:

- Osteoarthritis which causes a deterioration of the cartilage between the joints. When this happens, the body's response is to form additional bone – called “bone spurs” – in order to add support to the damaged area. These spurs sometimes irritate or cause pressure on nerves as they exit the spinal canal.
- Normal aging can also result in a flattening of the disks that provide cushioning between each set of vertebrae. The reduced space allows less room for the nerve to exit from the spinal cord and if the disk itself is damaged sometimes pieces of disc material will cause pressure on the nerves.

In most cases these symptoms can be effectively managed with physical therapy and other conservative treatments.

At this point you may be wondering what are the symptoms of spinal stenosis. Interestingly, if you have stenosis in your neck, you may not have any pain in your neck but instead may suffer from pain in your arms and/or legs, along with weakness and numbness depending on which nerves are affected. If the stenosis is in your low back, you may have pain, numbness and weakness in your low back and legs and your symptoms may



get worse when you walk and better when you sit. That being the case, these seem to be some generally age-related symptoms, don't they? That's where a careful diagnosis from either your physician or physical therapist is important. Your therapist will conduct a thorough evaluation, including a review of your medical history. The evaluation may include:

- Tests of muscle strength and sensation to determine the severity of the pressure on your nerves
- Measure the range of motion of your arms, legs and spine
- Use of manual therapy to evaluate the mobility of your joints and the muscles in your spine
- Examination of your posture and observation of how you walk and perform other activities

OK, now you have the diagnosis, so what's next? Your physical therapist and/or occupational therapist's job is to help you get back to participating in your daily life and activities, so they will design a treatment plan based on the evaluation and your goals. This will be accomplished through a combination of different activities:

- Here at Florida Movement Therapy Centers we have the exclusive GIGERMD medical device which, due to the way that you are virtually weightless on the unit, allows for decompression of the spine and dynamic traction.
- Stretching and flexibility exercises to improve mobility in the joints and muscles of your spine and extremities. Improving motion in a joint is often the key to pain relief!



- Strengthening exercises – strong trunk muscles provide support for your spinal joints and strong arm and leg muscles take some of the workload off your spinal joints
- Manual therapy to improve the mobility of stiff joints that could be contributing to your symptoms
- Pain treatments, such as ice or electrical stimulation for pain that is severe and not relieved by exercise or manual therapy

Spinal stenosis is usually a natural result of aging, research has not shown us a way yet to prevent it! However, you can make some choices that the impact of stenosis or even slow its progression:

- Regular exercise strengthens the muscles that support your back, keeps your joints flexible and helps maintain a healthy body weight; all of these help reduce wear and tear on the spine.
- Using supportive chairs and mattresses and avoid activities that lead to injury, such as heavy lifting – can help protect your back.

Your therapist will help develop a fitness program that takes your stenosis into account as there are

some exercises that are better than others for patients with this condition. For example, since walking can be painful, bicycling may be a better way to get your exercise. Physical therapists are prepared through education and experience to treat people who have spinal stenosis. Remember, for most patients it's a better and safer choice than surgery!



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David B. Hevert MD

David B. Hevert is the founder of Glades Medical Group and has been active in internal medicine in Boca Raton for over twenty five years.

Dr. Hevert graduated from Tufts Medical School, Boston, Massachusetts. He completed his internship and residency at Albert Einstein Montefiore Medical Center in New York. He is a board-certified Internist, served as director of area emergency departments and has won many medical awards for his achievements of the years.

Dr. Hevert serves as Medical Director to the Louis & Anne Green Memory and Wellness Center at FAU in Boca Raton. He is also a clinical professor for the Schmidt Medical School at FAU and University of Miami Miller School of Medicine. He is the Medical Director for Manor Care Rehabilitation center of Boca Raton. Dr. Hevert is married with three children.

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Is Your Qi Imbalanced?

How Acupuncture Corrects Functional Flow and Increases Weight Loss



Patients have long touted the effectiveness of acupuncture for weight loss, and the scientific community finally agrees. Acupuncture for weight loss has often been questioned as to whether it is scientifically valid even though millions have had benefit from the effects of acupuncture for weight loss. However a recent meta-analysis in the International Journal of Obesity proved that weight loss can be obtained without the side effects of the anti-obesity medication using instead Traditional Chinese Medicine (TCM). Acupuncture and Chinese herbal medicine are the two chief components of TCM.

