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September 2015

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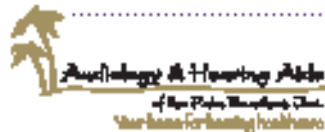
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5 REASONS

Why Women LOSE THEIR HAIR

By Alan J. Bauman, M.D.



Here's a fact that many people probably don't know: by the age of 50, roughly half of all women experience some form of hair loss.

That's right – half. While most people tend to think of hair loss as a man's problem, the reality is that women are almost just as likely as men to lose their hair. But wait, you say, I don't see bald women walking around... how is this possible?

Genetic hair loss is “expressed” in women differently than men. While many women can experience significant hair loss, they do not typically “go bald.” That is an important factor in diagnosing and treating female pattern hair loss versus male pattern hair loss. The main difference between male and female pattern hair loss is the fact that female hair loss occurs more diffusely over the affected areas of the scalp, leaving some follicles unscathed while severely miniaturizing others.

In early cases, male pattern hair loss can be diagnosed “from across the room” as hairlines recede and the traditional crown bald spot appears. This is in stark contrast to most women, where coverage is often maintained even as the quantity and quality of hair in the affected area decreases to 50% of normal. It has been shown that without a close examination or measurement, the early stages of hair loss are often underestimated, missed and perhaps dismissed by physicians. The subtle signs and symptoms of decreased ponytail volume, excessive shedding, widening part-lines, decreased frontal or temporal coverage requiring more creative hairstyling, etc. if ignored can lead to a larger cosmetic issue that may be more difficult to address later on.

Genetics and other factors determine the time of onset, speed and severity of loss over time. Female hair loss can be mild or severe, and there are a variety of factors at work that determine how a woman's hair will change over time. Hair loss can start at any age – teens, twenties, thirties, forties, and a woman's risk goes up after menopause. Some women may see accelerations of hair loss after pregnancy, weight loss, starting certain medications, etc. and then continue slowly, but the problem almost always gets worse without treatment.

When men experience hair loss, some decide to deal with it by shaving it off and moving on like Bruce Willis or Vin Diesel. Unfortunately for women, there isn't a similar socially-acceptable option. Female pattern baldness often causes a great deal of anxiety and embarrassment in women – it's also associated with a higher risk of depression and social withdrawal as styling options become more limited and cumbersome.

There are a number of reasons why women experience hair thinning, as I'll discuss below, but it's important for women to realize that this condition is quite common and they're not alone. It's estimated that 30 million US women suffer from hair loss – and that's a very conservative estimate. The real number is probably two to three times higher.

Also important – there are treatments that can help! From FDA approved minoxidil to FUE microsurgical hair transplants, special marine-derived supplements, FDA-cleared low level laser therapy devices (like LaserCap, newly cleared by the FDA), prostaglandin analogs, and platelet-rich plasma (PRP) therapy.

There are also genetic tests available that can predict a woman's hair loss risk later in life and a scientific measuring tool called HairCheck that can help professionals accurately measure, analyze and track the amount of hair in various areas of the scalp over time. This can help monitor hair loss or hair regrowth from treatments over time.

HERE ARE FIVE REASONS WHY WOMEN LOSE THEIR HAIR:

Genetics – There are hundreds of genes that regulate hair growth. Just like men, women too can inherit “the hair loss gene” amongst other hair characteristics that make hair loss more significant. After puberty, the hereditary hair loss genes can take over – causing a gradual and progressive miniaturization of hair follicles. As our hair ages, the follicle function diminishes in proportion to hereditary risk. What Can You Do? — If you're young, get tested to see if you're at risk later in life. If you're already experiencing hair loss, consult with a board-certified hair restoration physician right away and get a HairCheck measurement in the at-risk areas. Regardless of how far along your hair loss is, there are medical treatments that can help. A typical multi-therapy approach will utilize minoxidil, low level laser therapy and nutritional supplements – but additional measures like PRP, prostaglandin analogs and NeoGraft FUE hair transplant surgery may also be used depending on the person's individual case.

Hormonal Changes – At various times in a woman's life, hormone levels change - birth control pills, childbirth, menopause, hormone replacement therapy, etc. – and this may be associated with hair loss. Recent scientific studies suggest that some women may be genetically predisposed to be sensitive to androgens (even small levels), which are known to trigger hair loss in men. In addition, many physicians report that anti-androgen treatments are helpful in cases of female hair loss. What Can You Do? — Genetic testing, called HairDX, is now available from select doctors to determine if a woman may be “Highly Androgen Sensitive,” which increases her likelihood of responding to certain off-label treatments like finasteride. Other treatments like compounded minoxidil Formula 82M, PRP with BioD, and low level laser therapy may also be used in combination.

Diet – Our follicles need certain types and amounts of nutrients to produce healthy hair, so women who engage in unhealthy dieting (such as crash di-

ets) or have nutritional deficiencies – particularly in calories, protein, iron, zinc, fatty acid or vitamins B or C - are at risk of a short-term hair loss condition known as ‘telogen effluvium.’ This risk is compounded if the woman is already genetically predisposed to hair loss. What Can You Do? — Eat a healthy diet, rich with hair “super foods” like salmon, dark green vegetables, nuts, beans, poultry, low-fat dairy, etc. Also consider taking a pharmaceutical-grade biotin supplement (like BaumanMD “Super Biotin”) or a marine-derived supplement like Viviscal Professional, both of which support healthier hair.

Health – Ill health can also have an impact on a woman's hair. Weight loss, thyroid, PCOS or other hormone disorders, stress and other health-related issues can cause hair loss. Additionally, certain medications may also cause hair loss, such as: oral acne medications with retinoids, antidepressants, birth control, anti-hypertensives, cholesterol-lowering statin drugs, steroids, and more. What Can You Do? — Patients should never discontinue a prescribed medical treatment just because of its potential hair loss side effects. However, such patients should consult a board-certified hair restoration physician to consider getting started on multi-therapy program that can combat these side effects, such as prescription minoxidil, nutritionals and physician-recommended low level laser therapy devices.

Physical Damage – Women who wear hair extensions, braids and tight ponytails can cause lasting physical harm to their hair follicles, resulting in a type of permanent hair loss known as traction alopecia, a form of scarring alopecia. Additionally, using harsh excessive heat and chemicals like keratin treatments, bleaches and dyes, blow dryers and flat irons, and over-zealous or harsh combing of hair when wet puts the hair strands themselves at risk of damage and breakage. What Can You Do? — Avoid long-term use of heavy hair extensions or use intermittently only. Over time, these are especially harmful to hair follicles and most stylists will underestimate their potential for damage until it's too late. Women with weak hair should also try to scale back on the other harmful styling practices (e.g., chemical or heat straightening) as much as possible. They can also incorporate dimethicone-based hair conditioners and thermal protection conditioners to minimize damage and use nutritional supplements like biotin and Viviscal Pro to help boost the strength of hair fibers.

The most important part of combatting female hair loss and hair thinning is having a complete medical evaluation by a board-certified Hair Restoration Physician who specializes in accurate diagnosis, effective treatments and scientific tracking measurements to correctly address the problem.