The primary outcomes of the research used changes in body weight, changes in body mass index (BMI), changes in waist and hip circumference, and changes in body fat percentage to verify the results of the research. It was also revealed that the acupuncture trials had more benefit than placebo and lifestyle modification.

Many patients coming to Dr. Meng often ask if the benefits of acupuncture for weight loss have a long lasting effect. Researchers have confirmed that the relapse of weight gain was more common in the control groups than in the Chinese herbal medicine or acupuncture treatment groups.

Sounds great, but how does it work?

Acupuncture works by addressing imbalances in your body, and correcting them removes the impediments to lose weight. This is why; it is not surprising that the research has shown the weight loss from acupuncture to be of benefit for the longer term.

Some people have a qi (pronounced chi) imbalance. Qi is the body's energy, if you have too little qi, then it is hard for you to lose weight. Qi also circulates in the body, and stress can lead to the slowing of this circulation, also called qi stagnation.

Correcting these imbalances will lead to more energy and an increased in your ability to take off pounds. Dr. Meng is trained in determining the correct imbalance in your body and addressing it.

It's powerful, it's a little mysterious, and it is safe.

As stated above, there is science behind the effectiveness of acupuncture and how it assists with weight loss by correcting functional imbalances. Once the imbalance is corrected, the treatments help to boost metabolism. Acupuncture has also been shown to stimulate the brain and to release neurochemicals and hormones. This helps you relax, and gives you more energy. Also, for many, poor digestion and constipation lead to weight gain, which acupuncture is great at addressing.

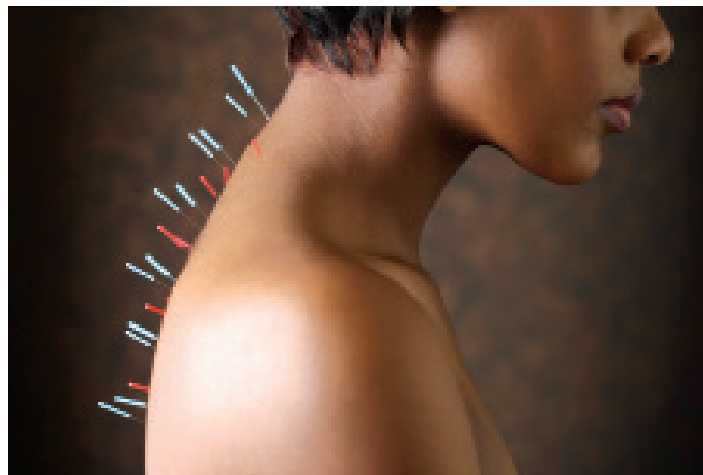
Any side effects from the acupuncture and Chinese herbal medicine in the treatment of acupuncture are negligible when compared to modern pharmaceuticals.

The same acupuncture points and the same Chinese herbal medicines have been used for over 2000 years for weight loss and they have never have been taken off the market.

Pulling it all together to improve qi and achieve the best results.

Acupuncture is only a part of a weight loss plan. After determining what the root cause of your imbalances, Dr. Meng develops an individualized plan that includes acupuncture points and herbs that together will maximize weight loss. The herbal therapy, specially developed by Dr. Meng, works to assist the functions of the acupuncture and is especially important for detoxing the body. The herbs work all day long, and are critical for achieving the best results.

In addition to strengthening digestive and waste systems, all Dr. Meng's Weight Loss Program acupuncture treatments reduce stress and anxiety, which is critical for weight loss. Stress works against weight in several ways. Stress reduces the functioning of the internal organs, which in turn reduces the functioning of the body's digestive and waste elimination abilities. Stress also triggers the fat cells to essentially open up; resulting in increased size and number. Many people also tend to snack or eat something to make them feel better when they're feeling stressed and of course this results in weight gain.



Derived from TCM, Dr. Meng's weight loss program not only helps with weight loss and stress, but also improves sleep, increases energy, and promotes an overall sense of well-being. All this is accomplished by using a combination of acupuncture, herbal formulas, and food therapy.

From a Western perspective, Dr. Meng's Weight Loss Program will help to lower cholesterol, lower blood pressure, stabilize blood sugar levels, reduce stress, and improves blood circulation.

If you are interested in learning more about your qi and the roll acupuncture can have in achieving weight loss goals, call Meng's Acupuncture Medical Center at **561-656-0717** for a free consultation.



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.

Lose Weight, Reduce Stress,
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Organic Gem in Downtown Boca Raton

By Juli Edwards

Excited to share the concept of natural hair-styling with Boca Raton, hair color specialist Juli Edwards, owner of Healthy Life Salon does long lasting hair color that covers gray hair without using ammonia and artificial fragrance. “You will be very pleased to go home looking fabulous and not smell like perfume. And, your hormones will be happy too! Artificial fragrances contain toxic ingredients that get into the bloodstream through the skin.” Dr. Anne Steinemann is an internationally recognized scientist who is dedicated to helping people live healthier lives and improve their working environments. She stated:

“In my epidemiological studies, I found that nearly 30% of the US population experiences adverse health effects when they are exposed to fragranced products.”()*



There is a better way... Choose Organic!!” And that is easy to do when you get your hair and waxing services done at Healthy Life Salon. The American-made nose-friendly line called Shear Miracle Organics contains 100% natural/70% organic ingredients with NO artificial fragrances, preservatives and NO alcohol or silicone. The ingredient used to hold the hair is corn or rice (instead of damaging alcohol and silicone). The line is completely safe with flat ironing and of course its sulfate free and vegan. Gosh if you’re not interested yet, well let me wake you up with this one: Juli not only works on your hair, she can work on your house as well. Have your home Feng-Shui-ed and see what can happen to your

life. Bring in love, prosperity, and good health. She will determine the best colors for your hair, wardrobe and home; best shapes for your haircuts as well as, the best directions to have your front door, location of your bed, and position of your stove. “Almost everything that is inauspicious can be corrected. It sometimes takes a little work, but will pay off in the end.”

Damage-free reusable human hair extensions are another great reason to go to Healthy Life Salon. “Quick installation, affordable maintenance, and the hair can last a year or more with proper care.” Juli explains, “Some women love to have their hair touch their backs; usually a person with the



Feng Shui wood element. It's a real part of them; like an appendage. As we mature, the hormone levels drop and the hair sometimes gets thinner in diameter and density. This Feng Shui type should consider extensions". Whatever your element is, honor it. Each element has its own shape and colors. When you are wearing the colors specified in your chart, your confidence level increases and the magic happens! A person who has the element of water should consider wearing their hair curly or wavy. Or adding blue or aqua streaks to their hair will enhance their personality as well. Healthy Life

Salon only uses European human hair extensions, which has the best most natural looking texture and the easiest to maintain at home.

The bright and tastefully remodeled 2 station holistic hair salon, known as Healthy Life Salon has an organic wine bar as well! Fun, beauty AND relaxa-

tion! Housing a fantastic variety of organic wines and champagnes, the space is perfect for bridal parties and other celebrations. Free parking in front and across the street in the public parking garage makes this downtown location easily accessible. Stop by for a glass of organic wine and consultation with a real professional. You'll be glad you did.



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* John P. Thomas interviewed Dr. Steinemann by phone on 6/5/2014. <http://www.drsteinemann.com/index.html> - See more at: <http://healthimpactnews.com/2014/secondhand-fragrance-contamination-a-public-health-problem/#sthash.j4mQuNIV.dpuf>

FEED YOUR LEG TO HEALTH

Everyone is concerned with having beautiful legs and everyone is concerned about their weight. People are also concerned with how to slow down the aging process. I consider myself as a medical investigator. Patients that see me need my help to feel better, so it's my job to conduct enough research to fully understand and come to an effective solution. One of my first recommendations to the patient is to tell me a list of foods or supplements they are currently taking. I like to call this, "bettering the leg health".



By Dr. Navarro

More often than not, people are reluctant to divulge their diet and exercise regimen to doctors. The typical answer I get from most of my patients is that they are trying to be good; they are attempting to eat right. They say the obvious and accessible supplements, like Vitamin C and fish oil, but after that they stop. What should come after that answer is one fundamental supplement that everyone should consume on a daily basis, and that's protein!



The most important nutrient to everyone's diet regimen is protein because protein feeds muscles and muscle health is crucial to beautiful looking veins. Specifically, the hamstrings and gluteus maximus are the two most important muscle groups to focus on. Keeping these muscles activated and lean is necessary for good leg health or as I like to call it, "feeding your legs."

The best protein for good leg health is the dark meat of chicken, turkey and occasionally, lean beef. The amino acids in proteins are extremely important and vital to help build, maintain and sustain in large muscle groups, such as the gluteus and hamstrings which in turn keeps the veins healthy. Additional nutrients that are important to leg health are coenzyme Q 10, niacin, rutin, Diosmin and especially vitamin B 12. The following including protein helps with sustaining energy levels as well.