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

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 15,000 hair loss patients and performed nearly 7,000 hair transplant procedures. 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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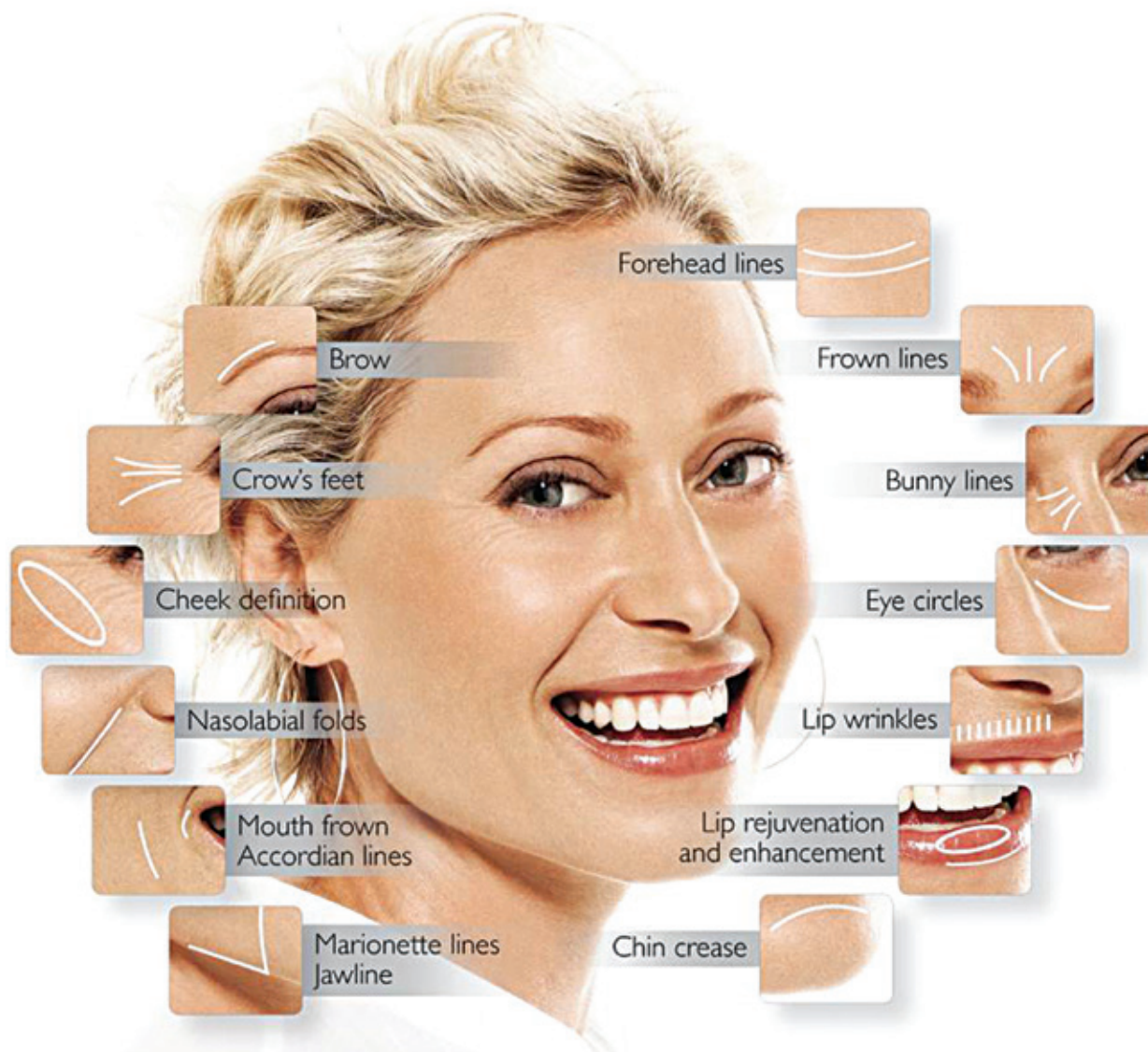


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The Liquid Face Lift

By Daniela Dadurian, M.D.



The Liquid Face Lift is a term used to describe lifting the face without surgery. The “liquid” part refers to the fillers that are designed to fill in wrinkles or hollow areas on the face and the “lift” refers to the lifting effect once the fillers are injected. “Fillers” are products that are injected into the skin not only to fill in wrinkles, acne scars and enhance lips, but also to volumize the face. Understanding all the different types of fillers can be a confusing process, for example, many times a person will ask for Botox to fill in

lines without really understanding what Botox is for. In the past there were only a couple of choices for filling in wrinkles. Now there are so many fillers out there, making a decision as to which one fits your needs, has to be guided by a trusted medical professional. Filling in the face requires more than just a steady hand to inject, it should be accompanied by an artistic eye and in depth knowledge and experience from a practitioner. Knowing which product to use and where to use it, also plays a critical role in the liquid lift.

A face that is hollow under the eyes, has sunken-in cheeks, nasolabial folds (lines from the nose to the corner of the mouth) or marionette lines (line from the corners of the mouth to the chin) all describe the common conditions that are treated with fillers. The term marionette comes from the classic marionette puppets that have a separate mouth to the rest of the face, which gives the appearance of two long creases running down the mouth to the chin. An inexperienced injector may let you choose which filler you would like to use based on cost or personal request, however an experienced practitioner will listen and recommend specific fillers for each different area of the face that may be more beneficial. How long you would like the correction to last will also determine the types of product that is chosen.

It’s hard to list every filler ever made, however here is a list of some commonly used fillers and their qualities.

Although not a filler, Botox plays an important role in the liquid face lift. It is used to smooth out the lines on our face that only appear while making distinguished facial expressions such as smiling or frowning. A common misconception about Botox is that it is used to fill in wrinkles, however it works to smooth out new wrinkles and prevent static wrinkles. Static wrinkles are those that are permanently etched on the face even when the face is in the resting position. Botox has been used for many years on patients, even in children, who have strabismus (an abnormal alignment of the eye) long before it was FDA approved for cosmetic use.

Filler	Active Ingredient	Duration	Time to Take Effect	Location
Juvederm Voluma	Hyaluronic Acid	up to 2-3 years	Immediate	Cheeks, Smile Lines, Chin, midface
Juvederm Ultra	Hyaluronic Acid	1 year	Immediate	Cheeks, Smile Lines, Chin
Juvederm Ultra Plus	Hyaluronic Acid	1 year	Immediate	Cheeks, Smile Lines, Chin
Restylane	Hyaluronic Acid	6-8months	Immediate	Cheeks, tear troughs, smile lines, chin
Belotero	Hyaluronic Acid	6months	Immediate	superficial fine lines, vertical lip lines
Radiesse	Calcium Microspheres	1-2 years	Immediate	Non-Surgical Chin Implant, Hands, Non- Surgical Rhinoplasty
Artefill	PMMA Microspheres	3-5 years	Immediate	marionette lines, nasolabial folds
PRP	Patient's Platelets & Growth Factors	18-24months	6-8 weeks	Full Face, Hands Chest, tear troughs
Sculptra	poly l-lactic acid	24 months	6-8 weeks	cheeks, smile lines, chin

The newest filler on the market is called Juvederm Voluma. New facial fillers have been released each year to compete against a host of anti-aging and beauty procedures. Products like Juvederm, Radiesse, Belotero and Sculptra are commonly used to turn back the clock. The most sought after ingredient in a filler is Hyaluronic Acid, mainly because it can be reversed in the event a patient is not happy with treatment outcome. Hyaluronic acid when used as a cosmetic filler, makes the treatment outcome more desirable for a couple of reasons. It is safe and natural looking and the only

downside is that hyaluronic acids may not last as long as some other products, until now. A long time player in the cosmetic industry, Allergan, the company who manufactures Botox, Latisse and the popular product Juvederm XC, has now released its newest creation, Juvederm Voluma. Juvederm Voluma is a unique product because it is a hyaluronic acid based product, but it is the first hyaluronic acid product formulated to volumize the cheeks and midface. As a bonus, it can last up to 2 to 3 years. For more information contact mdbeautylabs at **561-655-6325**.



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MD Beauty Labs at The Whitney in West Palm Beach was established by Dr. Daniela Dadurian. Board Certified in Anti-aging Medicine, she's well trained to offer proven and effective cosmetic and wellness services. MDBL's state-of-the-art facility offers Medical, Aesthetics, Body Contouring & Spa Treatments in a luxurious, contemporary loft environment. With Dr. Dadurian's team of Nurses, Medical Estheticians, Massage Therapists, Permanent Makeup Specialists and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.

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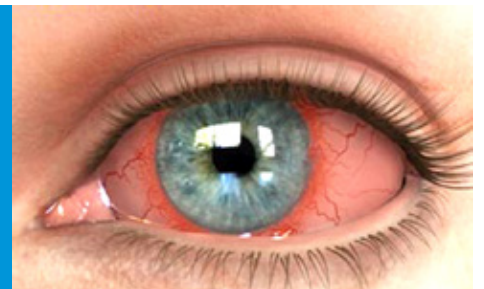
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By Lauren R. Rosecan, M.D., Ph.D., F.A.C.S.