Patients come in and have swollen hamstring and calves and may have edema due to poor venous circulation. This can occur for a number of reasons, but also just by standing for long periods of time. I like to implement a holistic approach to this type of leg health. I often recommend natural diuretics such as fresh parsley, watercress, spinach and kale and teach patients that this should be part of their daily intake of vegetables. This is also very helpful for anyone who has spider varicose or a history of swelling in the legs.



Bone health is also crucial. Too much Vitamin C will actually chelate the bones and not enough will diminish the calcium. I encourage patients to take plenty of absorbable magnesium and calcium in the right proportions and that implementing micro minerals, such as strontium vanadium and boron will help make the bones knit properly and strong. I would say this is one of the most important, yet under prescribed holistic approach to leg health.

Additionally, consider the use of cucumbers, beets, celery and parsley in your daily diet. These contain vitamins and enzymes needed to maintain optimal venous and arterial circulation in the legs. If you want to grow and sustain beautiful legs, you must feed them properly. Remember, "bettering the leg health" helps keep you fit and looking beautiful longer.

Crave Protein and Osteobroth are the Healthy Way to Go For Those Seeking Real Chicken Protein on the Go

CHICAGO, IL – July 27, 2015 – Knowing what the body truly hungers for, a Chicago-based fitness trainer has come up with the perfect healthy solution. Crave Protein (www.craveprotein.com) is the first real chicken protein (RCP) in supplement form. Derived from whole food and made from 100% USDA-inspected chicken, Crave is free from chemicals and highly processed isolates.

Interested in health and wellness his entire life, creator David Crooch first started with the idea of a chicken-based protein powder back in May of 2011. “As a personal trainer, I saw the need for a convenient source of real protein for active people like myself,” said Crooch. He put his creative thoughts into motion, and by June 2015, Crave Protein became a reality.

Crave Protein is not a broth or stock, but a protein supplement that mixes easily with water. Similar to whey and soy protein, Crave conveniently provides your body with the nutrition it needs to build muscle and help maintain a strong physique. “What makes Crave Protein so unique is that it comes from the actual food source. It’s like eating a piece of chicken without all the preparation,” said Crooch.

Crave Protein comes in two flavors: Chicken Soup (24 g. protein) and Fruit Punch (22 g. protein). According to the Institute of Medicine’s reference to complete protein, Crave Protein RCP has a superior amino acid profile compared to whey or soy powders currently on the market. Crave is also free of common allergens, contains a complete amino acid profile, supports healthy muscles and comes in a convenient, ready-to-eat powder form.



David Crooch is also the founder of Osteobroth, a nourishing chicken bone broth which is also sold in a convenient powdered form. Each 13 gram serving of Osteobroth Premium Bone Broth contains 12 grams of protein and only 50 calories, making it an efficient source of complete protein.

Both Crave Protein and Osteobroth are FDA approved, processed in a USDA-inspected facility and are manufactured in the United States. For more information or to place an order, please visit www.craveprotein.com or www.osteobroth.com.



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Helping Your Child Cope with Back-to-School Anxiety

Anxious feelings are normal and expected during times of transition or change. This is especially true for children and teens going back to school, or for first-timers starting kindergarten. This transition can be stressful and disruptive for the entire family! Prior to the first day of school, your anxious child may cling, cry, have temper tantrums, complain of headaches or stomach pains, withdraw, and become sullen or irritable.

Worries are Common. Anxious children and teens worry about many different school-related issues, such as teachers, friends, fitting in, and/or being away from their parents.

Some common worries include:

- *Who will be my new teacher?*
- *What if my new teacher is mean?*
- *Will any of my friends be in my class?*
- *Will I fit in?*
- *Are my clothes OK?*
- *Will I look stupid?*
- *Who will I sit with at lunch?*
- *What if I miss the bus?*
- *What if I can't understand the new schoolwork?*
- *What if something bad happens to mom or dad while I am at school?*

How To Deal With Back-to-School Worries

Below are some general strategies parents can use to deal with back-to-school worries, followed by a schedule leading up to the first day of school.

Look after the basics.

Nobody copes well when they are tired or hungry. Anxious children often forget to eat, don't feel hungry, and don't get enough sleep. Provide frequent and nutritious snacks for your child. During this time, you also need to build in regular routines, so that life is more predictable for your child. These routines can involve the morning and bedtime habits, as well as eating schedules.

Encourage your child to share his or her fears.

Ask your child what is making him or her worried. Tell your child that it is normal to have concerns. Before and during the first few weeks of school, set up a regular time and place to talk. Some children feel most comfortable in a private space with your undivided attention (such as right before bed, or during mealtime). Teens often welcome some sort of distraction to cut the intensity of their worries and feelings (such as driving in the car, or taking a walk).



Avoid giving reassurance...instead, problem-solve and plan!

Children often seek reassurance that bad things won't happen in order to reduce their worry. Do not assure them with "Don't worry!" or "Everything will be fine!" Instead, encourage your child to think of ways to solve his or her problem. For example, "If (the worst) happens, what could you do?" or "Let's think of some ways you could handle that situation." This gives you the opportunity to coach your child on how to cope with (and interpret) both real and imagined scary situations. You will also be giving your child the tools he or she needs to cope with an unexpected situation that might arise.

Role-play with your child.

Sometimes role-playing a certain situation with your child can help him or her make a plan, and feel more confident that he or she will be able to handle the situation. For example, let your child play the part of the demanding teacher or bullying classmate. Then, model appropriate responses and coping techniques for your child, to help them calm down.



Focus on the positive aspects! Encourage your child to re-direct attention away from the worries, and towards the positives. Ask your child, “What are three things that you are most excited about on your first day of school?” Most kids can think of something good, even if it’s just eating a special snack or going home at the end of the day. Chances are that the fun aspects are simply getting overlooked by repetitive worries.

Pay attention to your own behavior. It can be anxiety-provoking for parents to hand over care and responsibility of their child to teachers. Children take cues from their parents, so the more confidence and comfort you can model, the more your child will understand there is no reason to be afraid. Be supportive yet firm. When saying goodbye in the morning, say it cheerfully – once! Ensure you don’t reward your child’s protests, crying, or tantrums by allow him or her to avoid going to school. Instead, in a calm tone, say: “I can see that going to school is making you scared, but you still have to go. Tell me what you are worried about, so we can talk about it.” Chances are, your child is anxious about something that requires a little problem-solving, role-playing, planning, and/or involvement from the teacher.

Timeline Leading Up to the First Day of School (You may not need to take all of these steps)

At least one week before:

- Start your child on a school-day routine – waking up, eating, and going to bed at regular times. Explain that everyone in the family needs to adjust to the new schedule, so he or she doesn’t feel alone with these changes.
- For older children who having troubles getting up and out of bed, give them a “big person” alarm clock, and let them practice using it.
- Ask your child to help plan school lunches for the first week.
- Create a list of school supplies together and plan a fun shopping trip.
- Teach and practice coping skills to use when feeling nervous, see “How to Do Calm Breathing” and “Developing and Using Cognitive Coping Cards” on the anxietybc.com website.

A couple days before school:

- Go to school several times – walking, driving, or taking the bus. For young children taking the school bus, describe and draw out the bus route, including where the bus goes and how long it takes to get to school. Talk about bus safety.
- For new students, take a tour of the school. Show your child the classrooms, the cafeteria, and the bathrooms. If possible, meet your child’s teacher with your child present.
- Ask your child to help choose the outfits for the first week of school. Let your child wear his or her favorite outfit on the first day.
- Together with your child, pack up the schoolbag the night before, including treats.
- For younger children who are nervous about separating, suggest taking a special object to school that reminds him of home. A reassuring note in a child’s lunch can also help ease separation anxiety.

The first day of school:

- Have your child go to school with a friend for the first couple of days.
- Tell the teacher that your child is having some separation anxiety – most teachers are experts in this area, and have years of experience!
- Most importantly, **praise and reward your child for brave behavior!**

Source: anxietybc.com

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Healing with Infrared

By: Loli Jane Heimberg

Discovered in 1800 by astronomer Sir William Herschel, Infrared is invisible electromagnetic radiant energy with longer wavelengths than those of visible light; and is emitted by any object that radiates heat. This includes celestial bodies, plants, animals, and humans.

By the time sunlight hits the earth more than half of the light is in the form of Infrared.

Infrared energy is not visible to the human eye but can be seen by the animal kingdom or with the use of special cameras that translate the light into visible colors.

Extensive research by NASA in the early 1980's led to the conclusion that Far Infrared (FIR) is the safest, most beneficial natural light wave and would be the ideal way to maintain cardiovascular conditioning in American astronauts during long space flight.