WHY DO I HAVE UVEITIS?

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



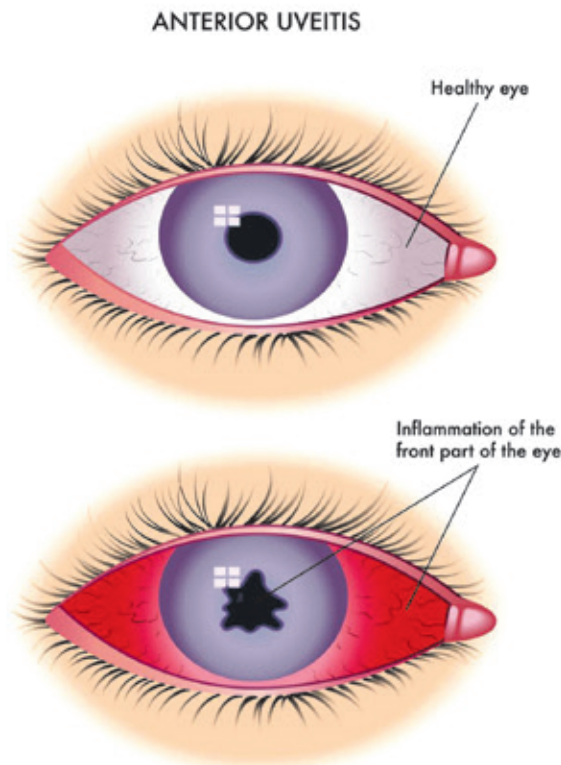
The eye is shaped like a tennis ball, with three different layers of tissue surrounding the central gel-filled cavity, which is called the vitreous. The innermost layer is the retina, which senses light and helps to send images to your brain. The outermost layer is the sclera, the strong white wall of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

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

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

- **Iritis affects the front of your eye. Also called anterior uveitis, this is the most common type of uveitis. Iritis usually develops suddenly and may last six to eight weeks. Some types of anterior uveitis can be chronic or recurrent.**
- **If the uvea is inflamed in the middle or intermediate region of the eye, it is called pars planitis (or intermediate uveitis). Episodes of pars planitis can last between a few weeks to years. The disease goes through cycles of getting better, then worse.**

- **Posterior uveitis affects the back parts of your eye. Posterior uveitis can develop slowly and often lasts for many years.**
- **Panuveitis occurs when all layers of the uvea are inflamed.**



UVEITIS CAUSES

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

Uveitis may be associated with:

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

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

UVEITIS SYMPTOMS

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

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

UVEITIS DIAGNOSIS

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

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

Since uveitis can be associated with disease in other parts of the body, your ophthalmologist will want to know about your overall health. He or she may want to consult with your primary care physician or other medical specialists. However, in approximately 40 to 60 percent of cases, no associated disease can be identified.

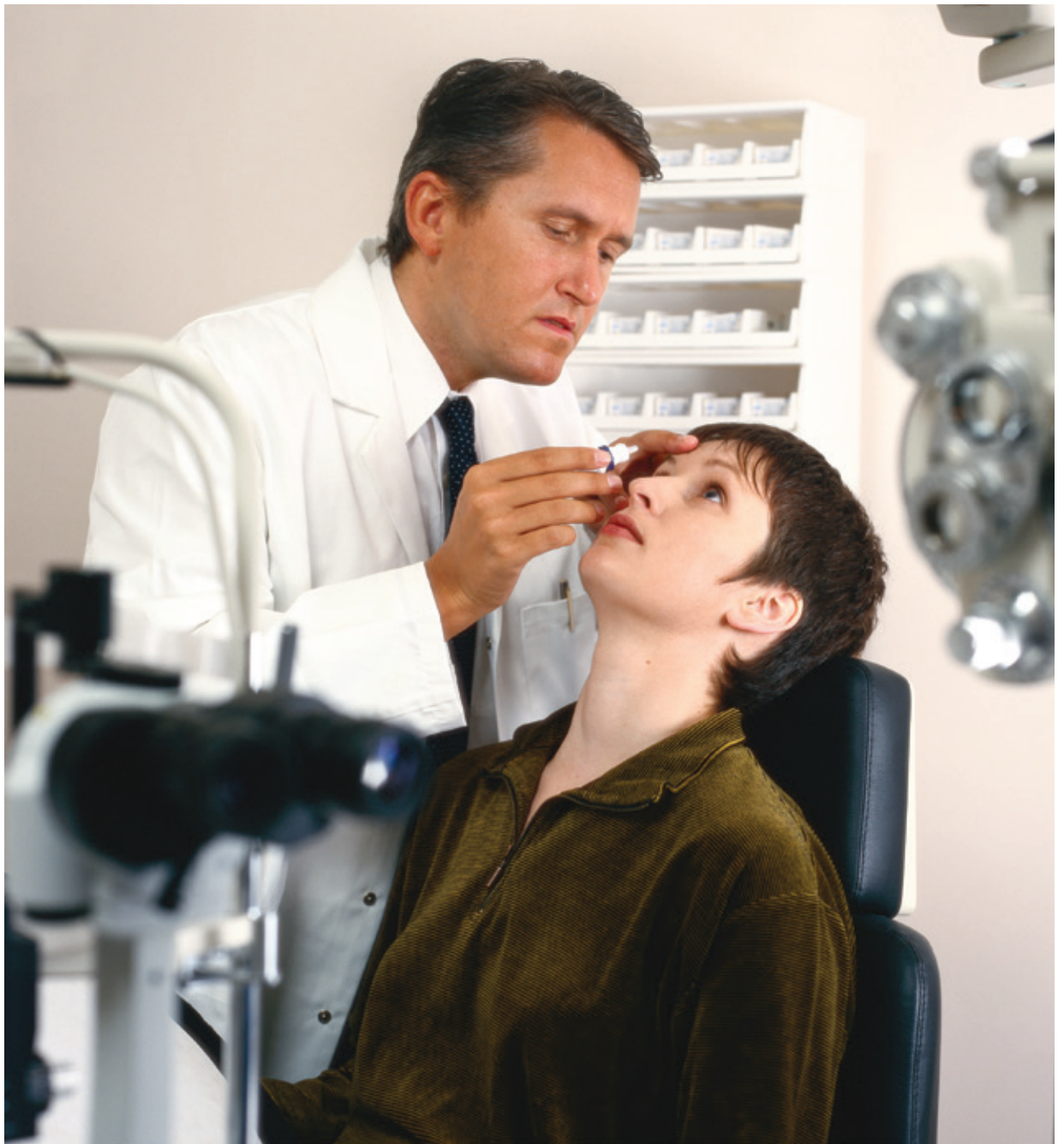
UVEITIS TREATMENT

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

If left untreated, uveitis may lead to:

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

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



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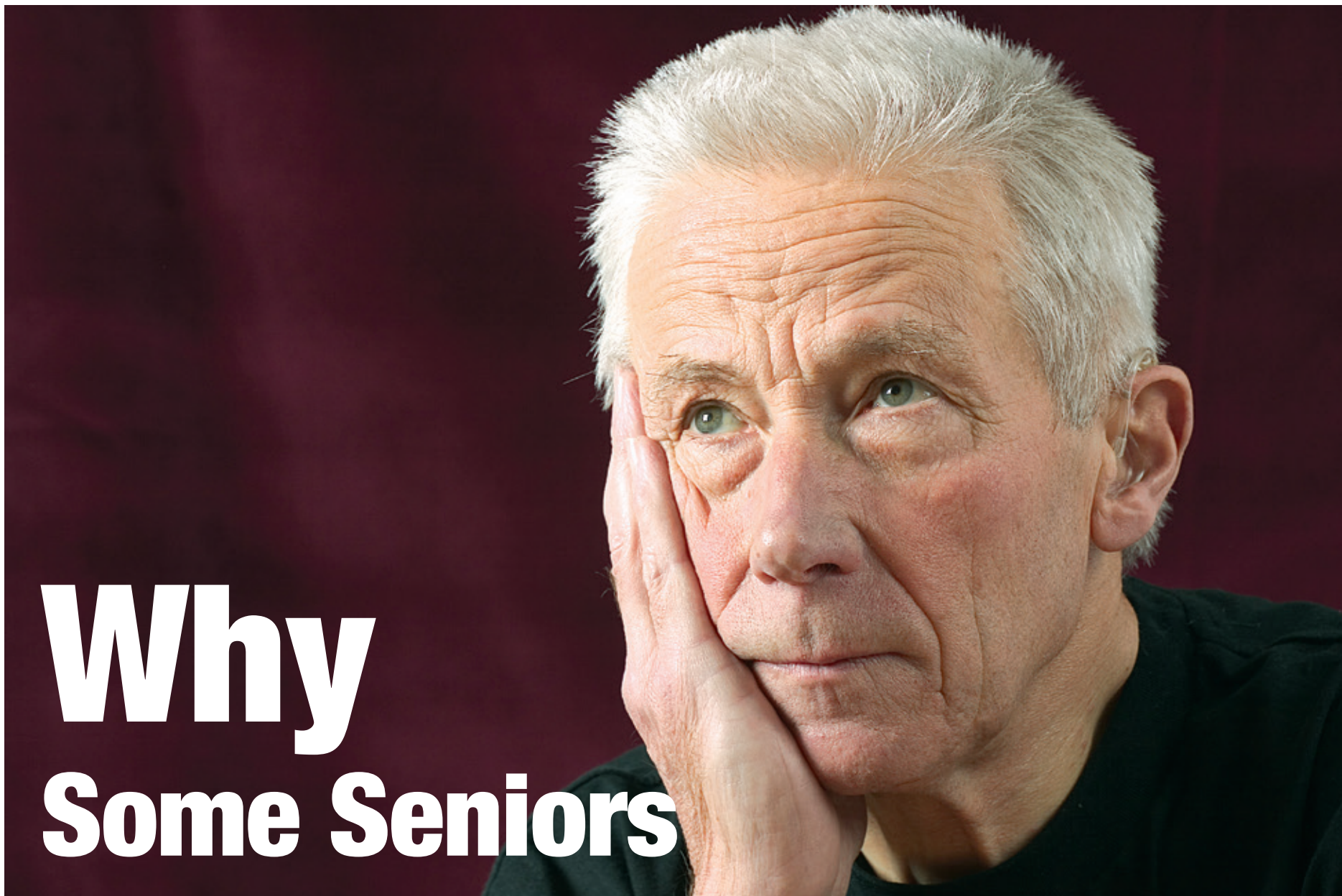
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Why Some Seniors

Lose Their Hearing

Submitted by Dana Luzon, Au.D., CC-A, FAAA
Written by Dr. Tami Ike, Au.D.

Seniors and hearing loss

Do you have difficulty hearing conversations in a noisy room? Do you constantly ask others to repeat what they just said? If you answered “yes” to these questions, you may be experiencing hearing loss — especially if you are age 65 or older.

The numbers

Almost 10% of adults between the ages of 55 and 64 suffer from hearing loss, according to the National Institute on Deafness and Other Communication Disorders. That number jumps to 25% for those 65 to 74, and it doubles to 50% for ages 75 and older. After high blood pressure and arthritis, hearing loss is the most common chronic condition affecting senior health.



A common type of hearing loss

As you age, you are at risk for hearing loss. The most common type of hearing loss is presbycusis, or age-related hearing loss. A gradual loss of hearing that affects both ears, presbycusis occurs when tiny hairs in the ear, which are necessary for converting sound waves to sounds, become damaged or die. Hearing loss from presbycusis is permanent because once these hairs are damaged or die, they are not replaced with new growth.

And another

A lifetime of exposure to loud noises such as loud music, power tools, motorcycles, or firecrackers can cause hearing loss in seniors. Other causes include diabetes, smoking, allergies, high blood pressure, tumors,



stroke, medications, a punctured eardrum, viruses, bacteria, and earwax buildup. Your genes may also play a part in presbycusis, as it tends to run in families. An estimated 50% of age-related hearing loss is inherited, says the journal American Family Physician, which also asserts that men are more likely than women to develop hearing loss and are more likely to develop it at an earlier age.

A connection to depression

Hearing loss has various consequences. Research shows that those seniors with hearing loss, and particularly women, are more prone to moderate to severe depression. Also, hearing loss also appears to worsen cognitive functioning. Additionally, a study by the Better Hearing Institute shows that untreated hearing loss can result in a loss of income per household of up to \$30,000 per year depending on the degree of hearing loss! And hearing loss has been linked to loss of intimacy, added frustration and stress, loss of independence, and lack of self-confidence.

We can help

Though you can't fully prevent hearing loss, you can take steps to minimize or overcome it. The cause and extent of your hearing loss will determine the course of your treatment. Contact Audiology & Hearing Aids of the Palm Beaches today for a hearing evaluation.



***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.



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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.

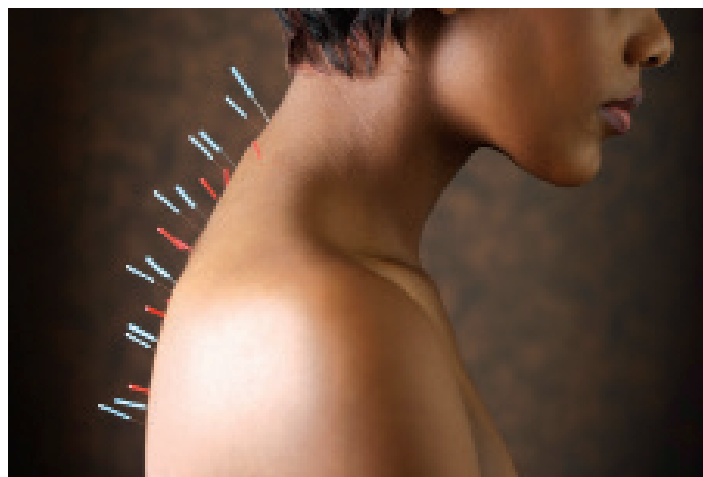
Any side effects from the acupuncture and Chinese herbal medicine in the treatment of acupuncture are negligible when compared to modern pharmaceuticals.

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,
Achieve Optimum Health
Call Today for Details and Schedule Your
FREE Consultation Appointment

561-656-0717
4060 PGA Blvd., Suite 202
Palm Beach Gardens



By Richard A. Reiner, D.C.

What You Must Know To Prevent and Treat Sports Injuries in Youngsters (and Adults Too)

It's the beginning of a new school year, teams are preparing for the competition, children and their parents alike can't wait for the games to begin. We think about scoring the winning goal, but we never think about the possibility of injuries. Unfortunately, it's part of the game no one likes to talk about. So, I'm presenting you with:

INSIDERS SECRETS TO PREVENTING AND TREATING SPORTS INJURIES IN YOUNGSTERS (AND ADULTS TOO)

At least 50 million children and adolescents participate in school-sponsored or extracurricular sports activities each year. The incidence of sports injuries is estimated to range between 20-30%. Most of these injuries are considered minor sprains, strains, contusions or abrasions. Serious injuries such as fractures, concussions and internal organ damage are considered rare. Despite the high percentage chance of injury, fewer than 25% of schools and other organizations have a team physician or trainer.

DEAR PATIENTS AND FRIENDS:

Do you know the best way to stop pain due to a sport's injury? Would you like to learn some of my little known "secrets" for stopping the pain? If you said "YES," then reading this SPECIAL REPORT may be the most important thing you can do. It's incredible how ending pain can make your life so much better!

FIRST: Let me explain why I think the worlds #1 BEST method to ending acute or even chronic pain is simply...

VISITING YOUR CHIROPRACTOR!