History of Heat Therapy

The concept of harnessing Infrared light is not a new one but a revisited one. Infrared heat therapy dates back to the ancient Egyptians "solarium" rooms designed to harness the sun's Infrared light (and other spectral light) and transmit the rays to the human

body to heal large groups of people. Sunlight was harnessed using Quartz Crystal ceilings made from Amethyst, Ruby, and Emerald to flood the rooms with a very advanced and focused form of light to correct many health issues.

Three thousand years ago the Chinese and Yogi's in India also began harnessing natural healing properties from Far Infrared energy, using palm healing. Science today can confirm that these ancient customs have measureable, scientific validity. Current research conducted in Taiwan has measured significant Far Infrared energy, emitted from the hands of Qi Gong masters. Our bodies radiate Far Infrared energy through the skin between 3 and 50 microns. While our palms emit infrared energy between 8 and 14 microns. You can experience this by holding your palms near each other without touching.

Although sauna heat therapy has been used for generations by the Finns, Romans, Chinese and American Indians. Unlike traditional heat therapy, Far Infrared (FIR) heat therapy involves infrared heat transmission penetrating deeply into the cells, tissues and organs providing controlled and "targeted" hyperthermia benefits.

Today, infrared heat therapy is most commonly used for rehabilitation purposes and may be found in spas, wellness centers, chiropractors, tanning salons, and for physical therapy and medical thermography.

The therapeutic effects of infrared heat include increasing the temperature of tissues, producing vasodilation, increasing the supply of oxygen and nutrients and the elimination of carbon dioxide and metabolic waste. As a result, increasing the extensibility of collagen tissues; decreasing joint stiffness; reducing pain; relieving muscle spasms; reducing inflammation, edema, and aids in the post acute phase of healing; and increasing blood flow. The increased blood flow to the affected area provides proteins, nutrients, and oxygen for better healing.

Safety of Infrared Therapy

Traditional saunas create exposure to extremely high temperatures causing heat stress, which can have detrimental effects on health, especially for people with a heart condition or high blood pressure.

Infrared therapy is a safe, non-invasive, cost-effective therapy, which is free of side effects.

In the past 25 years, Japanese and Chinese researchers and clinicians have completed extensive research on Far Infrared medical treatments and report many exciting conclusions. In Japan, there is an 'Infrared Society' composed of medical doctors and physical therapists dedicated to further infrared research. Their findings support the health benefits of Far Infrared therapy as a highly effective method of healing.

There have been many reports on the Internet saying the (FIR) Far Infrared emits dangerous radiation. This is simply NOT TRUE. Japanese researchers have reported that (FIR) Far Infrared radiant heat is actually an antidote to the negative effects of toxic electromagnetic fields, from high-tension power lines, cell phones, computer display terminals. Far Infrared heating systems have been tested in Japan and found free of toxic electromagnetic fields. According to the Clayton's Electrotherapy, 9th Edition, Far Infrared is the only antidote to excessive ultraviolet radiation. The Swedish National Institute of Radiation Protection has also concluded that infrared heaters are not dangerous.

Dr. Sasaki Kyo, M.D. has done extensive research on the therapeutic uses of Far Infrared therapy and has authored, "The Scientific Basis and Therapeutic Benefits of Far Infrared Ray Therapy" - which presents the clinical effects of Far Infrared Ray Therapy.

Dr. Kyo reports successful treatments by use of FIR including stress induced chronic diarrhea, abdominal distention, ulcerated large intestines, gastritis, facial numbness, hemorrhoids, shoulder, back, and knee pain, rheumatism, hypertension, diabetes, weight loss, breast and abdominal tumors, low blood pressure, asthma, anemia, burns and scalds, body odor, early onset of baldness, fracture of cervical vertebra, radiation exposure and related diseases.

Differences between Far, Mid Range and Near Infrared

Differences between far, near and mid-range infrared are measured in microns. Near Infrared is 0.76 - 1.56 microns and Mid infrared is 1.5 - 4 microns.



Far Infrared are longer waves and can penetrate the body's tissues to a depth of 1.5 to 3 inches. They are most beneficial to humans and living things at a level of 4-1000 microns. (8-10 microns is the most beneficial for the human body.) Far Infrared saunas boast the benefits of the infrared light and induce sweating.

Near infrared saunas are not as widely accessible as Far Infrared saunas. Both near and mid-range infrared can cause harm at intense heat levels.