Yes, it's true; did you know that Chiropractic has been proven to be an extremely effective way to treat sport's injuries? I've seen people walk into my office in severe pain...people clutching their area of pain...and after I finished treating them, they run out the door ready to get back to their game.

For some odd reason, many people believe chiropractors just treat "backs". That's like saying medical doctors just treat the flu. Dentists just fill cavities. Attorneys just go to court. And so on. The truth is, like all other professions, chiropractors treat much MORE than just backs; problems such as headaches whiplash, arm and leg numbness, joint pain and...

Sports Injuries

As a sport's chiropractor, my job is to provide the best and most complete care, even more than my professional counterparts. I have had the privilege of providing care for professional athletes as the team chiropractor for the Florida Bobcats-NFL arena team of South Florida, David Tua-professional WBC Heavy Weight boxer, amateur athletes, both high school and college levels, and the weekend recreational athlete since 1982. Most injuries arise from skeletal disorders that produce secondary neurological or muscular problems, which are easily diagnosed and treated with excellent results.

SECOND: Nutritional considerations. Don't get up in the steroid rush to get the "competitive edge." Emmitt Smith didn't bulk up on steroids; he built his body by eating properly; regular meals, adequate fluids, vitamins and minerals and a caloric intake sufficient to meet the energy demands of his particular sport (football). You don't need expensive "Special" foods and designer nutritional supplements and drugs that are over-priced and potentially harmful.



THIRD: Get in Shape!!! Children today don't get enough exercise. Schools no longer require PE. Our kids eat too much fast food products, become couch potatoes and watch hours of TV and/or sit in front of their computers. How do you expect our children to fit the athletic profile that we, as parents, want our children to become? We try to mold them into the next LeBron James, Aaron Rogers or Derek Jeter and ultimately becoming the best player and having the best team in the league.

FOURTH: What to do first! Let's start by WARMING UP. You're probably thinking why warm up? It doesn't make sense to deliberately get hot and sweaty before the game! Well, it does. Your body needs at least 10 minutes to loosen up...stretch the muscles, do push-ups or sit-ups...anything that will make you break a light sweat. A warm-up raises the temperature inside your muscles which makes them more elastic and flexible and that makes them harder to injure.

FIFTH: Proper Conditioning prepares your body for activity. When we talk about conditioning, we're talking about flexibility, muscle strength, muscle endurance and aerobic endurance – all different and all important. Different sports have different requirements, so you must be in top condition to perform at your maximum.

SIXTH: After the competition – Cooling Down is a life saver! Let your body return to its resting state gradually. It's very dangerous to just sit down or stand still after vigorous activity. I know, you're too tired and you want to rest. However, you need to move for 5 to 10 minutes, such as walking because blood collects in the legs combined with high adrenaline that affects the heart.

SEVENTH: How important is Equipment? That depends on your sport. A swimmer's equipment usually consists of a swimsuit and possibly goggles. A football player needs a helmet, pads and cleats. But if you're a runner or tennis player and you use your legs hard, the shoes you select can make the difference. The force of your foot strike at a 6-minute mile pace is 3 times body weight and that type of shock is capable of breaking bones and tearing muscles. However, the proper shock absorbing shoe will diminish the foot strike and prevent pain.

EIGHTH: What do I do if I'm injured? Despite our best efforts, hundreds of hours of training and using all the correct equipment, we still manage to get injured. So what do we do? Obviously, it depends on the injury itself and how severe it is. It's important to follow these general guidelines because it makes common sense.

For a mild injury, remember RICE. R for rest, I for ice, C for compression, and E for elevation. When resting, an ice massage over the injured area can be up to 70% more effective than just placing an ice pack of the injured area itself. For a moderate injury, do the RICE technique and you may need additional support in the form of a brace or crutch. For severe injury where you have a concussion, bleeding, broken bones or have to be carried off the field, go to the hospital immediately.

Common Sports Injuries:

Football: knee injuries-ACL tear, ligament and tendon injuries

Basketball: knee, Achilles heel pain and ankle injuries

Baseball: sore shoulders and elbows, hip bursitis

Tennis: tennis elbow and knee problems

Golf: elbow pain and lower back problems

Track: knee pain, shin splints, pulled muscles, foot problems-plantar fasciitis.

NINTH: Florida's heat can be a killer – really! The key to staying cool is ventilation, and the number one way to keep cool is to sweat. In order to “be cool,” you need as much skin surface as possible exposed to the air. Any clothing interferes with that; but remember to wear sunscreen. It's good to wear loose clothing because tight clothing impedes air movement across the skin which in turn can prevent evaporation.

You should also wear the right kind of clothing. Cotton tends to hold water against the skin, blocking air circulation that prevents sweating. A better choice would be fishnet or a loosely woven nylon that doesn't absorb moisture and lets air penetrate for evaporation. It's also a good idea to wear light colored clothing. Light colors tend to reflect sunlight and dark colors tend to absorb it – and get hotter.

What about hats? Unless they have a wide brim they don't seem to make a difference. Heat exhaustion leaves you weak, pale with clammy skin, a weak rapid pulse rate, nausea and excessive water loss. Immediate treatment consists of laying the athlete down with feet elevated, drink water; if they're hot...cool them off, if they're cool...cover them with a blanket. So remember: Keep it loose and keep it light!

IN CONCLUSION: Don't suffer needlessly any longer. Do whatever it takes to get to Dr. Reiner's office. Do it now!

Here's What To Do:

Call **561-689-4700** between 9:00 am and 7:00 pm and tell the receptionist you'd like to come in for the special "Sports Injury Evaluation" before

September 30, 2015. Call today to get started with your evaluation before the injury worsens. Our office is called the Reiner Chiropractic and Wellness Center, and you can find us at 5768 Okeechobee Blvd., located in Century Plaza South, between Lexus of Palm Beach and the Citgo gas station.

Sincerely,
Dr. Richard A. Reiner

P.S.: *How will your injury impact your life if not treated properly?*

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AND WELLNESS
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5768 Okeechobee Blvd.
in West Palm Beach, FL.**

**When you call, be sure to say
you want to schedule an
appointment for the Sports
Injury 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.**

**Call 561-689-4700
www.ReinerChiro.com**

AVAILABLE TO THE
FIRST 25 CALLERS

Follow me on twitter@ReinerRichard

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.

Replacing Missing Teeth More Options than You May Think

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

It is astounding how many individuals live their lives with one or more missing teeth. When asked why they have not replaced their teeth, common answers include cost, cost, embarrassment and pain. What they may not realize is that living without a proper complement of teeth often leads to malnutrition, excess chewing on the remaining teeth (often causing them to break down even faster), tooth shifting and for many, insecurity related to their smile.

The good news is that there are numerous options to replacing missing teeth, many of which are relatively pain free and often are not astronomically expensive. Actually, costs increase as we attempt to function on the remaining teeth, asking them to carry the load of not only themselves, but of the teeth that have been lost. Overloading the teeth you still have frequently leads to their more rapid demise and the need for more extractions, dental work or tooth replacement.

Options

The first question you must ask yourself is simple, "what do I want?" It does not matter what your friends, significant other or even your mother wants. Some will decide they want a full mouth makeover, while others simply want to have a healthy mouth with proper function. Once you decide the answer to this question, the options ahead of you will fall into place. Although there are numerous treatments available, I will focus on a few commonly chosen ones along with some of their advantages and disadvantages.

Removable Appliances (Dentures or Partial Dentures)

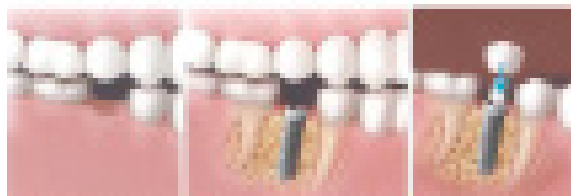
One of the oldest treatments that exist to help replace teeth (whether it is one or all of your teeth) is the fabrication of dentures. This treatment is often the least costly, but is also the one with the least patient satisfaction. A mold is made of your mouth and an appliance is provided to you that typically consists of a plastic like material which rests on the remaining teeth and gums. This material supports fake teeth that fill in the spaces where your original teeth are missing. Dentures are a simple and affordable way for you to regain function and chewing ability, but they do not come without problems. Often times they are not stable and will move while you chew and talk. Bulky material in the mouth, change in taste of food and irritation to the gum tissue are also frequent complaints.