Benefits of Near Infrared are:

- Increased body temperature (raises body temperature 2 to 3 degrees)
- Elimination of toxins and heavy metals
- Improves circulation and repair processes
- Engages the parasympathetic nervous system
- Potentially diminished tumor growth
- Controls parasites, Candida and pathogens
- Reduces cellulite
- Improves immune function

The Benefits Far Infrared (FIR) of are extensive:

- Expands capillaries, stimulating increased blood flow, regeneration, circulation and oxygenation also alleviation of breathing problems and congestion.
- Detoxification (begins at 8-10 micron level of FIR) Aids in lymphatic cleansing, removing fats, chemicals, toxins from the blood (poisons, carcinogenic heavy metals, toxic substances from food processing, lactic acid, free fatty acids, subcutaneous fat associated with aging, excess sodium associated with hypertension and uric acid which causes pain.
- Activated sebaceous glands, accumulated cosmetics in pores can be eliminated through skin (sweat and oil glands) instead of kidneys.
- Stimulates enzyme activity by emitting photons – helps release enzymes, stimulating macrophage activity & eliminating of damaged and diseased tissues.

- Increases Nitric Oxide (NO) levels, which expands capillaries and increases circulation, preventing and reversing heart disease, strokes, diabetes, hypertension, intestinal motility, memory, learning disorders, septic shock, sunburn, anorexia, male impotence, tuberculosis, and many other medical conditions.

- Boosts metabolism.
- Devitalizes pathogenic (disease causing) bacteria, viruses, fungi and parasites.
- Rebuilds injured tissue by increasing growth of fibroblast cells, DNA synthesis, and protein synthesis all necessary during tissue repair and regeneration.
- Heals burns, scar tissue and skin problems such as acne
- Anti-aging effects and reduction of wrinkles due to enhanced collagen production.
- Relieves nervous tension, relax muscles and reducing soreness on nerve endings and muscle spasms.
- Rapid reduction of swelling, inflammation and pain.
- Strengthens & Supports Immune System by stimulating increased production of white blood cells (leukocytes) by bone marrow and killer T-cells by thymus.
- Strengthens Cardiovascular System by increasing heart rate, cardiac output; reducing diastolic blood pressure.
- Relieves fatigue and stress in both mentally and physically.
- Aids in the destruction of cancer cells, which cannot survive if the temperature of the cell becomes 107.6F/42C and above. Heat therapy, commonly known as hyperthermia, is used for chronic diseases, including malignant cells.

Ed Skilling's Photon Genius

Ed Skilling's Photon Genius has both Infrared Transmission and Noble Gas Technology targeting the whole body with infrared light; more direct and targeted harmonic infrared than any sauna in the world, helping the human body produce more NO, and improve at all levels of function.

The Photon Genius duplicates the healthy frequencies of our own cells. The tissues selectively absorb these rays as the water in the cell reacts in a process called resonant absorption.

Resonant absorption occurs when the frequency of Far Infrared matches the frequency of water in the cell. This causes toxins from the cells to be expelled into the blood stream and excreted in sweat, feces, and urine.

In the Photon Genius, deep penetration of Far Infrared, heat penetration happens deep in the tissues, muscles and organs. This "deep heating," along with sweating, is thought to be responsible for the healing effects and the other health benefits associated with these Far Infrared rays.

Richway's BioMat

Richway's BioMat includes Far Infrared (which penetrates 6 to 8 inches), negative ions, and Amethyst and Tourmaline Crystals to reduce swelling and inflammation, by improving lymph flow, increase blood flow of the micro-circulatory system, destroy cancer and viral cells without harming the surrounding healthy cells, stimulates healthy molecular vibration with long-lasting, life-sustaining enzyme activity, detoxify, strengthens immune and endocrine system, regulates autonomic nervous system, alleviate allergies, migraines, and sinus conditions.

Loli Heimberg is the writer, Healer, Registered and Licensed Dietitian & Esthetician, and owner of Photon Light Spa, at 218 Commercial Blvd, Ste 108, Lauderdale by the Sea, FL 33308 and is a wellness and beauty spa specializing in light therapy and featuring Ed Skilling's Photon Genius & Photon Genie, Richway's BioMat, and Alimtox's Ion Cell Cleanser (Foot Detox).