Crowns and Bridges

Another common treatment is to replace missing teeth with crowns/bridges. Typically, patient satisfaction is very high with this treatment modality as it provides you with "glued in" teeth. Teeth adjacent (on both sides) to the missing ones are prepared to be fitted with dental crowns (also known as a cap). Consecutive crowns or caps can be joined together as one piece (known as a bridge). As the bridge is glued into place on the supporting teeth on either side of the missing ones, this empty space is filled by crowns that appear to be naturally coming out of the gum tissue but in actuality are being supported as part of the bridge connection itself. A great real life comparison is an actual bridge. Typically there is a pillar on either side supporting the bridge and the center part which has no support from beneath only from the sides.

Dental Implants

To some this sounds very scary when in actuality it can frequently be less invasive than other options. A tooth is comprised of 2 parts, a crown (the part you see and chew with) and the root (the supporting part under the gum). A dental implant is simply a root replacement. This new root can be placed where your old root used to be. After a number of months of healing, a crown can be placed on this new root just like a crown can be placed on a tooth root. This treatment works very well in a situation when a tooth is lost between other teeth. An implant root can be placed with its own crown (a few months later) as opposed to cutting down adjacent teeth to fit a dental bridge.



All of the above treatments (and numerous others) have many variables and need to be determined on a case by case basis. A complete examination is required to help you understand the complexity of your individual situation and the options available to you. Knowing ahead of time what your overall desire is (such as a Hollywood makeover or a simple tooth replacement) will help you narrow down the options best suited to your "want."

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 Periosteal Dental Laser (LAMP 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 to the American College of Dentists, International College of Dentists and the FIVE FiveStar Award.



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In addition to being a physician, Dr. Mitch holds a Master's Degree in Biomechanical Trauma and has a Ph.D. in nutrition and psychoneuroimmunology. He is an international lecturer on topics about oral and IV nutrition, life-style changes, bioidentical hormone replacement, and stem cell transplantation. He is recognized as one of the premier teachers at conferences and seminars on integrative medicine. His years of experience, vast academic knowledge, and entertaining delivery, make Dr. Mitch Ghen an in-demand and highly sought after speaker and presenter.

Dr. Mitch is currently a medical director for several Natural Medicine companies and a consultant to physicians worldwide, teaching how to effectively implement integrative medicine into their respective practices.

He is the co-author of four textbooks including the "Advance Guide to Longevity Medicine," "The Ghen and Rain's Guide to Pharmaceutical Compounding," "The Anti-Aging Physicians' Handbook for Compounding Pharmaceuticals," and "The Essentials and Science of IV Parenteral Medicine". Most recently released is "Look Good, Feel Good and Have Great Sex,"

which is the first in a series of books about better living.

Currently, Dr. Mitch is considered one of the top ten anti-aging physicians and consultants from over 22,000 physicians in over 113 countries, by the American Academy for Anti-Aging Medicine, the largest organization of its kind, teaching doctors how to implement integrative medicine into their practices.

He has been a host and guest on hundreds of radio and television programs, where he has been the expert in alternative health. He was the host of the Dr. Mitch Show on Sirius/Xm Mon.-Fri. 11:00A.M.-1:00 P.M. EST on the Foxxhole 98. Currently he hosts the largest health talk program in South Florida, The Dr. Mitch Show, on WFTL 850 on Sun. from 3-5:00 P.M. He was the Medical Expert on the Andy Dean Show "America Now" every Monday night at 8:00 P.M. and the national syndicated morning Sam Sorbo show. "All about Health" is Dr. Mitch's Syndicated Health talk show, which airs in more than 139 cities throughout the United States. He is also the on-air expert every morning on the largest news radio program, America Morning News.



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 - Chelation ●
- Athletic Improvement ●
- Personalized Nutrition ●
- Vitamins and Supplements ●

If you suffer from health challenges such as allergies, asthma, inflammation, infections, digestive disorders, immune deficiency, autoimmune disease, hormone imbalance, metabolic disorders, cancer, cardiovascular and cerebrovascular disease, pain, fatigue, mood disorders, memory impairment, insomnia, heavy metal toxicity, or adrenal stress, we may very well be able to help you overcome these health challenges and achieve your healthy goals. Dr. Mitch is available for consultation at his Palm Beach Gardens office, Dr. Mitch's Longevity and Wellness Institute at 1983 PGA Blvd., Ste. 103. Visit online at www.drmitchghen.com for additional information and LIKE Dr. Mitch on Facebook at <http://facebook.com/drmitchcares>

Call today to get on your way to better health
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Dr. Mitchell Ghen

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Consultant to Physicians Worldwide

561.508.3095

1983 PGA Blvd., Suite 103
Palm Beach Gardens, FL
(On PGA b/w US 1 and Ellison-Wilson)

info@drmitchghen.com
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Help Your Kids Maintain a Healthy Energy Balance

As adults, parents and grandparents, we want our children to get good educations. To have friends and successful careers. To be happy, safe and secure. To build a firm spiritual foundation. For them to contribute to society. Above all else, we want them to enjoy the good health that makes everything else achievable.

Sadly, there is an epidemic affecting American kids today the likes of which have never been seen in history: obesity. According to the U.S. Centers for Disease Control and Prevention, nearly 18 percent of children age 6 to 11 are obese; 21 percent of those age 12 to 19 fall are considered obese.

In 2013, more than one third of American children and adolescents were overweight or obese, meaning that they had excess body weight or excess body fat. Numerous factors play a role in overweight/obesity, including time spent in front of a screen, activity levels and diet. Regardless, as parents and adults, it is our responsibility to help our children maintain a healthy energy balance.

Even though the U.S. is an agriculturally rich country – one of the Top 4 food exporters in the world – most U.S. youth do not:

- Consume the recommended 2.3 to 6.5 cups of fruits and veggies daily
- Don't consume the recommended amount of whole grain (3 to 5 ounces) daily
- Take in far too much sodium in the form of fast and processed foods
- Consume way too many calories from nutritionally deficient foods (such as soda, fruit drinks, desserts, pizza and whole milk)
- Get enough water because they drink far too many full-calorie soft drinks

Time for change

It is time for a change. Because kids watch – and copy – everything their parents do, the first step to healthier kids is healthier parents. Here are some simple steps to a healthier family:

- **More activity.** Kids ages 6 to 17 need 60 minutes of physical activity a day, five days a week. This activity does not have to happen all at once, but it should become a habit. Find fun things to do with your kids:



- Go for a run. Bike around the neighborhood. Walk the kids to school. Hike our beautiful state.
- Park farther away from the grocery store, the toy store and so on.
- If your children are a little older, take them to the gym with you.
- Play a game of 90-90-90.
- Toss a baseball.
- Garden together.
- Invest in a jump rope.
- Have exercise contests. How many sit-ups, pushups, pull ups, jumping jacks can they do? How many can you do? Build on each achievement.
- Invest in a pedometer for you and your kids. Girls should get 11,000 steps a day; boys should aim for 13,000!
- **Limit time spent watching TV, playing video games, on the computer, tablet or smart phone.** Experts recommend no more than two hours a day. Less, of course, is better.
- **Turn off the TV during mealtimes** so you can focus on the meal and one another. Talk, share, laugh and enjoy.
- **Talk to your child's doctor.** He or she will have great recommendations to help you and your child. If appropriate, your provider may refer you to a dietitian, who can be a tremendous resource.
- **Eat better.** There are a thousand online resources and here for healthier eating, the U.S. government's MyPlate.gov is a great resource for parents, grandparents and educators.