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Protecting Your Eyes

By David A. Goldman MD

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

For all eye injuries:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

If your eye has been cut or punctured:

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

If you get a particle or foreign material in your eye:

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

In case of a chemical burn to the eye:

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

To treat a blow to the eye:

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

To treat sand or small debris in the eye:

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

DAVID A. GOLDMAN



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

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

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

Dr. Goldman speaks English and Spanish.

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

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

But I knew I had a choice.

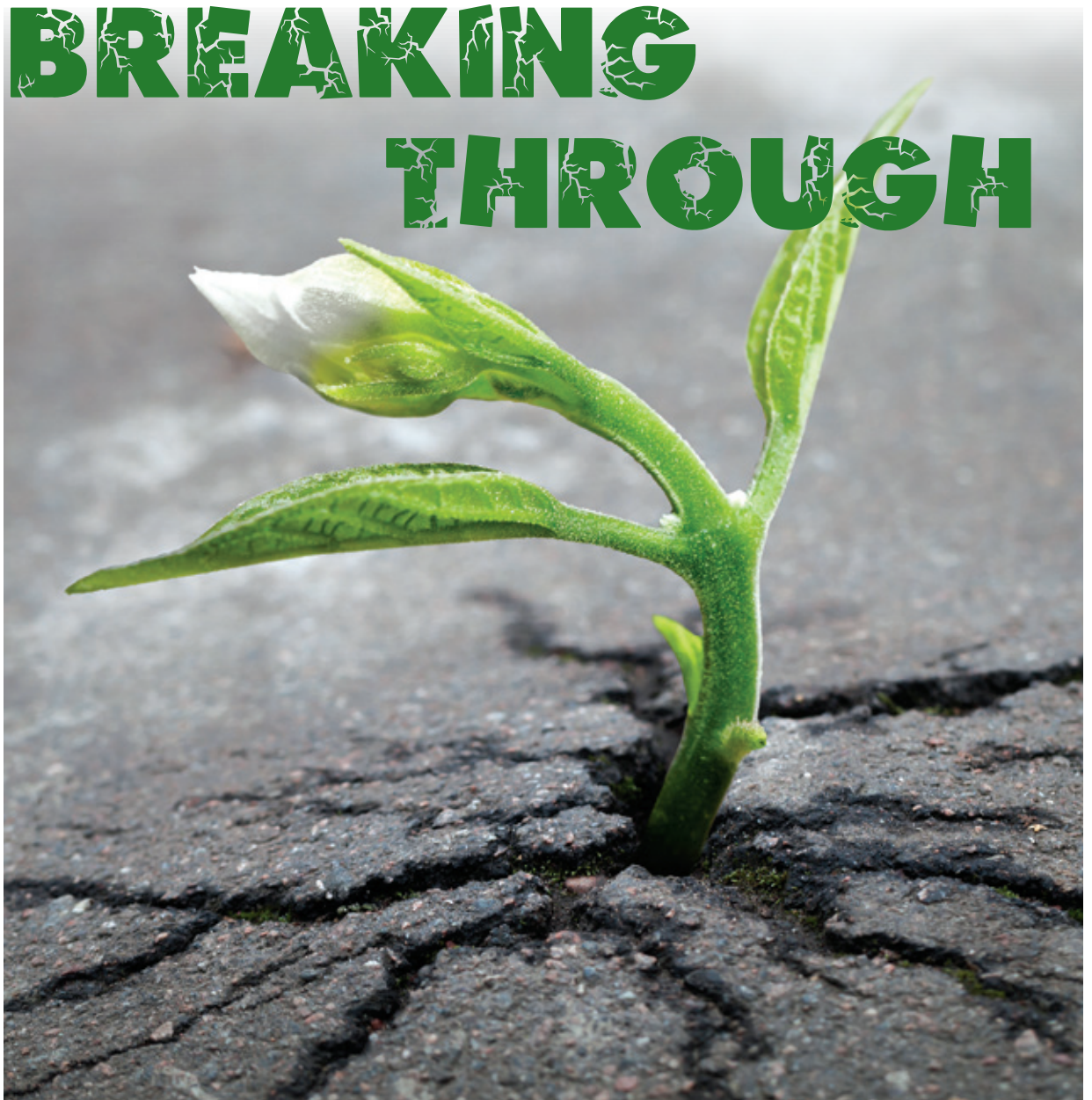
Looking back I've learned that there are four things we can do when needing a breakthrough.

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

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

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

BREAKING THROUGH



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

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

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

Brent Myers

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