Healthy snack ideas

To get you on your way, here are some healthy after-school snack ideas to try:

- **Fruit Smoothie:** Puree 1 cup of reduced fat or fat-free vanilla yogurt with 1 cup of frozen strawberries, a frozen banana and ½ cup of orange juice in a blender until smooth. Divide and serve.
- **Muttz Pretzel Wands:** Spread peanut butter on the top two inches of pretzel rods. Roll in chopped peanuts, chopped almonds or dried fruit.
- **Banana Chips:** Slice a banana into 1/8-inch thick rounds and place on a greased baking sheet. Bake at 300 degrees until golden, 2 to 3 hours. Remove from oven and let harden at room temperature. Store in airtight container.
- **Peanut Butter Cereal Drops:** Combine 1/3 cup honey, ½ cup peanut butter and 2 TBSP butter in small caucopus. Heat, stirring until smooth. Add 1 cup rice cereal, 1 cup old-fashioned rolled oats and ½ cup dried fruit. Drop into water separate lines. Refrigerate until set, about 15 minutes.
- **Frozen Fruit:** Peel and dice two bananas into 1/4-inch thick slices. Place on rimmed baking sheet. Wash two cups of red seedless grapes, 2 cups of green seedless grapes. Place on baking sheet and freeze, about one hour. Divide into four servings.
- **Homemade Applesauce:** Peel, core and slice 4 pounds of apples such as McIntosh, Gala or Braeburn. Place in large pot and add ½ cup lemon juice and 1/4 cup water. Bring to boil over high. Reduce heat and simmer until apples are very soft, 25 to 30 minutes. Mash apples with a potato masher or process in blender. Add brown sugar to taste.
- **Cracker Snackers:** Spread reduced-fat cream cheese and your favorite flavor of jam on a reduced-fat Ritz cracker. Top with a second cracker. Or layer Nutella and bananas on graham crackers.
- **Hot Snacks:** Pitas are packed full of fiber and beneficial nutrients. These cinnamon peccos will be a healthy hit with your kids. Beat an egg white till frothy. Coat peccos and roll into a mixture of sugar substitute and 3 tsp. of ground cinnamon. Place on a rimmed baking sheet coated with cooking spray. Bake uncovered at 325 degrees F for 30 minutes, cooling time. Cool completely and store in airtight container.
- **PB Banana Rollup:** Spread peanut butter on a whole-grain tortilla, add a sliced banana, and roll!

Underlying Reasons for Limb Swelling

By Alyson Parker

Many people may experience complications after an operation due to the significant amount of trauma your body endures. Whether it's cancer related, non-cancer related, or a minor surgery, patients may develop post-operative symptoms such as swelling in a limb or a particular area of the body. Swelling in the limb which may appear to be temporary can later lead to chronic swelling known as lymphedema.

How the Lymphatic System Works

What does edema have to do with your lymphatic system? The lymphatic system serves as one of the body's main highways. Through its network of vessels and ducts, it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels.

What is Lymphedema?

Lymphedema is a degenerative condition which means it will only get worse over time without treatment. There is no cure for Lymphedema. Once a lymph node has been damaged, your lymphatic can become compromised. Over the years, as you get older, you may incur irreversible damage to the lymphatic system through medical procedures, injuries, or infections. Examples include cancer radiation, surgical lymph node removal, joint replacements, scarring of the lymphatic vessels through recurring infections i.e. cellulitis, or other health problems relating to gall bladder, kidneys, intestines, or reproductive organs. When an obstruction has occurred, a blockage in the lymph nodes can occur. The limb begins to swell with fluid because the lymphatic system is blocked/impaired, unable to move the fluid back into the circulatory system.

Compression Pump Treatment

One recognized treatment is using a compression pump. This is a safe and effective way to assist your body's lymphatic system in moving the lymph fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds,



heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged.

Possible Symptoms of Lymphedema

- Swelling in your legs or arms
- A feeling of heaviness or tightness
- A restricted range of motion
- Aching or discomfort
- Recurring infection/cellulitis
- Hardening or thickening of the skin on your arms or legs

It is important to rule out other causes of edema including nutritional issues, allergies and reactions to medication you may be on. True Lymphedema should not be treated with Diuretics as they draw from the Venous system not the Lymphatic system. Removing fluid from the body in this fashion takes away the wastes' only means of transport and can lead to serious recurrent infections or cellulitis since the lymph waste is now trapped in the limb and has no place to go. If symptoms return when you cease Diuretics, you should be asking questions and seeing a specialist immediately. This is where choosing a physician experienced in recognizing and treating Lymphedema is critical.

Some Good Questions to Ask Your Physician Include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Swimmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red soles") appear from the ankles down?
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?



Specialists in Acute Wound Care

Remember, ANY swelling is an indication of an overloaded Lymphatic system. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition. For more information and articles on this topic, Google "Acute Wound Care," visit www.AcuteWoundCare.com, or call 239-949-4412 and speak with a specialist. Remember, nothing looks finer than an educated patient.

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and speak with a specialist.



Are You Chronically Anxious? Wish it could just stop?

Have medications failed, or do they have side effects?

By Michael Cohen, Founder, Center for Brain

DO YOU OR SOMEONE YOU KNOW SUFFER FROM ANXIETY?

- *Do you get fearful, tense, or overwhelmed?*
- *Do you have racing thoughts?*
- *Have you lost hope of getting rid of anxiety?*

At Center for Brain, we have a unique program for adults and children who have tried everything to help their anxiety. Many of our clients have been

to the best doctors, therapists, and have tried many approaches and medications to keep their anxiety at bay and their symptoms under control. And still, nothing works well.

We use a very different approach. Rather than trying to medicate, we use a unique combination of neurofeedback and biofeedback technology. They are powerful tools to help you learn to calm and quiet your nervous system. With practice and reinforcement, you can train your brain and your body to control how you respond to stress. You don't have to learn to live with it.

When you learn to quiet your nervous system, you learn how to break the anxiety “habit.” It may sound strange, but many people become excellent at being anxious. They are quite skilled at it. You can train to become good at NOT having anxiety. You just don't know how. When you combine biofeedback technology with other approaches, you train your nervous system to respond differently. The Center for Brain has helped countless people (both children and adults) to get control of their anxiety and take charge of their life again, often in a surprisingly short period of time.

Many people with chronic anxiety or panic attacks have tried multiple medications to feel better or to calm down. Medications may reduce but not eliminate your symptoms, and they don't teach your brain to make permanent changes.

Unfortunately for sufferers of chronic anxiety, many health professionals are unfamiliar with neuro and biofeedback, even though it has such a big impact on anxiety. The health field changes slowly. More and more clinicians have heard about the positive clinical results, even if they haven't had time to read all the research. When you combine multiple approaches with neuro and biofeedback technology it can help really change chronic patterns.

WHAT CAN BIOFEEDBACK DO?

Biofeedback and neurofeedback have 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. Patients are often surprised how much better they feel with biofeedback, particularly since they've tried many approaches with limited relief.

Consider the experiences of three patients:

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. Neither 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

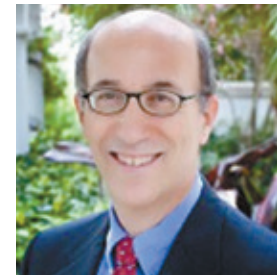
HOW DOES BIOFEEDBACK WORK?

Biofeedback training helps in changing brain patterns, and in quieting the nervous system. 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.”

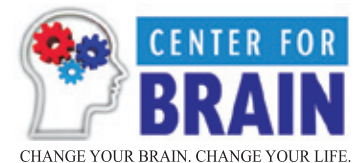
Michael Cohen, President and Founder, Center for Brain

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.



By Michael Cohen,
Founder, Center for Brain

President and Founder of the Center for Brain Training, is a leading expert in neurotechnology and biofeedback, with 20 years of experience. He's taught courses to over 2000 health professionals, including psychiatrists, neurologists and psychologists, helping them incorporate biofeedback for use with chronic pain, anxiety and mood disorders, ADHD and neurological problems.



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By Victoria Zimmer, MSN, FNP-C



ULTHERAPY – The Non-invasive Lift

See the beauty of sound – harnessing the power of ultrasound to transform the brow, chin, neck, and chest! Ultherapy can help you achieve a fresher, more youthful look from your brow to your chest.

While the idea of a surgical facelift may be a reality for some, there is an alternative for those who are not quite ready for surgery – and patients who wish to extend the effects of cosmetic surgery!

Ultherapy is the only non-invasive aesthetic treatment FDA-cleared to lift skin on the neck, under the chin, eyes, and on the eyebrow. Now also FDA-cleared to improve the appearance of lines and wrinkles on the chest, Ultherapy can help you achieve a fresher, more youthful look. Ultherapy is non-invasive, and requires no downtime! Ultherapy provides natural results in a single procedure using the safety of ultrasound to build collagen.

Ultherapy delivers focused ultrasound energy to the same foundational layer typically addressed by surgeons during cosmetic surgery – without cutting or disrupting the surface of the skin. This energy initiates the body’s natural response to stimulate the growth of fresh new collagen and strengthen weak collagen. Some patients see an initial effect right after their treatment, but the real results appear over two to three months as new collagen builds, gradually lifting and tightening skin on the face and neck and smoothing skin on the chest.

How Ultherapy Treatment Works:

Unlike lasers, radio frequency, and other technologies, Ultherapy bypasses the surface of the skin to deliver energy at optimal depths, temperature, and precision. Also unique to Ultherapy is the use of ultrasound imaging, which allows practitioners to see the layers of tissue they are treating, ensuring energy is delivered safely, to where it will be most beneficial.

How Long Does an Ultherapy Treatment Take?

The length of the treatment will depend on the area being treated and your individual treatment plan. A face and neck procedure takes 60-90 minutes, while a chest treatment takes approximately 30 minutes.

Will I Need to Take Time Off?

After an Ultherapy procedure, you can resume your normal activities immediately without having to follow any special post-treatment measures.

When Will I See Results? How Long Will They Last?

While you may see some initial effect, the ultimate results will take place over two to three months, as tired collagen is replaced by the growth of new collagen. As skin continues to age, future touch-up treatments can help keep pace with the natural aging process. For many patients it's comforting to know that Ultherapy is scientifically proven to increase collagen production in their skin.



What Does the Treatment Feel Like?

As the ultrasound energy is delivered you will feel tiny amounts of energy being deposited to precise depths, indicating that the collagen-building process has been initiated. Comfort levels vary from person to person, but the sensation only lasts while the ultrasound energy is being delivered. Your practitioner will take measures to make the experience as pleasant as possible. Most patients leave comfortable and excited about the results to come!

Is Ultherapy Safe?

The FDA-cleared Ultherapy procedure has been used safely in over 350,000 treatments worldwide. Ultrasound energy has been used safely in the medical field for more than 50 years. In addition, every Ultherapy practitioner receives extensive procedure training and tools, so you can feel confident in choosing Ultherapy. For additional information, and to see how Ultherapy may look on you, go to: www.Ultherapy.com and click on the Ultherapy simulator!

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Three Estate Planning Documents You Should Not Neglect

Durable Powers of Attorney, Health Care Surrogates and Living Wills

You probably have heard of a "Last Will and Testament" or a "Living Revocable Trust," documents that assist in post-death distribution of assets, payment of debts, and the appointment of a Personal Representative/Trustee to oversee same. However, you should also know about three lesser known, but very important, Estate Planning documents that govern many pre-death decisions: the "Durable Power of Attorney," "Health Care Surrogate" and "Living Will."



DURABLE POWER OF ATTORNEY

A **Power of Attorney** is a legal document that authorizes another person to act for you as your "Attorney-in-Fact" ("AIF"). Powers of attorney can be limited in scope — such as when you cannot attend a Real Estate closing where your signature is required and you must name someone to sign for you — and are automatically revoked upon your incapacity.

However, a Durable Power of Attorney ("DPA") is much broader. It remains in effect and is not revoked upon incapacity. Thus, if you become incapacitated, whether physically or mentally, due to accident or illness — such as coma, a stroke, Alzheimer's disease or another debilitating illness — and are then unable to handle your own affairs, a DPA would permit your designated AIF to act in your stead. Without a DPA, an incapacitated person would be unable, for example, to sell or mortgage his or her home because of a then-inability

to sign the contract, deed or mortgage. In such a situation, Guardianship/ Incompetency proceedings would have to be commenced to request that a Guardian be appointed by the court to represent the interests of the incapacitated person.

The DPA eliminates, in most cases, the need for costly and time-consuming Court proceedings by granting the AIF the power and authority to act on behalf of the incapacitated person.

An AIF can be a person of sound mind who is at least 18 years of age; a financial institution with trust powers that has a place of business and is authorized to conduct business in Florida; or a non-profit corporation organized for charitable or religious purposes in Florida.

Although you may be conflicted about whom you should name as your AIF, it is suggested that you name the person whom you most trust, who has the same values as you do and who would make the same decisions you would have made. Do not name someone simply to avoid ruffling feathers, because you think he or she will be angry if he or she is not named as AIF.

HEALTH CARE SURROGATE

A **Health Care Surrogate** ("HCS") designation names someone to make medical decisions for you (including speaking to your doctors, obtaining copies of records and making other health-related





decisions) when you are unable to do so. The Health Insurance Portability and Accountability Act (HIPAA), which went into effect in 2005, is a federal privacy law which guards the privacy of your medical information from others, including your spouse, significant other, family members, friends and even the individual or individuals previously appointed as your AIF and/or HCS.

The HIPAA law requires very specific release language to permit your physicians, healthcare professionals, dentists, health plans, hospitals, clinics, laboratories, pharmacies and/or other health care providers to furnish information to your HCS. Absent this language, your HCS may be denied access to your doctors, records and/or information at the time he or she needs access the most, and, in such instance, you may be forced to pursue Guardianship/Incompetency proceedings.

Both the DPA and HCS are automatically terminated upon death, because, when you die, your Will or Trust governs any remaining decisions that have to be made on your behalf. Do not use someone's DPA after he or she has died, because you may be subjecting yourself to both civil and/or criminal liability for doing so.

LIVING WILLS

The Living Will permits you to declare that, in the event of some terminal injury, illness or disease where death is imminent, you do not want to be force-fed intravenously or otherwise artificially kept alive on a respirator. Affording you "death with dignity," the Living Will is an important Estate Planning tool, because it allows you, rather than your family, to make the final decision on life-ending or death-delaying treatment and relieves the pressure from family members having to decide what you would have wanted.

DON'T WAIT UNTIL IT'S TOO LATE

Most people do not understand the importance of the foregoing documents until a loved one becomes incapacitated — and by then, it may be too late to execute these documents, if the incapacitated person does not have the capacity to understand what he or she is signing, thus making it necessary to institute Guardianship/Incompetency proceedings to obtain the Court's authority to transfer assets or make health care or other decisions.

In the 2005 Terri Schiavo case, the patient suffered cardiac arrest at age 25 and was in a persistent vegetative state for 15 years while her husband and parents battled in court about who had the right to make decisions for her and what decisions she would have made. Her case highlights how essential these documents are and why they are so important to execute NOW, while you are physically and mentally healthy enough to do so — and so your family is not burdened by your subsequent incapacity any more than necessary.



ADAM S. GUMSON, ESQ., of JUPITER LAW CENTER, graduated from Duke University and the University of Florida College of Law (with Honors). He handles Estate Planning (including Wills, Trusts, Durable Powers of Attorney, Health Care Surrogates and Living Wills), Probate Estates throughout Florida and Family Law (Divorce/Paternity), lectures locally and teaches adult law classes at Jupiter High School.

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Common Myths About Your Eyes

By David A. Goldman MD

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

Sitting too close to the TV will ruin your eyes

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

Your vision will get worse if you read in the dark

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

Wearing glasses makes your eyes dependent on them

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



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

Only boys are color blind

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

Eating carrots will make your eyesight sharper

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



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DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.



One Another

It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**

- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

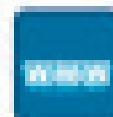
So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers

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